



# Get fit at home for free!

CommonSpirit Health is introducing live weekly online fitness classes starting May 3. The best news is you can attend for free! It's a great way to add movement to your daily routine.

Choose the class that works best for you.

## Schedule starting May 3\*

<p><b>Mondays</b>  <b>Fun Flow</b>        5 p.m. PT/8 p.m. ET        (45 min.)</p>	<p><b>Tuesdays</b>  <b>Stretch &amp; De-stress</b>        8:30 a.m. PT/11:30 a.m. ET        (30 min.)</p>	<p><b>Wednesdays</b>  <b>Fun Bootcamp</b>        5 p.m. PT/8 p.m. ET        (45 min.)</p>	<p><b>Saturdays</b>  <b>Zumba</b>        7 a.m. PT/10 a.m. ET        (45 min.)</p> <p><b>Restorative Yoga</b>        9 a.m. PT/12 p.m. ET        (45 min.)</p>
--	---	---	--

\* Class times are subject to change depending on participation.

Join your team members in these live, virtual classes to relieve stress, get moving and have fun. We are stronger together.

## Pre-register now to reserve your spot

1. Click <https://www.corporatefitnessprograms.com/enrollee/login> to create your account using CommonSpirit code: StrongerTogether.
2. Enter the state where you work and your work/hospital location.
3. Sign up for classes. (You are signing up to attend the same class at the same time each week, you only need to do this once).

Once you register, you'll receive a calendar invitation. Just click on the invitation to access the live class.

Important: If the class is full, you will be put on a waiting list.

Use your smart phone to scan this QR code to go directly to the site to create your account and pre-register for classes.



These classes are designed to be taken and enjoyed only during your personal non-working time (during unpaid breaks or at home during non-working times). Therefore, you cannot attend these classes while on duty and/or during paid time. Classes are voluntary and not part of any required work duty. CommonSpirit is not responsible for injuries you may incur as a result of your voluntary decision to participate in these classes.

**Hello humankindness®**

### CommonSpirit Health Values

Compassion | Inclusion | Integrity | Excellence | Collaboration

