

**RISK & DISABILITY MANAGEMENT DEPARTMENT
INTRODUCES THEIR UPCOMING WELLNESS EVENT!!**



Lose weight, get in shape and GET HEALTHY with Healthy Habits!

Fit Body BootCamp

Get in shape in this Fall program for all fitness levels. Fat burning, muscle toning, and tummy flattening exercise in every workout, plus efficient and effective exercises with plenty of variety and challenge. Safe fitness for everyone including those with sensitive knees, backs and shoulders.

The entire 9 week program will give you support, motivation, education and a fun fitness program that will inspire you to your new healthier lifestyle!

Serna PA/TN Community Rooms – 5PM to 6PM on the following days except **Hilites are 5:30 to 6:30PM**

FEBRUARY – 4,6

MARCH – 3,4,9,16,17,20

APRIL – 7,10, 24, 28

Sign up now- spaces are limited

- Wear workout clothes and sneakers and bring a water bottle and a large towel.
- Make sure you have your Doctor's permission to exercise.
- Best of all, this program is funded through School's Insurance for your health and wellness so it is FREE to you!

Yes! Sign me up! Complete information below and email to Rose@HealthyHabitsStudio.com

Name: _____ Phone number: _____

Preferred email address: _____

Your goals for the program: _____

Rose Zahnn is the President of Healthy Habits Fitness, Inc. and Sacramento Fit Body BootCamp and for over 25 years she's been helping people of all ages and fitness levels get healthy, lose weight, reduce stress and feel better. **Healthy Habits Studio is located in mid-town Sacramento, and offers special SCUSD discounts on classes, memberships and personal training programs.**

Healthy Habits Studio and Sacramento Fit Body Boot Camp

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