

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

- **Lost and Found**

- We still have unclaimed items from when we cleaned out the lockers during the holiday break. These items will be discarded at the end of the month if they are not claimed. Please look through our [gallery](#) to see if any of these items belong to you.

- **Equipment Damage**

- **Please do not drop the weight stack** on the machines or drop your free weights on the floor. In the last two months we have had to repair 3 different weight machines due to people dropping the weight stack.
- Commonly, people do not realize they are dropping their weights because they are using noise cancelling headphones. Please consider turning off the noise cancelling, using only one headphone (this is what I do), or at least take extra care to ensure you are lowering your weights with care.

- **Strictly Strength Small Group Personal Training (demo class)**

- On Thursday March 13<sup>th</sup>, Russel is offering a small group personal training class called [Strictly Strength](#).
- Participants in this class will learn foundational strength training principles.
- Email [Russel](#) to register. The cost is \$10 +GST.

- **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 31<sup>st</sup>**.

- **Registered Yoga**

- [Yoga passes](#) for the next 6 weeks of yoga are now available. \$60 gives you access to 12 yoga classes!
  - Tuesday Gentle Yoga w/ Jacqueline 12pm-1pm
  - Wednesday Yoga Fusion w/ Paul 1pm -2pm
- Please email to sign up for a yoga pass. 5 spots are remaining.
- Alternatively, you may drop in to either yoga class for \$12.

- **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.
- 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!**

- This [attendance challenge](#) continues until the end of March! 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!
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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.