



## Boost your fitness!

Sacramento City USD "Step into wellness" employee wellness program brings you a 4-week series of BOOT CAMP classes

**Duration:** Four-week series

**Dates:** Tuesday - January 31, 2017 through February 21, 2017

**Time:** 4:30 – 5:30 p.m.

**Location:** Rosa Parks School  
2250 68<sup>th</sup> Avenue Sacramento



 **Healthy Habits**  
[www.HealthyHabitsStudio.com](http://www.HealthyHabitsStudio.com)



*"I started Boot Camp classes taught by Rose Zahnn at the District two years ago and it has become a great part of my life. I love the unique work out that has become my routine I can't live without. It has changed my life in many ways, and through this process I've not only gained the best, most energetic, and positive trainer, but a made a great friend as well!"*

*- Martine Kruger, SCUSD Risk Management Specialist*

**Gather your coworkers! We will need at least 25 people to participate to be able to offer boot camp at Sacramento City Unified School District location.**

**Healthy Habits Sacramento City USD discount: \$48.00 for all four classes. Class fee must be pre-paid.**

**Questions?**

**For questions and registration contact: Rose Zahnn, Healthy Habits Studio  
email: [rose@healthyhabitsstudio.com](mailto:rose@healthyhabitsstudio.com)**