

Hello Members!

September is here, and as summer draws to a close we expect facility usage to increase. Please treat the facility and other members with respect by returning equipment after use, wiping down sweaty surfaces, and being aware of how your noise affects others. Here are your facility updates for September:

- **Vacation Alert**

- I will be away on vacation until September 18th. Please email @Galvizo, Russel/CS for all your fitness centre needs.
- Many of you have been asking what I'll be up to while I'm away. I am running a 350km race through the Italian Alps.
 - You can track my progress [here](#). My race is Tor des Geants (TOR 330).
 - I'm in wave #2. My race starts at 12pm Sunday, Sept 8th (Italian time). I have until 6pm on Saturday to get to the finish line.

- **Yoga Passes**

- [Yoga passes](#) went on sale August 28th. They have been a popular commodity and there is only one spot left! Contact [Russel](#) to sign up.

- **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!
- The schedule has been updated for September and it will have another update the week of September 22nd. The 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**

- Thank you to everyone who attended the health coaching session on August 22nd. Health coaching uses motivational interviewing as a tool to help individuals take control of their health.
- You can find the powerpoint presentation [here](#). If you have any questions, please send me an email and I'll respond when I return from Italy.

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.