

St. Sabina Wellness Center Calendar of Events



Key Points

- Classes are free. Tell your friends.
- **Registration is required for all classes, except group exercise classes.**
- Join classes virtually with video. Join by your computer, smartphone, or tablet.
- No access to a computer, smart phone, tablet or internet, no problem! Join us by phone.
- Questions or to register contact Jeannine Midgett (jeannine.midgett@cerner.com) or 816.979.3090
- Join our Facebook group at <https://www.facebook.com/groups/hcwellnesscenter>

Group Exercise Classes (Virtual & In-person)

	Mon	Tue	Wed	Thu	Fri
9:00 am – 12:45 pm	Fitness Equipment Available				
1:00 pm – 1:50 pm	Chair Yoga	Strength & Stretch	Chair Yoga	Strength & Stretch	Chair Yoga
2:10 pm – 3:00 pm	Mat Yoga				Mat Yoga
Evening					
6:00 pm – 7:00 pm	Yoga			Yoga	

1 pm & 2:10 pm Day class access:

Phone: Call 816-384-1534. Conference ID: 822 269 208#
 Online: www.cernercharitablefoundation.org/hcdayexercise

6 pm Evening class access:

Phone: Call 816-384-1534. Conference ID: 380 685 356#
 Online: www.cernercharitablefoundation.org/hcnightexercise

Fitness Equipment Orientation

Book an appointment with Yolanda Sanders and learn how to operate the fitness equipment and create a personalized program to help you achieve your fitness goals!

Morning Walkers

Join us for a climate controlled walk in the gym and get your steps in! We're here to support you every step of the way. Invite friends to join you.

For more information, contact the Wellness Center at 816-979-3090 or email Jeannine Midgett at jeannine.midgett@cerner.com.

About Cerner Charitable Foundation

Through individual medical grants and wellness programs, engaging volunteerism, community initiatives and strategic partnerships, Cerner Charitable Foundation is building healthier tomorrows and stronger communities around the world.



cernercharitablefoundation.org

