

Hello Members!

How is it already August? We hope you have been enjoying your summer activities. Here are the facility updates for August:

- **Quarry Park Triathlon**
 - Congratulations to everyone who participated in the QP Triathlon! Aaron, Ryan, Duncan, Ritesh, Bo and Cleo all won prizes!
 - Check out this [short video](#) from our fun runs.
 - Feeling left out? Join us for our next free challenge in the fall. Details in our next newsletter.
- **Vacation Alert and Staffed Hours**
 - I will be away on vacation August 3-13. Please email [@Galvizo, Russel /CS](#) for all your fitness centre needs.
 - Next week we will have reduced staffed hours:
 - Wed/Fri: 7am – 3pm
 - Tues/Thurs: 10:30am – 3pm
- **Free Outdoor Yoga**
 - Back by popular demand! Once again, we are partnering with the Culture of Health to offer a free outdoor yoga session on August 28th @ 12pm
 - Visit [goto/freeyoga](#) to register. Members and non-members are welcome.
- **Group Exercise Schedule**
 - Did you know, all of our drop-in classes are included with your membership? If you're class curious, now is the time to check it out!
 - 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.
- **Health Coaching Education Session**
 - Join me on August 22nd @ 11am in Studio 2 for an education session all about health coaching. Health coaching uses motivational interviewing as a tool to help individuals take control of their health.
 - Watch your inbox for a calendar invite.
 - You can view all of our upcoming events [here](#).

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.