

Hello Members!

Here are your facility updates for November:

- **Safety/Cleaning Note**

- It is imperative that members put equipment away after use. Recently, we've had equipment like the Olympic bar blocking the back exit, and hundreds of pounds left loaded on the hex bar. This is both a cleanliness and a safety issue. If you're strong enough to lift this equipment, you are strong enough to put it away.

- **Benchmark Workout Challenge**

- This [free challenge](#) is ongoing until **November 29th**. Test your 1 mile run time and/or max hang time, then retest throughout the month to see how you improve!
- An additional prize will be added to the prize pool for every 10 members who participate.

- **Group Exercise**

- Our group exercise schedule remains unchanged for November. All drop-in classes are included with your membership.
- You can view our group exercise schedule on our [website](#) and on the [member portal](#).
 - Use the member portal to reserve your spot up to one month ahead of time. Please cancel your reservation if you're unable to make it.

- **Yoga**

- Our next round of [yoga passes](#) are on sale now. Passes are \$50 and are valid until December 4th.
- If you don't have a yoga pass, you can drop-in to a class for \$12. Non-members can drop-in for \$15.

- **Kettlebells, Battle Ropes and Medicine Balls**

- Join Russel at noon on **November 14th** for a special [workshop](#) utilizing kettlebells, battle ropes and medicine balls.
 - This workshop is free, but space is limited. Email [Russel](#) to register!

- **Tor Des Geants – Ask Me Anything**

- Did you miss this session? No worries! You can view a video recording of the online session [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.