



HEALTHY BODIES  
ACTIVE MINDS  
COLUMBUS CITY SCHOOLS



***NEW***  
***VIRTUAL***  
***FITNESS***  
***CLASSES*** ✨

# FREE FOR ALL CCS EMPLOYEES

## MONDAY MOVEMENT AND MOTIVATION

6:00 AM – 6:45 AM EVERY MONDAY

Don't MISS MONDAY! Be a BOSS and get your week started with movement and motivation to keep you feeling strong and ready for the day and week ahead. Rise and shine!

## WINNING WEDNESDAY

6:00 AM – 6:45 AM EVERY WEDNESDAY

You are halfway through the week. How you doin'? Need to clear your head and release some stress – start your day here. Clear your mind and move your body so we can finish the day and week strong.

## GOOD VIBES ONLY RIDE

7:00 AM – 7:45 AM EVERY FRIDAY

Thank goodness it's Friday! Let's celebrate with a little sweat session and good vibes to get the blood flowing and the heart pumping – as we give thanks for another day to be present and move together. Meet me on the bike Friends. Happy Friday.

## INSTRUCTIONS TO SIGN UP

1. Go to <https://app.arketa.co/cwellnessbydesign>.
2. Click "Sign Up" next to the class you want to attend.
3. Enter \$0 for the price. Your total should read \$0.
4. Sign up or login using your **CCS email**. **YOU MUST USE YOUR CCS EMAIL TO RESERVE A SPOT!**
5. Agree to the liability waiver.
6. Click "Reserve my spot".
7. Attend class!

*Your Instructor*

**Christina Wilson**  
**CW Wellness by Design**

THIS IS YOUR REMINDER THAT  
YOU ARE POWERFUL BEYOND MEASURE,  
THAT YOU ARE CAPABLE OF  
PRETTY MUCH  
ANYTHING YOU ARE WILLING TO  
WORK FOR,  
AND THAT YOU COULD CHANGE  
YOUR LIFE TODAY.

