



Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



The Summer of Wellness...Just Got Better!

Summer is officially within reach and we have a special surprise to help you switch up your exercise routine. [Level Up](#) presents new **Wellness On-demand** recorded fitness classes!

Now, you have options to take advantage of the live fitness classes during [The Summer of Wellness](#) and you can stream a series of four (4) recorded fitness classes and workout at your convenience.

Check out the Level Up recorded fitness classes featuring fitness instructor, [Sarah Hippert](#):

1. **[Body Weight](#)**

Body-weight exercises can enhance a range of bio-motor abilities including strength, power, endurance, speed, flexibility, coordination and balance.

2. **[Cardio Plyo](#)**

Plyometrics are total-body cardio exercises that are designed to push your muscles to their full potential in a short amount of time.

3. **[Yoga](#)**

Yoga is an ancient practice that involves physical poses, concentration, and deep breathing.

4. **[Pilates](#)**

Pilates is a system of repetitive exercises performed on a mat or other equipment to promote strength, stability, and flexibility.

If you enjoy Sarah's instruction style, check out some of The Summer of Wellness schedule of activities below. She is teaching throughout the month of June!

If you have any questions, please email LevelUp@co.pg.md.us.



Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



Don't forget to participate in [The Summer of Wellness](#). We've planned a summer that checks all of the boxes to elevate your total well-being. Explore [The Summer of Wellness](#) activities and sign up for those that will help motivate and move you! Plus, you'll be eligible to win cool wellness giveaways.

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 245
Largo, MD 20774
LevelUp@co.pg.md.us

