

# STAFF

## HIIT @ LUNCH



### WE ARE BACK!

- CARDIO TRAINING
- WEIGHT TRAINING
- MOBILITY & STABILITY

**WEDNESDAY &  
THURSDAYS IN THE  
ATRIUM GYM 12:00-12:35**



**JOIN NOW BY EMAILING  
[WELLNESS@WAYPOINTCENTRE.CA](mailto:WELLNESS@WAYPOINTCENTRE.CA)**

**STARTS THE WEEK  
OF MAY 1ST**

