

Living Well

EMPLOYEE HEALTH & BENEFITS

Stall Talk



Copies available at tpm.scgov.net or from Angela Deem at adeem@scgov.net

Balancing Life & Work Class

03/13/08 (Thursday) 8:30-10am
2817 Cattlemen Road, Conf Room B



Using the philosophy that "those who are happy at home perform better on the job," this workshop was developed for those who feel burdened with too many responsibilities and without enough time for personal enjoyment. This workshop will help participants explore and define home responsibilities, identify career requirements and prioritize leisure time. The resulting better balance will help achieve more in one's career and at home.

Register on TRAC, class code: 1FIT3062

New Venice Fitness Center Opens to all County Employees!

The New Fitness Center is located in the Public Safety Building (Fire & Sheriff Station) at 4531 State Road 776



Featuring:

- Strength Training Equipment
- Free Weights/Bench
- Treadmill & Stationary Bike

Gaining Access is Easy!

If you already have access to the any of the other Fitness Centers you will not need to reapply. If you need access, please fill out the Fitness Center application found on the TPM website at <http://tpm.scgov.net/BenefitsFitnesscenters.asp>.

You will need your county badge each time you visit and there will be a sign in sheet (rather than swipe card access).

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

New Spring Group Exercise Classes! Beginning the week of March 31st

BOB (Large Training Room)

Cardio Sculpt 1FIT3046

Mondays 5:30-6:30pm

&

Pilates 1FIT3043

Wednesdays, noon -1:00pm

2817 Cattlemen Road (Room B)

Pilates 1FIT3043

Tuesdays & Thursdays (separate classes)
noon-1:00pm

Jacaranda Library

Zumba 1FIT3087

Tuesdays, 5:30-6:30pm

&

Cardio Sculpt 1FIT3046

Thursdays, noon-1:00pm

Administration Bldg (1660 Ringling)

Fitness Center, 5th Floor

Pilates 1FIT3043

Mondays, noon-1:00pm

&

Zumba 1FIT3087

Wednesdays, 5:30-6:30



Register for all classes in TRAC

Please contact Natalie Rotella for more information at 650-5294 or nrotella@scgov.net