

Hello Members,

Welcome to 2025! January is one of the busiest months of the year at the fitness centre. Please be extra considerate of other facility users so that we can all enjoy our time at the gym.

We have several [upcoming events](#) happening throughout the month, please read below:

- **Locker Room Clean-Up**

- Did you leave your shoes/clothing in the locker room over the holidays? If so, your items have been moved to our back storage room. Please stop by the front desk to retrieve your belongings.

- **Wellness Personal Spending Account**

- If you have not done so already, please send me an email if you'd like a receipt to submit for your WPSA claim. This program applies to employees, but not contractors.
- Employees need to go to Sunlife.ca and log in, or log into their Sunlife app. Then go into their benefit section, go into the coverage information tab. Employees need to then select Personal Spending Account Coverage tab to see the Personal Spending Account Form and balance.

- **Kettlebell and Friends – Demo Class and Registered Program**

- On Thursday, January 9th @ 12pm Russel is offering a special 1hr class which utilizes kettlebells, battle ropes and medicine balls. Please email russel.galvizo@esso.ca to register. This demo class is free and it is limited to 10 participants.
- If you like Russel's demo class, you can sign up for his full 6-week program. The cost is \$60 for 6 weeks, and the program is limited to a maximum of 10 participants.

- **Yoga Demo Class and Yoga Passes**

- On Tuesday, January 14th @ 12pm Amanda will be teaching a 1hr, beginner-friendly yoga class. You can register for this class for \$10. Email myself or Russel to sign-up.
- Yoga Passes return from **January 20th to February 28th**. For \$60 + GST you gain access to all 12 yoga classes!

- Tuesday Gentle Yoga w/ Amanda 12pm-1pm
- Wednesday Yoga Fusion w/ Paul 1pm -2pm
- Yoga Passes usually sell-out. Email myself or Russel to sign-up.
- **Group Exercise Schedule**
 - Classes resume on January 6th, and we have some minor changes.. The schedule is up to date in the [member portal](#), and it has been posted on our [website](#).
 - We expect many classes to sell out in January. Please reserve your spot ahead of time using the [member portal](#). Please cancel your RSVP if you are unable to make a class.
- **Dare to Prepare!**
 - Write your process-oriented goal down on our whiteboard.
 - Need help with setting and sticking to a goal? We offer several personalized services to help you achieve your dreams:
 - Personal training
 - Run coaching
 - Health coaching
 - Send me an email for more information!

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.