

STAFF WELLNESS PROGRAMS JANUARY

Legend

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

Monthly Challenge

GOAL TRACKER

Use the goal tracker to help you achieve your New Years Goals!

Email your tracker at the end of the month to wellness@waypointcentre.ca or send to A279.

Weekends & Holidays

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

All staff utilizing this space must complete orientation and waiver.

Monday

Tuesday

Wednesday

Thursday

Friday

6 Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

7 Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm

8 Mindfulness
9:00am (Z)
Open Gym (A)
7:00-9:00pm
Wellness Moments

9 Pickleball
12:00-1:00pm (A/S)
Wellness Moments

10 Mindfulness
9:00am (Z)

13 Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

14 Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm

15 Mindfulness
9:00am (Z)
Open Gym (A)
7:00-9:00pm

16 Pickleball
12:00-1:00pm (A/S)

17 Mindfulness
9:00am (Z)

20 Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

21 Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm

22 Mindfulness
9:00am (Z)
Open Gym (A)
7:00-9:00pm

23 Pickleball
12:00-1:00pm (A/S)

24 Mindfulness
9:00am (Z)

27 Mindfulness
9:00am (Z)
Wellness Swim (P)
11:45-12:30pm

28 Pickleball
12:00-1:00pm (A/S)
Wellness Swim (P)
11:45-12:30pm

29 Mindfulness
9:00am (Z)
Open Gym (A)
7:00-9:00pm

30 Pickleball
12:00-1:00pm (A/S)

31 Mindfulness
9:00am (Z)

1 Wellness Gym
Available from
6:30am-9:00pm.
Happy New Year!

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!



Wellness Gym

Utilize Waypoint's Wellness Gym located on the 4th floor of the Admin Building. A gym orientation and signed waiver must be complete before utilizing the gym. Wellness gym is only open to staff during specified hours.

Email wellness@waypointcentre.ca to learn more!



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.



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 or Sports Court
All levels welcome



5 days of Giveaways

Follow Wellness @ Waypoint on Facebook and like our posts to be entered into the draw to our 5 days of giveaways!

Additional Resources

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

