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**Sonoma County Office of Education**

Employee Wellness Program

**Did you know that SCOE offers these wellness programs?**

Yoga @ Skylane facility on Mondays @ 5 pm

Stress and anxiety are everywhere. If they're getting to, you might want to hit the mat and give yoga a try. Yoga is a mind-body practice that may help reduce stress, lower blood pressure and lower your heart rate. Contact dperkiss@scoe.org for more information.

Mindfulness breaks on Wednesday afternoons and Thursday mornings.

Mindfulness helps us learn to calm your mind and body by practicing paying attention deeply to what is happening in the present moment. A short 15-minute mindfulness break from your work can help you return to your work with more focus and productivity. Contact swilmarth@scoe.org.

We also have negotiated the following gym discounts:

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| --- | --- | --- | --- | --- |
| **Club** | **Details** | **When** | **To Enroll, Contact:** | **Details** |
| **24 Hour Fitness** | See pricing matrix below. | Permanent | Go to www.24hourfitness.com/corporate and enter your corporate ID: 112571 | 24hr is increasing their rates soon, so this will be lower than regular enrollment. |
| **Parkpoint Fitness** | 25% Discount on initiation fees | Permanent | Contact specific club for membership:Santa Rosa (707) 578-1640Sonoma (707) 996-3111Healdsburg (707) 385-2500 | Initiation Fees: $75/person (normally $125), $90/couple (normally $150)Monthly Rates: $84/person, $134/couple (monthly rates not eligible for discount)http://www.parkpointhealthclub.com/Contact club directly to enroll.  |
| **Airport Health Club** | Corporate rate for all employees in business park | Enrollment discounted through Dec 31. Monthly rates available permanently. | Contact Club directly at (707) 528-2582 | Enrollment Fee: $445/person one-time After March 1: $345/person (call to get on list any time starting Feb 1)Monthly Rate: $88.50/personEnroll through club directly. Ask for Business Park corporate rate. |

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| **24 Hour Fitness Rates** |
|  | **All-ClubSport** | **All ClubSuper Sport** | **All ClubUltra Sport** |
| **Employee: Month-to-Month with 1-Year Commitment** | $0.00 Initiation Fee$28.99/month | $0.00 Initiation Fee$43.99/month | $0.00 Initiation Fee$73.99/month |
| **Employee: Month-to-Month** | $29.99 Initiation Fee$29.99/month | $29.99 Initiation Fee$44.99/month | $29.99 Initiation Fee$74.99/month |
| **Each Add-On: Month-to-Month** | $0.00 Initiation Fee$28.99/month | $0.00 Initiation Fee$43.99/month | $0.00 Initiation Fee$73.99/month |