

# To Your Health

PHYSICAL



EMOTIONAL



SOCIAL

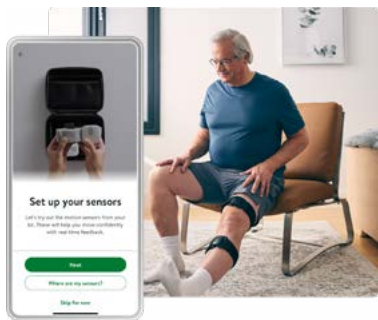


FINANCIAL



JULY 2023

## Hinge Health: A Convenient New (Free!) Way to Manage Pain



[Hinge Health](#) digital exercise therapy is a revolutionary way to recover from, manage, and prevent joint and muscle pain. Gone are the days of driving to a physical therapy clinic and paying a copay when you can now get free digital exercise and physical therapy from your home, or quite frankly, your office, a hotel

room, or wherever you may be. In just 15 minutes a day, 3 times a week, this program can improve your quality of life.

Sounds too good to be true? Nope, it's the real deal! The program is available to you and your eligible adult dependents (18 and older) who are enrolled in a Pinellas County medical plan.

Hinge Health can help you get back to the active life you love with a personalized program and care team (via video), which may include a licensed physical therapist and some very cool tools.

### *What Can Hinge Health Do and Is It For Me?*

Digital therapy may be right for you if you're looking to:

- **Prevent:** Stay healthy and pain free with access to exercises and education to learn healthy habits, support your joints, and prevent future injuries.
- **Recover:** Work 1-on-1 with a physical therapist via video to:
  - ✓ Treat muscle and joint pain from head to toe including neck, back, shoulders, elbows, arms, wrists, hands, hips, pelvic region, thighs, knees, shins, calves, ankles, and feet
  - ✓ Recover from injuries
  - ✓ Prepare for surgery

- **Manage Chronic Pain:** Work 1-on-1 with a physical therapist and health coach via video to:
  - ✓ Regain control of your body and your life
  - ✓ Improve your quality of life so you can take the stairs, run errands, go hiking — and everything in between

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# Seeing Our Health Clearly

By Brittany Hartup, BSN, RN, Cigna Nurse Health Coach



Brittany Hartup

Problems with our eyes can often be the result of a poorly-managed health condition; but did you know they can also [give us clues](#) that an illness has

begun in another area of the body? Comprehensive eye exams sometimes reveal early signs of diabetes, high blood pressure, autoimmune problems, sexually transmitted infections, and even some cancers.

[Diabetic retinopathy \(DR\)](#) is the leading cause of new cases of blindness in adults. Blood vessels in the retina become damaged and scarred when high blood sugar goes untreated. Though the vision loss from DR is irreversible, it *is* preventable: early detection can prevent or delay blindness in 90% of people with diabetes. If you are Mexican American or African American, you are twice and three times as likely to develop DR, respectively.

[Age-related macular degeneration \(AMD\)](#), which damages sharp and central vision, has two types: dry and wet. Risk factors include smoking, poor diet, and high blood pressure. Approximately 85% of cases of AMD are dry. Bits of fat and protein, called drusen, accumulate under the retina. Their gradual growth cause macula to thin over time, blurring central vision. In wet AMD, blood vessels behind the retina grow abnormally under the macula, causing scarring and rapid central vision loss.

[Cataracts](#) are common in older adults, and can be influenced by smoking, exposure to too much sunlight, eye injuries, medications, and chronic conditions like

## Terms to Know

**Retina:** Thin nerve tissue lining the back of the eye detecting light

**Macula:** Part of the retina providing sharp, detailed, central vision

**Optic nerve:** Located at the back of the eye, carrying visual information from the eye to the brain

**Central vision:** What you can see directly in your line of sight

diabetes. While painless, cataracts cause cloudiness in vision because they prevent light from reaching the retina.

There are three types of [glaucoma](#), all resulting from damage to the optic nerve. It can lead to total blindness if left untreated. Though the exact cause of glaucoma is unknown, it is most often associated with increased pressure within the eye.

Beyond managing and preventing chronic conditions, there are things you can do to [promote healthy vision](#). Use good lighting when reading, working, and studying by using soft background

light with a separate light shining at what you are looking. Taking regular breaks to rest your eyes and blinking often can also help. Try the [20-20-20 rule](#): every 20 minutes, shift your eyes to somewhere 20 feet in front of you for 20 seconds. Protect your eyes from excess blue and UV lights. By wearing UV-blocking sunglasses and blue-light glasses, you can decrease the risk of damaging your retina and developing cataracts.

The [frequency of routine eye exams](#) depends on age, ethnicity, family history, chronic conditions, and even medication regimen. Talk with an optometrist to determine your personal needs. For information on the County's plan and how to find a provider, see [Vision Plan](#).

**BONUS:** To learn about nutrients that support healthy vision, read Shannon Park's [Eat for Eye Health](#).



Cigna Nurse Health Coach [Brittany Hartup](#) provides coaching on preventing and managing chronic conditions.

Hinge Health continued from [page 1](#)

## What Tools Do I Get?

Your personalized treatment plan may include:

- Access to the Hinge Health app with guided exercise therapy
- Virtual visits with members of your care team
- Exercise kit with wearable sensors and exercise bands (may include a tablet if needed)

## How Can I Learn More?

- View [Hinge Health FAQs](#).
- Watch short 2-minute videos on [What Hinge Health Can Do for You](#), and [Hinge Participant Testimonials](#).

## Ready to Apply?

Apply at [hinge.health/pinellas](https://hinge.health/pinellas) or call (855) 902-2777.



# Donate Your Used Glasses for Good in July

Got any unwanted glasses at home? In partnership with [EyeMed](#), our vision plan administrator, we are collecting used glasses at collection sites across the County between July 1 and 31.

Glasses accepted are:

- Prescription
- Non-prescription
- Sunglasses
- Reader glasses



Please, no frames only, glasses cases, or safety glasses.

As part of their [Donate for Good Program](#), EyeMed will donate \$5 to the [OneSight EssilorLuxottica Foundation](#) for every pair collected. Glasses still in good condition will be donated to the [Lions Club](#), who cleans them and provides them to communities in need.

Contact your department's [Wellness Champion](#) to see where your department's donation box is located. If your department does not have a Wellness Champion, you can interoffice your glasses to Human Resources by addressing it to *Wellness, Annex*. Please wrap the glasses in bubble wrap if they are not in a case.

Additionally, collection boxes are located in the lobbies at the following public-facing buildings:

- Animal Services, 12450 Ulmerton Road, Largo
- Annex, 400 S. Ft. Harrison Ave., Clearwater
- Clearwater Courthouse, 315 Court Street
- Parks & Conservation Resources, 12520 Ulmerton Road, Largo
- Public Works, 22211 U.S. Highway 19 N., Clearwater
- Safety & Emergency Services, 10750 Ulmerton Road (employee entrance), Largo
- Utilities, 14 S. Ft. Harrison Ave., Clearwater

To learn more, visit [Donate Glasses for Good](#).



YOUR OLD GLASSES  
CAN DO  
**WONDERS**



eye  
Med

 **ONESIGHT**  
EssilorLuxottica Foundation

## Vision Health Facts

- More than 7 million Americans have vision impairment, another 93 million are at risk for severe vision loss.
- Numbers are expected to increase because of the aging population and increase in chronic diseases.
- Vision loss can affect your mental health and has been linked to loneliness, social isolation, and feelings of worry, anxiety, and fear. In a CDC study, 1 in 4 adults with vision loss reported anxiety or depression.
- 7.7 million Americans have diabetic retinopathy; an estimated 11.3 million will have diabetic retinopathy by 2030.
- 90% of blindness caused by diabetes is preventable.

Sources: CDC and NIH National Eye Institute



# July and August Wellness Activities

## Garden for Life Workshops



- [Office Plants for Black Thumbs](#) - Register now for a 1-hour onsite workshop on **July 27 at 12:15 p.m.** to learn how to spruce up your office with a simple plant that requires little skill.
- [Make Your Own Kokedama](#) - Register now for a 1-hour workshop on **August 18 at 12:30 p.m.** to make a Kokedama (plant wrapped in a moss ball) to liven up your home or office.

## Retirement and Financial Well-being Workshop



[Social Security & Medicare](#) - Register now for a 1-hour onsite workshop by a Securian financial advisor on **August 14 at 12:30 p.m.** Learn about Social Security considerations to help you decide when to claim this retirement income stream. Also get essential facts about Medicare.

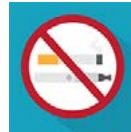
## Cook Along Kitchen



### [Healthy Summer Dessert](#) -

Register now for a 45-minute webinar on **July 27 at 12:15 p.m.** Shannon will demonstrate how to make a healthy, delicious, sweet treat of dessert crepes with berry compote. This is an easy addition to the end of any summer meal.

## Tobacco Cessation



### [Quitting Tobacco: Are You Ready?](#)

- Register now for a 1-hour webinar on **July 26 at 12:15 p.m.** Learn about the psychology of tobacco use, identify if you're ready to quit, and develop a quit plan. *This does not qualify as a cessation class for waiving the Tobacco Premium.*

## Biometric Numbers



### [Know Your Numbers: Why Getting a Biometric Screening Matters](#) -

Register now for a 30-minute webinar on **July 18 at 12:15 p.m.** to learn about important biometric markers, what they mean for your health, and how to improve them.

## Upcoming Screening Events

### Mobile Dermatology

#### Important Schedule Updates

- Airport, **July 27 (new date and time)**
- Human Services/St. Petersburg, **August 3 (new location)**
- North County Clerk, **August 8 (new date)**
- Justice Center, **August 15**



[OnSpot Dermatology Bus](#) - The OnSpot bus is open to employees, spouses, and domestic partners. Additional dates will be available in September. **Cosmetic services are available** including Botox, dermal fillers, microneedling, and chemical peels. See [cosmetic services pricing](#).



### Mobile Mammo

[AdventHealth Mammogram Bus](#) - The mammogram bus returns August 3-24 and is open to all Pinellas County Government employees with insurance, as well as covered spouses and domestic partners.

View [Wellness Classes & Activities](#) for current wellness classes, events, activities, screenings, and blood drives.



# Factors Affecting UV Exposure and How to Manage Them

By Cole Martin, Wellness Technician

One of the most common causes of most skin cancers is overexposure to ultraviolet (UV) rays. Different sources of UV rays are the sun, tanning beds, and sun lamps. The sun is especially dangerous living in Florida as it is a factor year-round, but especially intense during the summer months. Understanding the UV index can be a safe way to understand UV exposure.



Cole Martin

The UV index ranges from 0 to 11+. Below is a breakdown from the Environmental Protection Agency of each number on the [UV Index Scale](#):

- **0-2:** Low danger from sun
- **3-5:** Moderate risk of harm from the sun
- **6-7:** High risk of harm, protection is needed
- **8-10:** Very high risk of harm, take extra precautions as burns can occur quickly
- **11+:** Extreme risk of harm, take all precautions as burns can occur in minutes

According to the [American Cancer Society](#), there are six main factors affecting UV exposure:

- **Time of day** - UV rays are strongest between 10 a.m. and 4 p.m.

- **Season** - UV rays are strongest during spring and summer months
- **Distance from equator** - UV exposure decreases further from the equator
- **Altitude** - More UV rays reach you at higher altitudes
- **Cloud cover** - UV rays are less intense on cloudy days, but can still get through
- **Reflection off surfaces** - UV rays can bounce off surfaces like water, snow, sand, and pavement

It is smart to manage your exposure to harmful UV rays, but you should not avoid the sun completely. There are easy ways to decrease the negative effects of the sun and should be considered when you go outside.

- Stay in the shade.
- Wear breathable light-colored clothing.
- Put on sunscreen before you leave the house.
- Wear a hat and sunglasses.
- Reapply sunscreen every two hours.

Avoiding UV exposure completely is impossible but limiting exposure while still enjoying living in the Sunshine State can greatly decrease your risk of skin cancers. So, before you leave for the day, check the weather conditions and plan for potential sun exposure.

## OnSpot Dermatology Bus Important Updates

### New location added:

- Human Services/St. Petersburg  
647 1st Avenue N., St. Petersburg  
August 3, 7:30 a.m. – 3:00 p.m.



### Date changes:

- St. Pete-Clearwater Airport  
July 27, 9:00 a.m. – 4:30 p.m.
- Clerk of the Court, North County  
August 8, 7:30 a.m. – 3:00 p.m.

### Canceled due to low participation:

- Solid Waste
- Tax Collector, South County
- Tax Collector, Mid-County

To schedule an appointment, see [OnSpot Dermatology](#).



## BMI, BP, HDL, LDL - Huh?

What does it all mean and why do we need a biometric screening anyway!?! BMI, BP, HDL and LDL are important markers which are vital to get an accurate picture of your health status, but they can be confusing. Don't miss [Know Your Numbers: Why Getting a Biometric Screening Matters](#). Presented by Dr. Lydia Malcom, the webinar offers clear easy-to-understand explanations of biometric numbers.

Remember this year's **new deadline is November 30, 2023** for both the [biometric screening and the health assessment](#). Save \$500 on your medical plan premium in 2024 for completing both activities. Complete your labwork right away, particularly if you are using the Physician Results Form which can take up to 5 weeks to process.



Bringing 3D  
Mammography  
to You



# Mobile Mammogram

## Convenient, Quick Preventive Care

- **Clearwater Courthouse**, 315 Court Street, Clearwater  
Thursday, August 3, 8:30 a.m. to 2:30 p.m.  
Friday, August 11, 8:30 a.m. to 2:30 p.m.
- **Human Services**, 647 First Avenue N., St. Petersburg  
Tuesday, August 8, 8:30 a.m. to 2:30 p.m.
- **Parks & Conservation Resources**, 12520 Ulmerton Road, Largo  
Thursday, August 10, 8:30 to 10:30 a.m.
- **Pinellas County Justice Center**, 14250 49th Street, Clearwater  
Thursday, August 24, 8:30 a.m. to 2:30 p.m.
- **Public Works**, 22211 U.S. Hwy. 19 N., Clearwater  
Thursday, August 10, Noon to 2:00 p.m.
- **STAR Center**, 7887 Bryan Dairy Rd., Largo  
Wednesday, August 30, 8:30 a.m. to 2:00 p.m.

**1 in 8 women will be diagnosed with breast cancer.**

**EARLY DETECTION SAVES LIVES. GET SCANNED NOW.**

Walk-ins and spouses/domestic partners are welcome.

**Schedule your appointment at**

**[www.AdventHealthMobileMammography.com](http://www.AdventHealthMobileMammography.com)**

Click *Schedule Now*, then *Corporate, Government and Community Events*.



Brought to you by the Pinellas County Wellness Program  
and AdventHealth Mobile Mammography  
For FAQs, see [www.pinellas.gov/mobile-mammogram](http://www.pinellas.gov/mobile-mammogram).



# Food Additives: What You Should Know

By Shannon Parks, MPH, RD, CPH, Cigna Nutrition Health Coach



Shannon Parks

Do you ever wonder what those ingredients are on your food label that you can't seem to pronounce? Or what all those chemicals are in a can of soda? Many packaged foods have food additives. Learn about these ingredients to be more aware of what you're eating and drinking and to make healthier choices.

People have used ingredients to improve foods in a variety of ways over hundreds of years. Our ancestors used salt to preserve meats and fish, added herbs and spices to improve the flavor of foods, preserved fruit with sugar, and pickled cucumbers in vinegar.

A food additive is defined by the Food and Drug Administration (FDA) as any substance that becomes a part of, or affects the characteristics of, food. This includes any substance used in the production, processing, treatment, packaging, transportation, or storage of food.

Additives are used to maintain or improve safety, freshness, nutritional value, taste, texture, and appearance.

There are over 3,000 food additives that are regulated by the FDA, many of which we use at home every day (e.g., sugar, baking soda, salt, vanilla, yeast, spices, and

colors). Some are natural, such as beet powder used to add color, and others are synthetic, such as artificial sweeteners used in diet sodas.

Natural additives, such as sugar, salt and fats are not always healthy, and not all artificial additives are bad for us. Most additives fall into a few basic categories: preservatives, spices, sweeteners, acids, and added nutrients. Preservatives are added to help food stay fresh, preserve flavor, ferment, and add bulk.

The FDA defines a color additive as any dye, pigment, or substance which, when added or applied to a food, drug, or cosmetic, or to the human body, is capable of imparting color. Keep in mind, food additives generally regarded as safe may not have any known serious health risk to humans, especially when eaten in moderation. But if your goal is to reduce unwanted additives, see the health tips in the box at the left.



## Health Tips

- Limit sweets, packaged and processed foods.
- Read food labels and look for ingredients you don't recognize.
- Consume mostly fresh, whole foods and cook more at home. Buy organic if possible.
- Visit local farmers markets for fruits, vegetables and other whole foods.



Cigna Nutrition Health Coach [Shannon Parks](#) provides coaching on nutrition and wellness.



## Looking for the Right School and Wondering How to Pay for It?

EAP offers educational resources for a child starting preschool, going off to college, or anywhere in between.

Visit [www.pinellas.gov/EAP](http://www.pinellas.gov/EAP).

*Employee Assistance Program (EAP): Providing counseling and so much more to all Pinellas County employees.*

## Good and Bad

### Confused about cholesterol?

Low-density lipoprotein (LDL) is “bad” cholesterol which can increase your risk of heart disease and stroke. High-density lipoprotein (HDL) is “good” cholesterol.

To learn more, visit Cigna's [Cholesterol and Triglycerides Tests](#). To find out your current cholesterol levels, get a [biometric screening](#).



## Upcoming Blood Drives



Did you know that one blood donation can save up to three lives? Please consider donating! Walk-ins are welcome or [schedule an appointment](#).

- **Airport**  
14700 Terminal Blvd. Street, Clearwater (in front of the terminal main entrance)  
**September 14, 9:00 a.m. to 2:30 p.m.**
- **Clearwater Courthouse**  
315 Court Street (west parking lot)  
**August 16, 11:00 a.m. to 4:00 p.m.**
- **Public Works**  
222111 US 19 N, Clearwater  
**August 17, 12:00 p.m. to 5:00 p.m.**
- **Solid Waste**  
3095 114th Ave N, St. Petersburg  
**August 16, 10:00 a.m. to 1:00 p.m.**
- **South County Tax Collector**  
2500 34th St. N, St. Petersburg  
**July 19, 11:00 a.m. to 4:00 p.m.**
- **STAR Center**  
7887 Bryan Dairy Road, Largo  
**July 27, 9:00 a.m. to 1:30 p.m.**
- **Utilities**  
14 S. Fort Harrison Avenue, Clearwater  
**August 24, 11:00 a.m. to 4:00 p.m.**

## EAP Wellness Webcast



We are pleased to offer national webcasts through Cigna EAP on **Wednesdays at 2 p.m.**

[Sign up now](#) and stay tuned for more throughout the year.

- **July 26 – Unique You: Personality Styles at Work** – When personality styles mesh, the whole team can benefit. Have fun learning what your style is and how different styles can work together.
- **August 9 – Your Debt-Free Game Plan** – Debt can be the biggest obstacle in reaching our financial goals. We'll go over debt-reduction strategies and review how to create a sustainable plan.

## Oh, My Aching Back!

### BayCare Presents Health and Wellness From the Experts Webinars

**Tuesday, July 25, 12:00 to 12:45 p.m.**  
Presented by: Andrew W. Moulton, MD

Let's take some time to learn what can cause back pain, as well as understand the difference between chronic and acute cases.



Learn when to seek professional assistance, what options you have to treat the pain, and how your doctor can help you decide what type of treatment is best for you.

Please [register](#) in advance.

## Tobacco Cessation



If you are a tobacco user, sign up to complete an eligible tobacco cessation program between August 1, 2023, and March 31, 2024, in order to have the \$500 surcharge waived for 2024. There are a variety of ways to complete a program.

- Sign up for tobacco cessation coaching with Brittany or Shannon, our [onsite Cigna Health Coaches](#).
- Work with a Cigna Health Coach over the phone. To register, call (800) 862-3557 and select option 6.
- Complete a 28-day online Quit Smoking Program. Visit [Tobacco Premium](#) for instructions.
- Other classes offered through Tobacco Free Florida will be available soon.

View [Tobacco Cessation Resources](#) for more resources.



## Vitamin C & Iron

Vitamin C and iron party together. If you want to increase absorption of iron, consume it with vitamin C rich foods.

To learn more about nutrition, contact [Health Coach Shannon Parks](#).





# Wear Blue for Men's Health

June 16 was Wear Blue Day for Men's Health Month. Employees from across the County wore their favorite blue clothing to raise awareness for Men's Health. Thank you to all who participated.



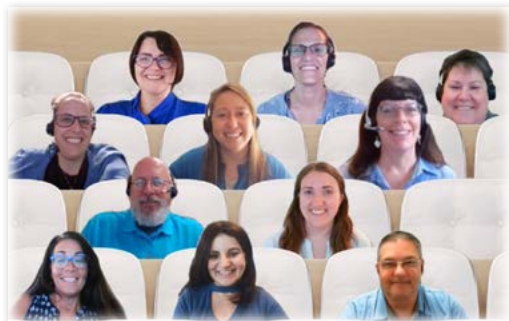
**Clerk of the Court - Civil Court Records**



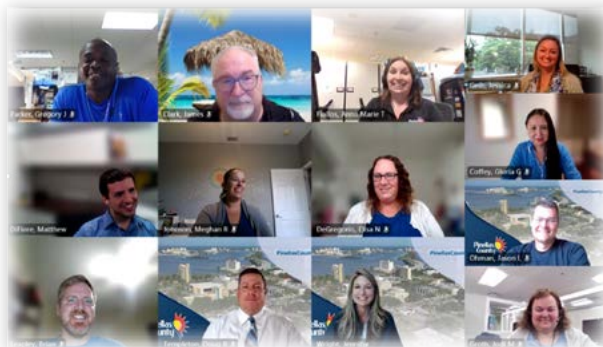
**Clerk of the Court - Jury Services**



**Clerk of the Court - St. Petersburg**



**Human Resources**



**Human Services - Program Services**



Men have unique health needs and challenges.

See [Men's Health Network](#) for health tips such as see your doctors, exercise regularly, maintain a healthy diet, and prioritize mental health.



**Human Services**



**Public Works** (above and below)



**Safety and Emergency Services**



**Tax Collector - Gulf to Bay**



# Celebrate National French Fry Day

By Shannon Parks, MPH, RD, CPH, Cigna Nutrition Health Coach



National French Fry Day, annually celebrated on July 13, marks the joyous day that French fries were invented. Though the moniker for fried potatoes may lead some to believe they were invented in France, the official origin of French fries is unknown.

Theories going back to the 17th century suggest the tasty fried spuds were first crafted up in Belgium, where someone had the ingenious idea to slice and fry a potato similarly to how they fried

fish (a common dietary staple at that time). No matter where they started, Americans sure do love French fries. The average American eats about 30 pounds of French fries each year – equivalent to the weight of a two-year-old child!

Potatoes might get a bad rap in the dieting world, but they're surprisingly a great source of nutrition. This starchy vegetable provides almost 4 grams of fiber per 100 grams (with the skin on), vitamin C, vitamin B6, potassium, manganese, magnesium, phosphorous, niacin, and folate. Potatoes are also rich in antioxidants such as flavonoids, carotenoids, and phenolic acids, all of which fight cellular damage in the body. Frying your French fries in the air fryer cuts down on fat, while still serving up crispy fries.

## Tried and True Hand Cut Air-Fried French Fries

### Ingredients

- 2 large russet potatoes, skin on, washed and cut into 1/4 inch sticks (using a mandolin or other kitchen slicer helps tremendously)
- Extra virgin olive oil (1-2 Tbsp, enough to coat)
- Sea salt, to taste

Optional extras: sprinkle with parmesan, parsley, chipotle powder, chili powder or other herbs of choice; provide dipping sauces such as sriracha ketchup, lemon or garlic aioli, mustard, or chipotle sauce

### Directions

1. Preheat the air fryer to 380F.
2. Drizzle cut potatoes with olive oil, tossing to coat. Sprinkle with sea salt.
3. Place prepared potatoes into the air fryer in a single layer so that they're not touching each other, and air fry for 12-15 minutes or until crispy and golden brown. Check halfway through cooking time to flip the potatoes and determine level of doneness as different air fryer models cook differently.
4. Once all batches are cooked, place them all back into the air fryer for 2-3 minutes (no need for single layering) to reheat and serve warm.

Yield: 4 servings

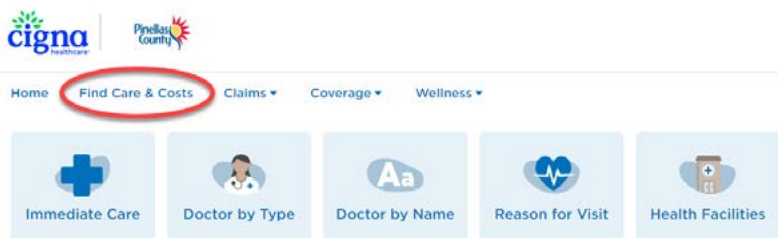
Serving size: Equivalent of 1/2 potato

Nutritional information per serving:

Calories: 85 calories, Carbohydrates: 13 grams, Fiber: 2 gm, Sugar: 0 gm, Fat: 4 grams, Protein: 2 grams, Sodium: 290 mg, Potassium: 550 mg

## Cigna Network

Not sure if your provider is part of the Cigna network? Log in at [myCigna.com](https://mycigna.com), click *Find Care & Costs*, then search for a doctor, practice, or facility to see if they are listed.



## Colors of Pinellas

Registration Open for Virtual Art Show

The [2023 Art Show](#) is open to employees, retirees, volunteers and interns – plus your family members. Register by September 8, 2023. You can enter a photograph, painting, sculpture, drawing, craft, jewelry, woodcarving, mixed media, etc.



# NEW

Step 'n' Sculpt pop-up classes are on Wednesday this month.

## July 2023 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>6:30 to 7:10 a.m.</b> <b>Walk &amp; Talk (Outdoor)</b> Shannon (no class 7/6 and 7/20)	
<b>12:15 to 12:45 p.m.</b> <b>Core &amp; Balance</b> Shannon	<b>12:10 to 12:40 p.m.</b> <b>Cardio Bootcamp</b> Cole	<b>12:15 to 12:45 p.m.</b> <b>Spin</b> Shirley	<b>12:10 to 12:40 p.m.</b> <b>Full Body HIIT</b> Cole	<b>12:30 to 1:15 p.m.</b> <b>Restorative Yoga</b> Shannon (no class 7/7 and 7/21)
	<b>5:15 to 6:15 p.m.</b> <b>Solely Strength</b> Cole	<b>Parks' Magnolia Room in Largo</b> <b>5:30 to 6:30 p.m.</b> <b>Urban Line Dancing</b> Jolanda		
		<b>5:30 to 6:30 p.m.</b> <b>Step 'n' Sculpt</b> Lisa Pop-up class 7/5 and 7/12 only		



All classes are held at the [Wellness Center](#), 324 South Fort Harrison Ave., Clearwater, except Urban Line Dancing is at Parks & Conservation Resources, 12520 Ulmerton Road, Magnolia Room, Largo.

### NO REGISTRATION REQUIRED - JUST SHOW UP

**Cardio Bootcamp** (30 minutes): A challenging, fun, high energy class that is modifiable for all fitness levels.

**Core & Balance** (30 minutes): An all-level core-dedicated workout to strengthen mid-body muscles to maintain good posture, range of motion and a healthy back.

**Full Body HIIT** (30 minutes): Combine strength and cardio intervals, and a variety of equipment to work your entire body.

**Restorative Yoga** (45 minutes): A restful yoga practice that prioritizes long holds to gain a deeper stretch and emphasizes the meditative aspect of the mind-body connection.

**Solely Strength** (1 hour): Focus on building strength, lean body mass, and bone strength, and decreasing body fat.

**Spin** (30 minutes): A low impact cardio workout ideal for all fitness levels. Control your own resistance and speed to improve your current fitness level at your pace.

**Step 'n' Sculpt** (1 hour): Step your way to a healthy heart, tone your core and abs, and show your muscles some love with a feel-great stretch.

**Urban Line Dancing** (1 hour) (*Parks' Magnolia Room*): Dance is an excellent stress reducer, muscle toner and leg strengthener. Get moving and have some fun!

**Walk & Talk** (40 minutes): Get your steps in with Shannon, your [Cigna Onsite Nutrition Health Coach](#), while discussing nutrition and a healthy lifestyle.

Bookmark the [Group Fitness Class Schedule](#).

