

SCCSIG Employee
Wellness Program
Open to all SCCSIG
Members!



Join KB Fitness Exercise Studio virtual fitness classes in the comfort of your home! For FREE! All fitness levels are welcome to participate!

You aren't limited to the SCCSIG classes and are welcome to join any virtual KB Fitness class for free! Registration instructions are located on the bottom of page 2 All SCCSIG members can attend any of the various types of classes, regardless of school district or location. Times are all PST.

TO PARTICIPATE YOU NEED:

- Yoga mat or padded area Towel (sweat may occur!)
- Device to stream Zoom meeting.

Faculty and staff will be required to sign a waiver before participating in any KB fitness class.



Please note: Pre-class registration is required to participate!

Registration information on the back. 

How to Book Classes

- 1- Access the Clubworx website by clicking or visiting the link below: *If you already have a KB Fitness account log-in with your usual link and PIN or visit. https://app.clubworx.com/websites/kb_fitness/members/login to be resent your log-in instructions.



- 2-Complete the online waiver.

- 3-Once you have completed the online waiver, you will receive an email from kbfitness5@gmail.com with class booking instructions. Follow the step-by-step instructions to book a class.

You might need to check your spam or junk folder if you don't receive the email in your inbox.

- 4- Click on the access link and enter your PIN to login (You will see the Zoom meeting link to virtually join the class after booking the class).



Keep Your Mind & Body Healthy

Participate in a virtual fitness class

****TIP:** To schedule classes a week in advance, click “Make a Booking”, and scroll to the top of the page. Click the forward arrow to view future classes.

Please Note: KB Fitness offers many throughout the Bay Area in various locations. You are welcome to join any virtual KB Fitness class for free! Under "Make a Booking" select "On-Line Live Streaming" from the drop down to see all the available KB Fitness virtual classes. (To join a SCCSIG specific virtual class select it by name from the drop-down menu).

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Questions? Contact KB at 408-390-4418 or email kbfitness5@gmail.com