

## Healthy@Work Exercise Classes

### PUYALLUP

<b>Class</b>	<b>Circuit Training – Good Samaritan Hospital</b>
Location	Good Samaritan Hospital, Puyallup (Level A, Physical Therapy Gym)
Date Range	Tuesdays starting April 6 <sup>th</sup> and ending May 25 <sup>th</sup> Thursdays starting April 8 <sup>th</sup> and ending May 27 <sup>th</sup>
Time	5:30pm – 6:30pm
Instructor	Amber B., MultiCare
Cost	\$40 for 8 classes (Tuesday <b>or</b> Thursday session) and must be paid in advance <i>*employees who attend at least 7 out of 8 classes will receive a \$40 refund</i> Those who register after the start-date will have a reduced registration fee
Registration	Required – contact Amber Bishop; late registration allowed
Special Instructions	Attendees are asked to wear comfortable clothing that is easy to move in, tennis shoes/socks and bring water to class.

<b>Class</b>	<b>Pilates – E. Main Campus</b>
Location	East Main Campus, Puyallup (1329 Building, Celebrate Seniority Classroom)
Date Range	6 classes offered on Wednesdays starting May 12 <sup>th</sup> and ending June 16 <sup>th</sup>
Time	5:15pm – 6:15pm
Instructor	Oksana L., YMCA
Cost	\$30 for 6 classes (just \$5 a class) and must be paid in advance <i>*employees who attend at least 5 out of 6 classes will receive a \$15 refund</i> <i>**family/friends are welcome to attend, but are not eligible for refund offer</i>
Registration	Required – contact Amber Bishop; late registration allowed if space permits
Special Instructions	Attendees are asked to wear comfortable clothing that is easy to move in and bring a yoga mat and water to class.

<b>Class</b>	<b>Yoga – Children’s Therapy Unit</b>
Location	Children’s Therapy Unit, Puyallup (402 15 <sup>th</sup> Avenue SE, Classroom)
Date Range	8 classes offered on Mondays starting April 5 <sup>th</sup> and ending May 24 <sup>th</sup>
Time	5:30pm – 6:30pm
Instructor	Joan K., YMCA
Cost	\$40 for 8 classes (just \$5 a class) and must be paid in advance <i>*employees who attend at least 7 out of 8 classes will receive a \$20 refund</i> Those who register after the start-date will have a reduced registration fee
Registration	Required – contact Amber Bishop; late registration allowed
Special Instructions	Attendees are asked to wear comfortable clothing that is easy to move in and bring a yoga mat and water to class.

<b>Class</b>	<b>Yoga – E. Pioneer Campus</b>
Location	East Pioneer Campus, Puyallup (325 E. Pioneer, Classroom)
Date Range	8 classes offered on Thursdays starting March 18 <sup>th</sup> and ending May 20 <sup>th</sup> (no class April 1 <sup>st</sup> & May 6 <sup>th</sup> )
Time	5:30pm – 6:30pm
Instructor	Irene H., YMCA
Cost	\$40 for 8 classes (just \$5 a class) and must be paid in advance <i>*employees who attend at least 7 out of 8 classes will receive a \$20 refund</i> Those who register after the start-date will have a reduced registration fee
Registration	Required – contact Amber Bishop; late registration allowed if space permits
Special Instructions	Attendees are asked to wear comfortable clothing that is easy to move in and bring a yoga mat and water to class.

Good Samaritan campus and vicinity, Auburn, Covington and Kent:  
Amber Bishop, Healthy@Work Coordinator, at [amber.bishop@multicare.org](mailto:amber.bishop@multicare.org)

## TACOMA

<b>Class</b>	<b>Yoga – Fawcett Building</b>
Location	Fawcett Building, Tacoma (2 <sup>nd</sup> floor classroom)
Dates & Times	Tuesdays from 12 – 1pm Thursdays from 12 – 1pm
Instructor	Ann N., MultiCare
Cost	Free
Registration	Required – contact <i>Taryn West, Healthy@Work Coordinator</i> , at <a href="mailto:taryn.west@multicare.org">taryn.west@multicare.org</a> for class schedule and consent form.
Special Instructions	Attendees are asked to wear comfortable clothing that is easy to move in and bring a yoga mat and water to class.

<b>Class</b>	<b>Pilates – Mary Bridge</b>
Location	MBCHC TOA Rooms
Dates & Times	Tuesdays from 5:15 – 6:15pm
Instructor	Becky A., MultiCare
Cost	No Fee
Registration	Required – contact <i>Taryn West, Healthy@Work Coordinator</i> , at <a href="mailto:taryn.west@multicare.org">taryn.west@multicare.org</a> for class schedule and consent form.
Special Instructions	Attendees are asked to wear comfortable clothing that is easy to move in and bring a yoga mat and water to class.

Tacoma General Campus and vicinity, Allenmore and Gig Harbor Medical Park:  
*Taryn West, Healthy@Work Coordinator*, at [taryn.west@multicare.org](mailto:taryn.west@multicare.org).

### MORE CLASSES

Healthy@Work may be able to bring a class to your work location. If you are interested in finding out more information about classes, please contact your Wellness Coordinator.

### GYM MEMBERSHIPS

Are you interested in joining a local gym? Check out discounts available to MultiCare employees by logging in to Employee Self Service, Benefits, Employee Discounts.

*Updated 04/22/10*