

# STAFF WELLNESS PROGRAMS APRIL

## Legend

(Z) ZOOM      (A) Atrium Gym  
(P) Atrium Pool      (W) Level 4 Gym  
(S) Sports Court      (AD) Auditorium

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

1

Wellness Gym  
7:00am-9:00pm

2

Pickleball  
12:00-1:00pm (A)  
Wellness Swim  
12:00-12:30pm (P)

3

Mindfulness  
9:00am (Z)  
Wellness Swim  
4:00-5:00pm (P)  
Open Gym  
7:00-9:00pm (A)

4

Yoga  
12:00-12:30pm (AD)  
Pickleball  
12:00-1:00pm (A)

5

Mindfulness  
9:00am (Z)

8

Mindfulness  
9:00am (Z)  
**HIIT Workout**  
4:15-5:00pm (W)

9

Pickleball  
12:00-1:00pm (A)

10

Mindfulness  
9:00am (Z)  
Wellness Swim  
4:00-5:00pm (P)  
Open Gym  
7:00-9:00pm (A)

11

Yoga  
12:00-12:30pm (A)  
Open Gym  
7:00-9:00pm (A)

12

Mindfulness  
9:00am (Z)

15

Mindfulness  
9:00am (Z)  
**HIIT Workout**  
4:15-5:00pm (W)

16

Pickleball  
12:00-1:00pm (A)  
Wellness Swim  
12:00-12:30pm (P)

17

Mindfulness  
9:00am (Z)  
Wellness Swim  
4:00-5:00pm (P)  
**TELUS Health Webinar:  
Thinking Traps**

18

Yoga  
12:00-12:30pm (AD)  
Pickleball  
12:00-1:00pm (A)  
Open Gym  
7:00-9:00pm (A)

19

Mindfulness  
9:00am (Z)

22

Mindfulness  
9:00am (Z)  
**HIIT Workout**  
4:15-5:00pm (W)

23

Pickleball  
12:00-1:00pm (A)  
Wellness Swim  
12:00-12:30pm (P)

24

Mindfulness  
9:00am (Z)  
Wellness Swim  
4:00-5:00pm (P)  
Open Gym  
7:00-9:00pm (A)

25

Yoga  
12:00-12:30pm (A)  
Open Gym  
7:00-9:00pm (A)

26

Mindfulness  
9:00am (Z)

29

Mindfulness  
9:00am (Z)  
**HIIT Workout**  
4:15-5:00pm (W)

30

Pickleball  
12:00-1:00pm (A)  
Wellness Swim  
12:00-12:30pm (P)

## Monthly Challenge

### INTELLECTUAL WELLNESS

How many books can your team read in one month?  
Can you aim to surpass 30 books, including audiobooks?

Keep track on the tracking sheet, and submit at the end of the month to [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca).

## Weekends

Wellness Gym is available from 6:30am-9:00pm.

**\*All staff utilizing this space must complete orientation and waiver.\***

# Wellness Programs

## Wellness Swim

During Wellness Swim the pool is open using the Regional gym corridor.

Whether you are preparing for the next triathlon, or floating your cares away, there is a lane here for you!



## HIIT after work

HIIT after work is back in person! High intensity interval training is strength training and cardio using weights, resistance bands and body weight.

\*This program requires registration.\*  
Please email [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca) to sign up.



## Mindfulness

Incorporating mindful practices into your daily routine can help calm anxiety and build healthy coping skills

Unable to attend the live zoom? Check out the 10 minute pre-recorded ones on the PHSW intranet page.

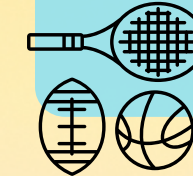


## Open Gym

Each week we will try to mix it up based on what folks are interested in playing! The goal is to spend some time just moving.

All skill levels are welcome.  
Thursdays 7:00-8:00pm, Atrium Gym

Email [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca) to receive weekly updates on the program and activity for that week.



## Pickleball

Pickleball is one of the fastest growing sports in Ontario! It combines tennis, badminton and table tennis.

Join in on the fun, Tuesdays & Wednesdays  
12:00 -1:00pm  
Atrium Gymnasium  
\*All levels welcome\*



## Thinking Traps WEBINAR

**Through this virtual session, attendees will learn to:**

- Define cognitive thinking
- To become aware of both your own and others'
- How to reverse these thinking traps for yourself
- Be able to help others reverse their thinking traps

**1:00-2:00PM (Z)**

**\*ZOOM LINK REQUIRED\***

Please email [wellness@waypointcentre.ca](mailto:wellness@waypointcentre.ca) to receive zoom link.



## Yoga

**6 WEEK SERIES**

Stretch out achy muscles with mindful movement, at a slow steady controlled pace!



## Additional Resources

Check out the TelusHealth (EAP) app and website for discounts, wellness challenges and additional supports!