



## Introducing...EFC 6-Week... R<sup>2</sup> Program

You will meet with your trainer to Recharge and Refuel! Reset your mind to your health. Time to re-motivate and restart your bodies, refresh and reintroduce exercises. Restoring your mind and body into shape. **We would love to start week of July 6<sup>th</sup>!!** The program will provide:

- **2 x a week session with a trainer.**
  - One session in person /one session on Zoom.
  - Every level is welcome. Sharing goals will determine what your sessions will focus on.
- **Cost is 10 dollars a session 2 times per week for a 6-week commitment.**
  - Payroll deduct only (no options for other payments currently).
  - Requires a 6-week Agreement form.
- **Times/Days of sessions: displayed on Signup Genius (sign ups open June 29)**
  - Signups will open **9am Monday June 29<sup>th</sup>** Link is provided here in addition to the EFC Facebook page, Yammer and Capslive.
  - Pick the time and trainer session Write R2 in the subject line.
  - If you do not see a time you can attend and would like to request, please email Sheri Albertson for help to arrange a time or help to plan another option to reach your goals.
  - Sessions can have up to 6 people in a time slot.
  - We will be in touch with you as soon as you sign up to confirm your sessions start date and what to bring to the first sessions.
  - Link: <https://www.signupgenius.com/go/70A054DA5AD22A5F58-rpersonal6>
- **Locations and sessions**
  - Sessions with your trainer in person will be here at the EFC outside. IF we reopen during your 6 weeks then we will be able to enter the gym in designated areas. While we are still closed, inside the gym is off limits unfortunately.
  - Zoom sessions will be focused on sharing goals and challenges with your trainer and group and of course... some exercise time.

**It is time to take care of you! Your EFC is Resilient and determined to make your health a priority! You will receive weekly emails with fun tips and reminders! So... pick your R's and go with it for 6 weeks!**

Please email [Sheri.albertson@nhrmc.org](mailto:Sheri.albertson@nhrmc.org) for request.