STAFF WELLNESS PROGRAMS JANUARY

MONDAY

TUESDAY

WEDNESDAY

Mindfulness

9:00am (Z)

Yoga

12:00pm (A)

Mindfulness

9:00am (Z)

THURSDAY

FRIDAY

Pickleball

12:00-1:00pm (A)

Pickleball

12:00-1:00pm (A)

8

1.5

29

Mindfulness 9:00am (Z)

> Monthly Challenge

Legend

(A) Atrium Gym

(W) Level 4 Gym (AD) Auditorium

(Z) ZOOM

(P) Atrium Pool

(S) Sports Court (W) Waterfront

2026 VISION BOARD BINGO

Create your 2026 Bingo Card your way—use the template or get creative! Send one of your bingo items/goals to wellness@waypointcentre.ca for a chance to win!

Please note: If you would like the CANVA link please email Wellness.

Mindfulness 9:00am (Z)

> Wellness Swim (P) 11:45-12:30pm

Mindfulness 9:00am (Z)

> Wellness Swim (P) 11:45-12:30pm

Mindfulness 9:00am (Z)

Wellness Swim (P) 11:45-12:30pm

26 Mindfulness 9:00am (Z)

> Wellness Swim (P) 11:45-12:30pm

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

13 Pickleball

> Wellness Swim (P) 11:45-12:30pm

> > Pickleball

12:00-1:00pm (A)

Wellness Swim (P)

11:45-12:30pm

Pickleball

12:00-1:00pm (A)

Wellness Swim (P)

11:45-12:30pm

12:00-1:00pm (A)

20

Yoga 12:00pm (A)

Mindfulness

Yoga 12:00pm (A) 22 Pickleball

12:00-1:00pm (A)

Pickleball

12:00-1:00pm (A)

Mindfulness 9:00am (Z)

Mindfulness 9:00am (Z)

9:00am (Z)

28 Mindfulness 9:00am (Z)

> Yoga 12:00pm (A)

9

Mindfulness 9:00am (Z)

16

23

30

Mindfulness 9:00am (Z)

Weekends & Holidays

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

All staff utilizing this space must complete orientation and waiver.

Wellness Programs

Wellness Swim

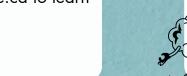
During Wellness Swim the pool is open using the Regional gym corridor.

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



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

A little mindfulness goes a long way—helping reduce anxiety and build resilience. Take 10 minutes with us Monday, Wednesday, and/or Fridays to reset and recharge.

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

Don't miss out! Follow Wellness @ Waypoint on Facebook and like our posts to enter the 5 Days of Giveaways!





Additional

Resources



