



Copies can be obtained by logging onto <http://tpm.scgov.net> or contacting Angela Deem at adeem@scgov.net

Lunch time Exercise Class at the Admin Fitness Center!

When: Monday, August 7th - August 28th (4 weeks)
Time: 12 (noon) – 1pm
Class: “Exercise Fusion with Deniese”
Where: Admin Fitness Center
(1660 Ringling Blvd, 5th Fl)

Fusion is just as the names states; a fusion or blend of all the exciting aspects of many different forms of exercise such as: Pilates, isometric strengthening, yoga, resistance training, stretching, core training (abs and mid-section) and ending with a calming meditation. Come join the group for a rejuvenating experience and leave feeling invigorated. All levels welcome. Instructor Deniese Kragel is a Certified Personal Trainer (CPT) who has taught a number of classes for SCG and has many success stories.

Register today on TRAC, Class Code 1FIT3035

Class is reserved for County employees & spouses ONLY.

Stress Management and Goal Achieving

Chronic stress is implicated in various degenerative diseases, such as, arthritis, cancer, heart disease, fibromyalgia, headaches and more. Chronic stress also diminishes your ability to fight infection, get adequate rest and have full energy. Find out what you can do to prevent stress from eroding your quality of life by identifying when you have stress and some simple steps to reduce and prevent it.

**Don't miss Dr. Kaufman's seminar
Tuesday, July 25th**

**From 1130-1:00pm at Jacaranda Library,
Youth Programming Room**

**Learn the effects that stress has on your health
and how you can manage and prevent it!**

Register today on TRAC Class Code 1FIT3033

**Contact Natalie Rotella at nrotella@scgov.net or at
650-5294 with questions**

Evening Pilates Class Admin Fitness Center

When: Thursday Evenings beginning 08/24/06
Time: 5:30-6:30pm
Class: “Pilates & More”
Where: Administration Fitness Center
(1660 Ringling Blvd, 5th Fl)

Join Gina on the mats for a workout that will utilize classic Pilates movements, Yoga techniques, and various core-strengthening exercises to stretch, tighten, and tone your abdominals, back, hip, and glut muscles.

**Register today on TRAC, Class Code
1FIT3038**

Class is reserved for County employees & spouses ONLY.



Evening Exercise Class at BOB

When: Tuesday Evenings beginning 08/22/06
Time: 5:30-6:30pm
Class: “Spice It Up”
Where: BOB Employee break area (1001
Sarasota Center Blvd, east of I-75 off Fruitville)

Spice-It-Up – You will never get bored during this workout! Keep guessing as Gina combines elements of cardio, strength training, flexibility, and other energizing exercises that will provide you with a full-fitness experience.

**Register today on TRAC, Class Code
1FIT3037**

Class is reserved for County employees & spouses ONLY.

