



ALBUQUERQUE
PUBLIC SCHOOLS



Employee Wellness

Promoting a Culture of Health

For further information contact:
employee.wellness@aps.edu

Offered free
to APS
Employees

Register online between
August 14th & August 24th
-- **Space is limited!** --

Monitor your progress, before and after screenings will be done! !!!

FREE

Synergy

FREE

Fitness Classes

Functional Strength, Flexibility & Stamina

A combination of Pilates and Cardiovascular Movement!

14 Week Commitment Required - includes pre and post screening
Alice and Bruce King Education Complex (City Center)

Sept. 4th - Dec. 6th (T & Th @4:45pm)

*LBJ Middle School - Sept. 5th - Dec. 12th (M & W @ 3:30 pm)***

*Volcano Vista HS - Sept. 7th - Dec. 10th (T & Th @ 2:45 pm)***

***After school time may change depending on dismissal and Principal discretion,
Reserve your spot!*

Register online:

<https://www.surveymk.com/s/SYNERGY12>

& PRESBYTERIAN Healthy Advantage