

Thank you for being part of our fitness community. Please take a moment to read our April updates:

- **Shoe Cubbies**

- As part of an ongoing effort to keep the shoe cubbies free of abandoned belongings, we will be emptying them tomorrow afternoon. If your shoes are living in a shoe cubby, please take them home with you!

- **Fitness Centre Etiquette**

- Please do not listen to your phone on speaker while within earshot of other members. If you've forgotten your headphones, you can often go into one of the studios to use your phone on speaker while not disrupting other people.
- Unload your weights from the squat rack, smith machine, leg press etc. when you have finished using the machine.
- Keep the locker room tidy, place your used towel in the bin by locker room door when you are finished with it.

- **Winter Warrior Wrap Up**

- Our Winter Warrior attendance challenge ran from Feb 10 – March 28th. During that time, **334 members** visited the gym! Members earned points for every gym visit. Bonus points could be earned by attending classes and doing our weekly workout challenge.
- **Arsema** and **Aurore** were the overall winners with a whopping 51 points each.
- All participants in the challenge were eligible for draw prizes. Congratulations to all our draw prize winners: **Ginelle, Ty, Cherie, Jessica, Blake, Carlos, Dinah and Masoud.**

- **Yoga Class Pass**

- Our next [Yoga Class Pass](#) runs from April 22nd – May 27th. Access up to 12 yoga classes for only \$60! Email [@Galvizo, Russel/CS](#) to register.

- **Intro to Hiking Education Session**

- On April 23rd @ 11am we will be offering a free education session on [Intro to Hiking](#)
- This session is designed to help you feel more confident in your knowledge and ability to get outside and experience our amazing mountain backyard. If you have any specific questions that you would like to have covered, please send me an email.
- I will be emailing an Outlook invite. This session is open to members and non-members, please forward the invite to any of your co-workers who may be interested.

- **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](#).
- All drop-in classes are included with your membership. Yoga and Strictly Strength are an additional fee.
- Reserve your spot ahead of time using the [member portal](#). Please cancel your RSVP if you are unable to make a class.

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.