



**EMPLOYEE HEALTH AND WELLNESS PRESENTS**  
**PATH TO HEALTHY HABITS**  
**FREE FITNESS CLASSES – TWICE A WEEK!**

**District Employees Only**



**Healthy Habits Studio**



**Serna Community Rooms – 5PM to 6PM**

**Starts September 22<sup>nd</sup>!**



Sponsored by Schools Insurance Authority

- Wear workout clothes and sneakers and bring a water bottle and a large towel.
- Make sure you have your Doctor's permission to exercise.
- Best of all, this program is funded through School's Insurance for your health and wellness so it is **FREE** to you!

**Yes!** Sign me up! Complete information below and email to [Rose@HealthyHabitsStudio.com](mailto:Rose@HealthyHabitsStudio.com)

Name: \_\_\_\_\_ Phone number: \_\_\_\_\_

Preferred email address: \_\_\_\_\_

Your goals for the program: \_\_\_\_\_

Rose Zahnn is the President of Healthy Habits Fitness, Inc. and Sacramento Fit Body BootCamp and for over 25 years she's been helping people of all ages and fitness levels get healthy, lose weight, reduce stress and feel better. **Healthy Habits Studio is located in mid-town Sacramento, and offers special SCUSD discounts on classes, memberships and personal training programs.**

**Healthy Habits Studio and Sacramento Fit Body Boot Camp**

**2224 J Street, Sacramento, CA 95816**

**916-444-7729**