

Hello Members!

Thank you for your patience and understanding as we wait for indoor water restrictions to be lifted for the City of Calgary. We know that it has not been easy to maintain a regular exercise schedule with the showers tagged out. We hope to open up the showers soon, and it will be posted in the Zoom channel as soon as that happens. If you are not a member of the 505 QP Fitness Zoom channel, but you would like to be, please email [Russel Galvizo](#).

Here are our July fitness centre updates:

- **Quarry Park Triathlon**
  - We are extending our triathlon challenge to July 31<sup>st</sup>! Check out our [website](#) for details.
- **5km Fun Run**
  - We did 2x 5km Fun Runs in June. Maybe we'll do another one in July? Watch for a calendar invite, as this event is dependent on the showers re-opening.
  - Check out some photos ([1](#), [2](#)) from our runs so far!
  - We will be giving away water bottles and cliff bars, plus there is now a “QP 5km” [segment](#) on Strava for all you data junkies out there.
- **Yoga**
  - We partnered with the Culture of Health to offer a free outdoor yoga session at the end of June. Check out some photos ([1](#), [2](#))
  - We are not offering any registered programs over the summer, but we will be doing another free outdoor yoga session in August.
- **New Equipment – Punching Bag**
  - We now have a portable, stand up punching bag! The equipment has been delivered, and we are just waiting for it to be installed.
  - Want to learn how to punch and kick safely? Set up your free 30 minute consult with [Russel](#)!
- **Tricep Handout**
  - One of the requests in our facility survey was for various types of tricep machines. We don't want to clutter the fitness centre with too many single-purpose machines, so we put together a handout with various types of tricep exercises as an alternative. All of these exercises use equipment that we already have. [Check it out](#), and let us know what you think!
- **Group Exercise Schedule**
  - Our schedule is posted on our [website](#) as well as on the [member portal](#).

- Some classes sell out, so it is recommended that you reserve your spot ahead of time using the member portal.

Thank you for continuing your membership at the Campus Wellness Centre. Please send me an email if you have any questions, comments or concerns regarding fitness centre operations.

**Cancellation policy: You must send me an email at least 10 business days prior to your next payment to cancel your membership. You must receive an email reply to confirm your cancellation.**