

# Corporate Health Promotion Exercise Classes

**All classes must be scheduled 4 weeks in advance and are based on instructor availability.**

## Chair Yoga

Easy, gentle stretching that incorporates chair based exercises and stretches. A Certified Fitness Instructor will lead the participants through a basic yoga class. Participants will learn the basics of yoga, practice proper pose positions and alignment as well as proper breathing techniques.

*Class length: 60 minutes*

*Class Cost: \$375*

*Equipment: Please provide mats for the participant*

## Foam Roller

Of all the claims around exercise equipment, the Foam Roller may be the closest thing to a "quick fix." One single session often equals an immediate difference in range of motion and mobility. Come learn how to roll away stress and fatigue, instantly improving the way you move and feel.

*Class length: 45-60 minutes*

*Class Cost: \$375*

*Equipment: Please provide mats and foam rollers for the participants.*

*Foam rolls can be purchased through KP's Health Education Dept.*

## Total Body Stretch

A gentle walk or warm-up precedes stretching to effectively increase range of motion and one's ability to move freely and easily, taking time to relax and breathe releasing tension and stress.

*Class length: 30-60 minutes*

*Class Cost: \$175*

*Equipment: Please provide mats for the participants*

## Resistance Band

An effective workout without the weights. Come use bands and body weight to effectively and conveniently condition muscle strength and endurance. Resistance bands are a great addition to any strength training "muscle toning" routine.

*Class length: 30-60 minutes*

*Class Cost: \$175*

*Equipment: Please provide mats and bands for the participants. Bands can be purchased through KP's Health Education Dept.*

### Equipment Cost

Yoga Mat \$20 each

Foam Roller \$14 each

Resistant Bands \$7 each