

BATHROOM BANTER

June 2016

(210) 207-WELL wellness@sanantonio.gov



The 2016 Rock 'n' Roll Marathon & 1/2 Marathon will be on December 4, 2016, so it's time to start training! Sign up for the 24-week training program through Soler's Fit. Runners & walkers of all levels are welcome to participate in this program. Discounted rates will be offered to full-time City employees & up to one family member.

Sign up at <http://solerssports.com/solers-fit-marathon-training/>
City employees & family member must click "yes" when asked if you work for the City of San Antonio & provide the employee's employee ID number.
Questions? Contact Soler's Fit @ 210-663-8908
or wellness@sanantonio.gov

Don't forget about the discounted rates San Antonio fitness centers have offered for City of San Antonio employees. Be sure to check out the full list at www.sanantonio.gov/wellness. Check out our most recent special below!

CORPORATE WELLNESS

HARD WORK WORKS.

City of San Antonio Employees
Join for only **\$1***
Offer valid 6/20 - 6/24
Bring proof of employment to receive discounted rate!

From 6/20/2016 through 6/24/2016, City of San Antonio employees can use any San Antonio area Gold's Gym for **FREE** with a **Wellness VIP 5 Day Access Pass** and can enroll during this time frame for only **\$1!*** Sign up at the downtown Travis Street Gold's Gym and receive a special gift (while supplies last). Visit www.sanantonio.gov/wellness for details and to print your VIP Pass.

With 27 Gold's Gym locations City-wide, there is always a Gold's Gym location near you. Enroll and enjoy free group exercise such as Yoga, Zumba, & Cycling, cardio equipment and weights, basketball, swimming, and spas (amenities vary by location).

*must provide employee ID.

June Education Sessions for Physical Activity

"Unlocking the Secrets to Running"

Presented by Soler's Sports

Learn the benefits of running, information on the Marathon Training program, and get fitted for your perfect running shoe.

6/2, 11:30am-12:30pm

International Building, Rio Ballroom



"Resistance Training: Benefits and Myth Busters"

Presented by Gold's Gym
Learn the benefits & fact vs. fiction of resistance training. Don't forget to check the Employee Wellness website for a current list of fitness center discounts.

6/15, 11:30am-12:30pm

Municipal Plaza, B-Room



"Get Up and Go"

Presented by UHC Health Coach, Rene Urteaga
Learn common exercise facts and myths, the benefits of exercise, and ways to exercise when you don't have time.

6/22, 6:45am-7:30am

Callaghan Service Center, Main Assembly



PEARSALL PARK

GRAND OPENING CELEBRATION

AND FREE FITPASS 5K DASH

Join us for the official kick-off to Fit Pass 2016, San Antonio's city-wide wellness adventure

Saturday, June 11, 2016
4700 Old Pearsall Road
8 AM - 12 PM

FITNESS ACTIVITIES

PRIZES

To register for the Fit Pass Dash visit www.iaapweb.com and click on the event calendar

#FitPass16