

Fitness & Yoga is Coming to Crozer Chester Medical Center & Taylor Hospital



It's Time to Sign Up for On-Site Fitness for 2020!

Prospect Medical Holdings will be sponsoring on-site employee fitness classes for the duration of 2020, in partnership with Strive Well-Being, Inc. Classes are designed for ALL levels of fitness, and beginners are welcome!

Open to all employees! There is no cost to participate!

Class Format:	Location:	Day:	Time:	Room:
Fitness	Crozer Chester Medical Center	Tuesdays, starting 3/3	5:00 p.m. – 5:45 p.m.	Clark Lobby (First Tuesdays of each month); NE Conference Room 2 (Remaining Tuesdays)
Yoga	Crozer Chester Medical Center	Wednesdays, starting 3/4	5:00 p.m. – 5:45 p.m.	NE Conference Room 2
Yoga	Taylor Hospital	Wednesdays, starting 4/1	5:00 p.m. – 5:45 p.m.	Classrooms A/B

Before you attend a class, complete the one-time enrollment and waiver

- 1 Visit www.corporatefitnessprograms.com, or scan the code with your camera:
- 2 Enter the code PMH999, and click 'Continue'
- 3 Select the location you wish to enroll in classes, and choose your class
- 4 Enter the email address you would like to receive class updates
- 5 Accept the waiver, and click 'Register'



When you attend your class, wear comfortable attire, bring a yoga mat or towel, and your water.

If you are no longer able to attend, please email PMHOPs@Strive2Bfit.com to disenroll in the class. This will open another spot for someone else to attend.



Questions? Contact your Wellness Program Coordinator:

For CA locations: Alex Thomas, at alexandrea.thomas@prospectmedical.com or 714.401.2187.

For East Coast locations: Erica Baxter, at erica.baxter@prospectmedical.com or 714.222.1595.