

SAVE THE DATE



WELLBEING SERVICES MONTHLY CALENDAR

Brought to you by: **Gympass**

We are excited to announce the latest calendar of live, virtual workouts, special events, and webinars you can join, in partnership with Gympass! Each month, we will share with you ways you can learn more about the Gympass offering and events you can participate in for free! Check out the July schedule below and register for any workout or event you would like to attend.

Upcoming Events:

July 2021

MON	TUE	WED	THURS
12	Sculpted Core Live Class with Gympass Wellness Coach Alice Maples 4PM EDT / 3PM CDT 2PM MDT / 1PM PDT REGISTER HERE	13	14 Stretching Live Class with Gympass Personal Trainer Kiara Perico 4PM EDT / 3PM CDT 2PM MDT / 1PM PDT REGISTER HERE
19	20	21 What is Gympass? Webinar 12PM EDT / 11AM CDT 10AM MDT / 9AM PDT REGISTER HERE	22
26	Future-Proof your Health Info Session with Gympass Partner App EXi 2PM EDT / 1PM CDT 12PM MDT / 11AM PDT REGISTER HERE	27	28 Zumba Dance Live Class with Gympass Personal Trainer Dean Seda 4PM EDT / 3PM CDT 2PM MDT / 1PM PDT REGISTER HERE

New users can sign up and get a 7-day **free trial**.
Let's get your wellbeing journey started!

Gympass