



Lafayette Employee Wellness Program

Take a GroupFit class scheduled at “employee friendly” times: lunchtime and early morning.

Classes offered:

- **Yoga Tone** - Tuesdays at 7:15 – 8:05Am
- **Body Sculpt** - Thursdays at 12:05 - 12:50PM *Just show up and enjoy.*

[Reserve Your SPOT 24 hours before class.](#)

Registration Instructions - IMLeagues

1. If you have not already registered, register with your @lafayette email address using the blue “**Create Account**” button. **Make sure you activate your account when you get the email confirmation.**
2. Log in when prompted using your @lafayette email and password you chose.
3. Please contact Karen Howell if you need assistance.

***If you do not have a Lafayette email address, please register and you will be approved within 48 hours to access the reservation system.*

Classes are also scheduled after 4 pm. [Please go to our website for a full schedule and class descriptions.](#) Stay informed of changes to GroupFIT classes, access facility hours quickly, and more with our free app! Search “Lafayette Recreation”

If you supervise employees who do not have routine access to email, please print out and post a copy of this email where they will easily see it. Thank you.