

# HSS Wellness Center and City Hall Group Exercise



## RULES

### ATTENDEES PARTICIPATE IN EXERCISE ACTIVITIES AT THEIR OWN RISK

Participation in activities at the HSS Wellness Center is strictly voluntary. Before embarking on any physical activity program, you should consult my personal health care provider. Participating in physical activity may involve certain risks and I assume all associated risks. Any injuries suffered in conjunction with participation shall not be subject to reimbursement under any workers' compensation law or any other applicable law.

- Classes are for CCSF employees and HSS members. Classes are not appropriate for children.
- Comfortable and supportive shoes must be worn at all times for classes with the exception of Yoga and Meditation.
- Wear comfortable clothing.
- Sign in at the check-in computer upon your arrival (HSS Wellness Center only).
- Please bring a water bottle.
- Participants are encouraged to bring a small hand towel.
- Please wipe down equipment when class is over (HSS Wellness Center and yoga mats at City Hall).
- Class sizes may be limited.
- Please minimize disruptions to classes by trying to be on time and staying until the end.

### QUESTIONS ABOUT ACTIVITIES AT THE HSS WELLNESS CENTER OR CITY HALL?

Call 415-554-0643 or email [wellness@sfgov.org](mailto:wellness@sfgov.org).

