

To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



NOVEMBER 2023

With Gratitude

The Wellness Team is incredibly grateful to have the privilege of serving all of you. We hope in at least a small way, the Wellness programs and educational opportunities offered this year have made a positive difference in your well-being.

Jane
Sydney *Wolke* *Brittany* *Shannon*
Sherrida

Less Than One Month Left!

Save \$500 on your medical plan premium in 2024

Complete **both** your [biometric screening and health assessment](#) by **November 30**. We strongly recommend you use the [Direct-to-Quest](#) option and don't wait to complete your health assessment; do it now. Use the [Completion Help Guide](#) to confirm completions or call Benefits at (727) 464-3367, option 1.

Inside

- 2 Lower Your Risk of Diabetes-Related Complications By Upping Your Physical Activity, Pre-Diabetes: Understanding Your Numbers to Prevent Type 2 Diabetes
- 3 November Wellness Activities
- 4 Breathe a Bit Easier
- 5 Omada for Cigna, Caregiver Corner, EAP Wellness Webcast
- 6 Tobacco Cessation Programs, Blood Drives
- 7 Meet the Newest (Furry) Wellness Champions, Plant Your Own Herb Garden Workshop
- 8 The Reimagined Maintain Campaign
- 9 Pinellas County Wears Pink
- 10 Roasted Turnips and Winter Squash with Agave Glaze Recipe, Healthy Holidays Webinar
- 11 Group Fitness Classes Schedule



Annual Enrollment
for 2024 Benefits

Enroll in OPUS from November 1 to 15, 2023

Annual Enrollment is Open

All employees are required to make their benefits selections in OPUS by Wednesday, November 15, including new hires and those declining coverage. [Annual Enrollment](#) is your opportunity to evaluate your benefits and make selections such as medical, dental, life insurance, voluntary benefits, Flexible Spending Accounts (FSA), and exchange of annual leave.

Use OPUS to complete your benefits enrollment:

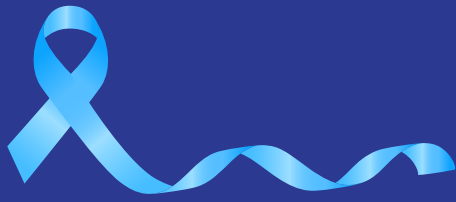
- Once logged in, select *PIN Employee Self Service and Benefits & Annual Enrollment*.
- You may enroll from work or from home.
- **IMPORTANT:** Select Confirmation Statement for a PDF of your enrollment choices *before* selecting Finish to submit your selections.

All employees will need to attest in OPUS as to whether or not they are tobacco users. If you do not enroll using OPUS, you will default to **tobacco user status**, and be subject to the \$500 tobacco premium in 2024.

If you elect to **opt out** of coverage or if you'd like **domestic partner** coverage, you need to submit your notarized documentation by November 15.

Enrollment Assistance

- [Register for an Information Session](#) or [watch a recording](#).
- View the [Annual Enrollment webpage](#) to see what is changing in 2023, including new premiums for medical and dental plans, and increased HSA plan deductibles and maximum contributions.
- View the [OPUS Demo Video](#) and [OPUS Screenshots Guide](#) for [tips on how to enroll](#).
- Get personalized **phone support**:
 - Cigna's onsite representatives, (727) 464-4555, option 1, Monday to Friday, 8:30 a.m. to 5:00 p.m.
 - Cigna's Customer Service Line, (800) 862-3557, 24 hours/7 days a week.
 - Employee Benefits, (727) 464-3367, option 1, Monday to Friday, 8:00 a.m. to 5:00 p.m.



Lower Your Risk of Diabetes-Related Complications By Upping Your Physical Activity

By Sydney Szczesniakowski, MS, NSCA-CPT, Wellness Technician



Sydney Szczesniakowski

[Heart disease](#) is the most common cause of death amongst diabetics because the uncontrolled levels of glucose can damage the heart and blood vessels. That damage can lead to high blood pressure and too much LDL (bad) cholesterol and triglycerides (a type of fat) in your blood. [High LDL cholesterol](#) increases your risk of stroke and diseases within your arteries. Similarly, [high triglycerides](#) also increase your risk of having a stroke or heart attack. While diabetes is not curable, you can lower your risk for developing these types of complications through lifestyle changes.

Exercise plays a huge role in managing diabetes because your body will use glucose as a fuel source. Being physically active makes your body more sensitive to [insulin](#) (which is a good thing!), the hormone that allows your body to take glucose from food and use it as energy.

Diabetes Fast Facts:

- Diabetes is the [8th leading cause of death](#) in the U.S.
- People with diabetes are [twice as likely](#) to have a stroke as people without the disease.
- In 2018, [1.87 million diabetics](#) were hospitalized for cardiovascular disease.
- In 2018, [154,000 diabetics](#) were hospitalized for a lower-extremity amputation.
- Approximately [1 in 3 adults](#) with diabetes has chronic kidney disease.

This means that your body is better able to utilize the glucose that is sitting in your blood.

It's recommended to get at least [150 minutes/week of moderate intensity physical activity](#). That number may seem daunting, but that can be 30-minute walks 5 days a week. You could even break that 30 minutes into shorter 15-minute walks!

Continued on [page 5](#)

Pre-Diabetes: Understanding Your Numbers to Prevent Type 2 Diabetes

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



Shannon Parks

A common precursor to type 2 diabetes, pre-diabetes is a condition in which the body's blood sugar levels are higher than normal, but not yet high enough to be diagnosed as type 2 diabetes. According to the Centers for Disease Control & Prevention, an estimated [96 million Americans](#) have pre-diabetes, and greater than 80% of those individuals

are undiagnosed.

Pre-diabetes is a condition where the cells in your body do not respond appropriately to a hormone called insulin. Insulin works as a key to allow blood sugar into your cells, where it's used as energy. However, when someone has pre-diabetes, it's a sign that their body no longer responds well to insulin, or the pancreas can't keep up with the demand for insulin, and therefore their blood sugar levels remain higher than normal.

Many people have undiagnosed pre-diabetes for years without any clear symptoms, so much so that it often goes undetected until full-blown type 2 diabetes develops, which is why getting lab work, such as a biometric screening, done annually is so important. "Hemoglobin A1c", or HgbA1c for short, is a simple blood test that measures your body's level of blood sugar over the last 90 days.

A1c Level	Diabetic Indicator
< 5.7%	Normal
5.7% - 6.4%	Pre-Diabetes
> 6.5%	Diabetes

There are a handful of risk factors for developing pre-diabetes.

- Being overweight.
- Being over the age of 45.
- Having a close relative that has type 2 diabetes.

Continued on [page 5](#)



November Wellness Activities

Webinars

Greening Your Holiday



[Register now](#) for a 30-minute webinar on **November 15 at 12:00 p.m.** Learn how to keep your holiday plants festive and well cared for this season and how to decorate using natural resources found in your landscape.

Diabetes Prevention



[Register now](#) for a 45-minute webinar on **November 16 at 12:30 p.m.** Shannon will teach you how to manage an existing diabetes diagnosis and discuss lifestyle changes that can lower your risk of developing this disease.

Living with Pain



[Register now](#) for a 1-hour webinar on **November 17 at 12:00 p.m.** Lorelei will show you how to identify chronic pain, create strategies to manage your condition, and how to provide support to those with chronic pain.

Healthy Holiday Sides



[Register now](#) for a 1-hour cooking demonstration webinar on **November 14 at 12:15 p.m.** Shannon will be showing how to make a cranberry apple quinoa salad—a healthy side dish you're sure to enjoy all season long.

BayCare VIP Mammogram Days



[Register now](#) for a mammogram screening in Clearwater **between November 2 and November 14.** The event is designed especially for Pinellas County employees to get first access to mammogram appointments at BayCare.

Tobacco Cessation Programs



If you use tobacco, complete an eligible tobacco cessation program between now and March 31, 2024 to save \$500 on your 2024 medical plan premium due to the [tobacco premium](#). In-person and virtual programs are available.

Reimagined Maintain Campaign

Beat holiday stress by focusing on your wellness! The [Maintain Campaign](#) is an 8-week challenge that begins on **Monday, November 13.**

New this year!

- This is an individual challenge (no teams).

- Weight tracking is optional and anonymous.
- You will have access to the Maintain Teams Channel, an online community where Maintainers will connect and support one another.

Scan the QR code to register for the Maintain Campaign.



Tools and support will be provided to help you stay healthy during the holidays. Accrue the most points to win! **Registration closes November 20.** [Register here](#) or use the QR code above.



Breathe a Bit Easier

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



Brittany Hartup

Without conscious effort, our lungs breathe in and out approximately [22,000 times](#) every day. This intake of oxygen and output of carbon dioxide gives us the power to speak, laugh, and live. What if some of that power was taken by illness such as cancer or chronic obstructive pulmonary disease (COPD)? How would that negatively impact your life? How would you

feel if you had to give up favorite activities like sports or walking around amusement parks, or even struggle to get through a trip to the grocery store? The sooner you begin taking care of your lungs, the longer you will be able to enjoy the things you love.

One of the most effective ways you can maintain healthy lungs is by avoiding smoking along with avoiding exposure to secondhand smoke. Did you know that [nearly 90%](#) of lung cancers are a result of smoking? Never been

a smoker, but spent a lot of time around secondhand smoke? Unfortunately, you may be at a 20-30% greater chance of developing cancer.









Interestingly, recent [studies](#) have discovered that 15-20% of men and over 50% of women with lung cancer are non-smokers. The most common subtype of lung cancer in non-smokers is adenocarcinoma. Genetics are an important consideration when it comes to lung cancer. Non-smokers with lung cancer have a mutation to their EGFR gene 3.5 times greater than smokers (36% versus 8%), and a mutation to their ALK gene 6.5 times greater than smokers (26% versus 4%).

In addition to lung cancer, your exposure to tobacco and smoke can lead to developing [COPD](#). Breathing is more difficult for people with COPD because their airways and air sacs lose elastic quality, which decreases the amount of air they can inhale. The walls between air sacs are

Continued on [page 6](#)

Health Benefits of Quitting Smoking Over Time

Within minutes of smoking your last cigarette, your body begins to recover:

20 minutes		Your heart rate and blood pressure drop.
A few days		The carbon monoxide level in your blood drops to normal.
2 weeks to 3 months		Your circulation improves, and your lung function increases.
1-12 months		Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) start to regain normal function.
1-2 years		Your risk of heart attack drops dramatically.
5-10 years		Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your stroke risk decreases.
10 years		Your risk of lung cancer is about half that of a person who is still smoking (after 10-15 years). Your risk of cancer of the bladder, esophagus, and kidney decreases.
15 years		Your risk of coronary heart disease is close to that of a nonsmoker.



November is **National Diabetes Awareness Month**

Every 23 seconds, someone is diagnosed with diabetes.¹

Don't wait another second to get help from Omada.

→ [Learn more](#)

¹American Diabetes Association, 2023. <https://donations.diabetes.org> (accessed 9.5.2023)

Omada Health, Inc. is an independent third party service provider. "Cigna" refers to operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company or its affiliates.



Lower Your Risk of Diabetes-Related Complications By Upping Your Physical Activity continued from [page 2](#)

Other great forms of exercise include:

- Yoga
- Swimming
- Weightlifting
- Cycling
- Pilates

Exercising with diabetes is generally safe, but you should consult your physician if this is your first time starting physical activity. They can advise you on what activities are suitable for you, how to prepare, and what to avoid.



Caregiver Corner

Being a caregiver may be the most important, yet difficult, role you'll ever take on. No matter where you are in your journey or who you're caring for, having resources available and easily accessible can make your journey a bit easier. There are many [local](#) and [national](#) resources ranging from housing and legal to care for the caregiver.

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.

- **November 15 – Why We Get Angry & What to Do About It** – Anger is a normal, healthy emotion, but it can lead to problems. Learn about triggers, healthy ways to control it, and how to defuse angry situations.

Pre-Diabetes: Understanding Your Numbers to Prevent Type 2 Diabetes continued from [page 2](#)

- Being physically active less than 3 times weekly.
- Ever having gestational diabetes or polycystic ovarian syndrome.
- Being of certain ethnic backgrounds (African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders, and some Asian Americans are all at higher risk).

If you are at higher risk, have an elevated A1c or are currently pre-diabetic, there are a few things that can change your health trajectory for the better, and either prevent or delay the development of type 2 diabetes. Studies have shown that losing 5-7% of your body weight, and sustaining that weight loss, reduces your risk tremendously. Additionally, increasing your exercise and modifying your diet to reduce simple carbohydrates (think sweet treats and salty snacks like potato chips), also help to reduce your risk.

If you've ever wondered about a specific diet or lifestyle approach to reduce your risk, the County has multiple diabetes prevention resources for you and your adult dependents. You can reach out to your [onsite nutrition health coach](#) for free coaching, or enroll in the [Omada Diabetes Prevention Program](#).



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



Substance Use Resources

Get help for substance use for you or your loved one from EAP. Visit www.pinellas.gov/EAP.

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



The Great American Smokeout is November 16

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the [Great American Smokeout](#) on November 16 be your day to start.

YOU DON'T HAVE TO STOP SMOKING IN ONE DAY. START WITH DAY ONE.

The Great American Smokeout® on the third Thursday in November



Breathe a Bit Easier continued from [page 4](#)

destroyed, airways become thick, inflamed, and even clogged because of overproduction of mucus.

Some chronic conditions impacting the lungs can occur even in the absence of smoking. Asthma, for example, is an [inflammatory response](#) from the body to triggers such as pollen, mold, smoke, or even minor viral respiratory infections. When someone with asthma is exposed to aggravating factors, their airways swell, narrow, and may create more mucus.

So, besides quitting tobacco use and avoiding secondhand smoke, exercising regularly, and eating a healthy diet, how can you keep your lungs healthy?

- Avoid exposure to outdoor [air pollution](#).
- Improve [indoor air quality](#) by vacuuming regularly,

Tobacco Cessation Programs



If you use tobacco, complete an eligible tobacco cessation program between now and March 31, 2024 to save \$500 on your 2024 medical plan premium due to the [tobacco premium](#). 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, option 6.
- Complete an online 28-Day Quit Program on [myCigna.com](#).
- Register for a Tobacco Free Florida class series by calling (813) 929-1000.
 - Tuesdays, 12:30 - 1:30 p.m., Dec. 7, 14, 21, 28
 - Thursdays, 12:00 - 1:00 p.m., Jan. 18, 25, Feb. 1, 8

It's Free



A biometric screening is normally free since preventive screenings are free. If your doctor orders lab work that is not preventive, you may be responsible for copays or co-insurance. We recommend the Direct-to-Quest option which is free, quick and easy.

Remember the deadline to complete your [Biometric Screening and Health Assessment](#) is **Thursday, November 30, 2023.**

changing air filters, eliminating mold, checking for [radon gas](#), and using household chemicals cautiously.

- Practice [deep breathing](#).
- Get annual check-ups and stay up to date with [vaccinations](#).

Pinellas County has many [resources available](#) to help support your road to becoming tobacco-free. Reach out to your [onsite nurse health coach](#) to learn how to better manage your asthma, COPD, and heart failure. Remember, it's never too late to improve your health. The first step is just making that decision.



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

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
December 7, 9:00 a.m. to 2:30 p.m.
- **Solid Waste**
3095 114th Ave. N., St. Petersburg
November 15, 10:00 a.m. to 1:00 p.m.
- **South County Tax Collector**
2500 34th St. N., St. Petersburg
November 22, 11:00 a.m. to 4:00 p.m.
- **STAR Center**
7887 Bryan Dairy Road, Largo
November 30, 9:00 a.m. to 1:30 p.m.



Meet the Newest (Furry) Wellness Champions

By Jennifer Renner, Animal Services Volunteer Coordinator



Recognizing how important pets are for our mental and physical well-being, Animal Services began a Pet Program with our County's first responders during COVID shutdowns in 2020. Initially, staff

members visited the Regional 9-1-1 Center off Ulmerton Road to give them a 10-minute break to pet a dog or cat. The program continued, weather permitting, with weekly dog therapy visits. It expanded to our local fire departments upon request. Just recently, we piloted a new indoor space at the 9-1-1 Center with a group of foster kittens. The same foster kittens visited the Human Resources offices last week and proved to be a *purrfect* mood changer. The team members got down on the floor and snuggled with our 4-week-old baby cats as they ran around the conference room like it was their very own agility course.

How do pets affect our mental and physical health?

Numerous scientific studies have proven pets make us healthier. If you have a dog, you will get outside for more fresh air and sunshine as you enjoy walks together. You will also find dogs are an excellent way to socialize

and meet new friends. Pets help lower our blood pressure, cholesterol levels, and triglycerides, too. Most importantly, having a pet will decrease feelings of loneliness, isolation, and depression which was key during COVID shutdowns.

Are you ready to adopt?

Animal Services currently has a high population of dogs looking for homes. With nearly 80 in the Adoption Center alone, we need the community's help spreading the word. Even better, adoptions fees are only \$5 for all cats and dogs. The fee includes: spay/neuter, age-appropriate vaccines, 1-year County license, microchip with lifetime membership, internal/external parasite control, a small bag of Hill's Science Diet, and a special toy or treat, too. Check out all our adorable [adoptable pets](#).

Volunteering also has great health benefits

If you can't adopt, we would love extra help walking, socializing, and training the dogs in our care. You can easily skip the gym and get all your cardio in at the shelter. We also have flexible scheduling, including weekends. Even an hour is very helpful. If you are interested, please fill out the [online application](#).

Interested in learning more about our programs?

Please [contact Jennifer Renner](#), Animal Services' Volunteer Coordinator.



Plant Your Own Herb Garden Workshop



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On a beautiful day in October, employees gathered to learn about growing herbs and, with materials and supplies provided by the Wellness Program, planted their own herb seeds. Theresa Badurek, urban horticulturist with IFAS Extension shared great information on the proper way to plant, water and care for herbs, as well as their health benefits. It was a wonderful afternoon, and a great time was had by all!





The Reimagined **MAINTAIN CAMPAIGN**

Monday, November 13, 2023 to Sunday, January 7, 2024

Manage your stress and your waistline by sticking to healthy habits this holiday season.

OBJECTIVES

- ❄️ Earn points for completed activities that improve physical health, help manage stress, make mindful nutrition choices, and control holiday spending.
- ❄️ Accrue the most points to win.

NEW THIS YEAR!

- ❄️ This is an individual challenge that's all about you (no teams this year)!
- ❄️ Focus on maintaining healthy lifestyle choices. Weight tracking is optional and anonymous.
- ❄️ Maintain Teams Channel, an online community where Maintainers will connect and support one another.

HOW

- ❄️ **Registration opens October 31** and closes November 20.

[Register for Maintain Challenge](#) (or scan the QR code below).

Questions? Pinellas County Wellness Program | wellness@pinellas.gov | (727) 464-3367, option 1

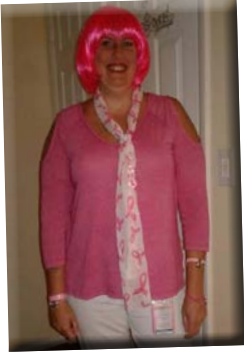


10/25/23



Pinellas County Wears Pink

October is Breast Cancer Awareness Month. Employees wore pink on National Wear Pink Day to spread awareness about breast cancer and help save lives.



Dawn Rodriguez,
Criminal Court Records



Emergency Management



Housing & Community
Development



Human Resources



Human Services



Property Appraiser



Human Services



Human Services



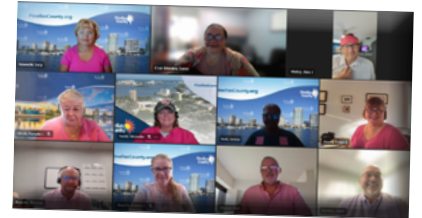
Public Works



Public Works



Public Works



Purchasing & Risk Management



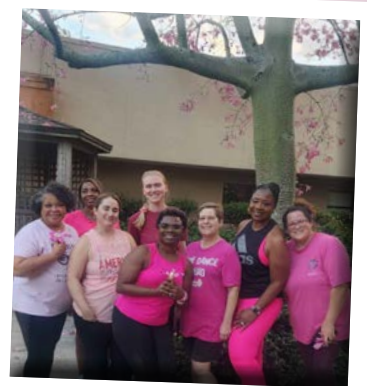
Solid Waste



Supervisor of Elections



Supervisor of Elections



Urban Line Dancing



CELEBRATE NOVEMBER NATIONAL NATIVE AMERICAN AND ALASKAN HERITAGE MONTH

Roasted Turnips and Winter Squash with Agave Glaze Recipe



Over 100 years ago, a Blackfoot Indian named Red Fox James rode horseback from state to state seeking approval for a day to honor our nation's American Indian population. On December 14, 1915, Red Fox James

presented the endorsements of 24 state governments at the White House. The first ever American Indian Day was declared the second Saturday of May 1916 by the governor of New York. In 1990, President George H. W. Bush approved a joint resolution designating November National Native American and Alaskan Heritage Month. To date, the federal government recognizes 574 American Indian tribes and Alaska Native entities within the United States.

This month's recipe comes from the hands of chef Sean Sherman of The Sioux Chef, a company led by a Native American Indian focused on creating regional Indigenous foods utilizing products from tribal producers, Native heirloom agricultural productions, regionally foraged wild foods, and protein alternatives to beef, chicken, and pork.

Not only are turnips a seasonal root vegetable through the fall and winter months, they're also a great source of vitamin C, folate, iron, and calcium. [Butternut squash](#) is also high in vitamins A and C and nearly 20% of the daily recommended intake of a mineral called [manganese](#). We cleaned up the recipe by substituting [avocado oil](#), which is less inflammatory, for sunflower oil.

Ingredients

- 2 lbs. turnips, cut into 1-inch chunks
- 1 small butternut squash, unpeeled, halved, deseeded and scooped clean, then cut into 1-inch chunks

Healthy Holidays Webinar

Join Cigna Onsite Health Coach Brittany Hartup to learn how to balance stress, manage finances and weight, and how to avoid health hazards this busy holiday season! [Register now](#) for this 30-minute webinar on **Tuesday, December 5 from 12:15 to 12:45 p.m.**

- 2 tablespoons avocado oil
- 2 tablespoons fresh sage, chopped
- 2 teaspoons sea salt
- 2 tablespoons light agave nectar
- 1/4 cup sunflower seeds, toasted

Directions

1. Heat oven to 425 degrees. Line 2 baking sheets with parchment paper or foil. In a large bowl, toss turnips and squash with oil, sage, and salt. Divide the mixture between the two baking sheets, spreading into an even layer.
2. Transfer baking pans to the oven on middle and lower shelves, roast for 20 minutes, stirring the vegetables and rotating the baking sheets halfway through. Reduce the heat to 400 degrees and continue to roast until tender and caramelized, another 10-20 minutes, stirring and rotating again halfway through.
3. Remove from the oven and brush with agave nectar. Return to the oven and cook until the tops of the vegetables appear glossy, 2-3 minutes. Serve topped with a scattering of sunflower seeds.

Recipe adapted from the [New York Times](#).

Yield: 10 servings

Serving size: about 1/2 cup

Nutritional information per serving:

Calories 90, Carbohydrate 15 gm, Fat 4 gm, Fiber 3 gm, Protein 2 gm, Sodium 334 mg, Sugar 0 gm



Edible Stickers

Did you know that the stickers on produce are edible? They have no flavor and no nutritional value, but are safe to eat.

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



November 2023 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday
			6:30 to 7:10 a.m. Walk & Talk (Outdoor) Shannon (no class 11/23)	
12:15 to 12:45 p.m. Core & Balance Shannon	12:10 to 12:40 p.m. Cardio Bootcamp Sydney	12:15 to 12:45 p.m. Spin Shirley (no class 11/15, 11/22, 11/29)	12:10 to 12:40 p.m. Full Body HIIT Sydney (no class 11/23)	12:30 to 1:15 p.m. Restorative Yoga Shannon (no class 11/10, 11/24)
	5:15 to 6:15 p.m. Solely Strength Sydney	Parks' Magnolia Room in Largo 5:30 to 6:30 p.m. Urban Line Dancing Jolanda (no class 11/22)		
		5:30 to 6:30 p.m. Step 'n' Sculpt Lisa (no class 11/01, 11/22)		

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): Build strength, lean body mass, and bone strength, while 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](#).

