



# Leap into Heart Health with Exercise Classes

Regular exercise supports cardiovascular health by lowering blood pressure, decreasing stress, and reducing your risks of heart disease.

Wellness University wants to support you with ongoing, on-campus, FREE classes.

There are many exercise offerings available to support your heart health such as:

Class Name	Date	Time	Why?
<b>Zumba</b>	Every Tuesday	5:30 p.m.	It's a high energy dance fitness program that is fun, easy to follow and a fantastic workout
<b>Yoga</b>	Every Wednesday	5:30 p.m.	A mindfulness movement practice that reduces muscle soreness, promotes deep relaxation and supports a better night's sleep. Bring a yoga mat!
<b>Boot Camp</b>	Every Thursday	5:30 p.m.	It's a high energy dance fitness program that is fun, easy to follow and a fantastic workout
<b>Class Pass</b>	Ongoing	Anytime	100s of free online, on-demand exercise classes.



All exercise classes are held in the Thrive Event Center, Dan B. Moore Bldg., South Sacramento.

Open to KP employees & physicians, all fitness levels are welcome and you will earn credits you can redeem for great rewards.

Scan the QR code to learn more, visit our event calendar, and explore all our wellness resources.



For questions or more information, visit [kpwelnessu.org](http://kpwelnessu.org), email [Employee-Wellness-SSC@kp.org](mailto:Employee-Wellness-SSC@kp.org), or call (916) 525-4820.

