

Hello Members,

Congratulations on making it through the first month of 2025! This time of year is very busy in the fitness centre, and we have a few housekeeping items to take care of:

- **Shoe Cubbies**

- Did you know that we have more than twice as many lockers as we have shoe cubbies? During periods of high usage, the shoe cubbies have been filling up. Please only use one cubby and consider storing your shoes inside your locker if there's space.

- **Safety Protocols**

- Do you know what to do if you get hurt in the fitness centre? Please take a moment to read our [Safety in the Fitness Centre](#) document.

- **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. The deadline for submission is March 31st.

- **Registered Yoga**

- Drop-in to yoga for only \$12 + GST!
 - Tuesday Gentle Yoga w/ Amanda 12pm-1pm (limited space)
 - Wednesday Yoga Fusion w/ Paul 1pm -2pm (drop-ins always available)
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- **Group Exercise Schedule**

- View our group exercise schedule and sign up for classes via the [member portal](#). The class schedule is also posted on our [website](#).
- We expect many classes to sell out. Please reserve your spot ahead of time using the [member portal](#). Please cancel your RSVP if you are unable to make a class.

- **Be A Winter Warrior!**

- Get ready for our next [attendance challenge](#)! Earn a point with every gym visit and earn bonus points by attending classes and completing our weekly workout challenge!
 - Challenge runs from Feb 10 – Mar 28.
 - Participation is free and points are automatically tracked
 - Check out the front whiteboard for our weekly leaderboard tracker
 - All participants will be eligible to win prizes!

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.