

Employee Wellness

Marymount Employees



Yoga

Relax. Lower stress levels. Improve flexibility and strength. Try Yoga!

Thursdays from 4:00pm till 5:00pm

Auditorium B.

Free to all Marymount Hospital employees!

GET FIT Programs

Swiss Ball, Circuit Training, Tai Chi and Weight Training in the Trudell Center Gym. Personal training is also available. For days, times, and

more information see the schedule at:

<http://www.cchs.net/wellness/documents/employeewellnessfitnessschedule2009.pdf>

Curves

All Marymount employees who participate in the Cleveland Clinic Employee Health Plan (EHP) are eligible for free Curves at any location in northeast Ohio! To sign up, contact the Curves of your choice to make an appointment to visit and fill out an application. **Bring your EHP member card and your employee ID to the visit.** To find a Curves near you, log onto www.curves.com and search by your zip code.



Weight Watchers

Tuesdays 7:15am and 11:45am in Cardiac Rehab Fitness Center located in the Trudell Center and 3:45pm in the back of the Marymount Hospital cafeteria. For full information on how to sign up and download an application go to www.clevelandclinic.org/healthplan

Zumba

Offered Wednesdays from 4:30 till 5:30PM. For more information email Manny Economos at meconomos@marymount.org.