



WELLNESS CENTER NEWSLETTER

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Extras!

- Members can bring a guest for a \$3 fee each visit!
- A new basketball is located in the cabinet.
- A basketball court is located behind the Wellness Center.
- Riding bicycles are located in the shed.
- Loaner shirts and shorts are located in the cabinet in the hallway.

Did You Know...

Members of the Wellness Center can bring guests to workout for only \$3 per visit? In addition, guests include federal employees, active federal contractors, active and retired military and their immediate family members age sixteen or older. Have your guests fill out a membership agreement and sign a waiver. Membership agreements are located at the front desk in the Wellness Center, or you can download and print an agreement at www.colorado.feb.gov.

Other options to get outside this spring include a basketball court located behind the Wellness Center, riding bicycles, a tractor tire, and a dip/pull-up bar just outside the entrance to the Center. In addition, there is a fitness trail located on 3rd street. The trail is made from recycled tires which lessens the impact to joints for running and walking.



Fed Cup starting line.

Federal Cup 5k Run/Walk

Saturday, May 18 at 8:15 a.m.

The weather is getting warmer, and the 35th RUNNING of the Federal Cup 5K run/walk will be here soon so don't delay, and register today!

Members! While signing up for the Fed Cup, please join the Wellness Center Well-Bees team.

Register at www.runningguru.com and search Fed Cup

Please Sign up at <http://www.runningguru.com/Website.asp?websiteID=FedCup5K>.

Bike 2 Work Day

Breakfast Station | June 26, 2019 | 6 a.m.– 9 a.m.
Wellness Center Parking Lot | Free

Ride your bike to work on June 26th and stop by the Wellness Center and enjoy a light, healthy breakfast! The event is sponsored by Blue Cross, Kaiser Permanente, GEHA, GSA and the Wellness Center.



NEW CLASSES!

Vinyasa Flow Yoga

Vinyasa Flow is a moving yoga practice with focus on breath and movement... meditation in motion.

Tuesdays, noon to 1:00 p.m. in the aerobics room.

\$5 suggested donation.



CHAKRA YOGA FOR BREATHING & BALANCE

An all-levels class for stretching and centering.

Fridays, noon to 12:50 in the Wellness Center aerobics room. Free for members.



We thank you Sue and Paul for the good that you do for the Wellness Center and federal community.



Becky working on the battle rope.

Boot Camp Fitness Class

Starting in June, when the weather is perfect, we will offer a boot camp class outdoors every Monday at noon. Boot camp is a group exercise class that mixes traditional callisthenic and body weight exercises with interval training and strength training. The Wellness Center boot camp class is designed to push yourself harder than you would normally push yourself.

Wellness Center Pictures



Fit-ball core conditioning, every Thursday at noon.



Oliver leads the fit-ball class on bringing your child to work day.



Olivia, Lucy & Oliver learn the ropes on bringing your child to work day.

SPRING FITNESS CLASS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	12-1 Body Sculpt	12-1 Vinyasa Yoga \$5 suggested donation 3-3:45 Fit Forever 5-6 Yoga w/Sue \$5	11:30-12:30 Pilates \$17, or \$125 10wk session	12-1 Fit Ball 5-6 Yoga w/Sue \$5	12-12:50 Charka Yoga	
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Denver Federal Center, Spring & Summer Sports Leagues

Federal Employee Co-ed Softball | dfccoedsoftball@gmail.com | May — August
Monday & Wednesday evenings | Federal Center Softball Fields

Young Government Leaders Kickball | James Smith | 303-231-3705 |
DFC_kickball@yahoo.com | Federal Center Softball Fields

Volleyball | Nick Podany | 445-2815 | npodany@usbr.gov

Lunch-time Soccer Bunch | John Denbiczak | 303-231-3952 |
John.dembiczak@onrr.gov | We play any nice day with enough folks interested.

Wellness Center Sponsors

The Wellness Center is operated by Colorado Federal Executive Board. General Services Administration maintains the building. Federal Protective Service purchases much needed fitness equipment for the Center, and other important sponsors of the Wellness Center are Blue Cross Blue Shield, Kaiser Permanente, and Government Employee Health Care Association. We thank you all for all the little and big things you do for the Center!