

Hello Members!

We hope you are enjoying this beautiful fall weather! Here are your facility updates for October:

- **Member Referrals**

- Did you know that you can get a **free 1-month membership** when you refer a new member? Just make sure the new member mentions you when they sign up!

- **Group Exercise**

- We will be doing group exercise evaluations in October. Each class will have a short participant survey which will give you a chance to give feedback on the class format and instructor.
- You can view our group exercise schedule on our [website](#) and on the [member portal](#).

- **Yoga**

- Current [yoga passes](#) are valid until **October 16th**. Stay tuned for updates on registration for our next block of yoga sessions.
- If you don't have a yoga pass, you can drop-in to a class for \$12. Non-members can drop-in for \$15.

- **Virtual Programming**

- Daily Virtual Stretch breaks
 - After a short hiatus, stretch breaks are back! Every **Mon-Thurs from 1:50-2pm**, take a break and join us on Zoom for a mental and physical reset.
 - Meeting ID: 295 142 2040
- The [Optimize Virtual Wellness Fair](#) is a FREE online event from October 21-24
 - I am presenting **October 21st** on mental resilience and my experience at the [Tor des Geants](#)
 - Topics from other presenters include: "Revitalize your Day, "Mindful Eating", and "Stress Reduction"

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

- Join me on **October 28th** @ 11am in Studio 2. Many of you have been asking for details about my race experience, this is your chance to hear those stories and ask your questions. This session will be more interactive than the October 21st online presentation.
- Open to members and non-members, watch your inbox for an invite.

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.