

STAFF WELLNESS PROGRAMS JULY

Legend

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

Monthly Challenge

SHIFT INTO MOTION

This month create healthier routines through small daily habit changes.
The goal is to reduce sedentary behavior and build lasting habits that improve energy, focus, and overall well-being.

JOIN IN USING THE TELUS HEALTH ONE APP OR WEBSITE.

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

1



2

Mindfulness
9:00am (Z)

3

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

4

Quiet Waterfront
12:00-12:30 (W)
Water access is not-permitted

7

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

8

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

9

Mindfulness
9:00am (Z)
Yoga (W)
12:00-12:30pm

10

STAFF BASEBALL TOURNAMENT
Pickleball
12:00-1:00pm
Sport Court

11

Quiet Waterfront
12:00-12:30 (W)
Water access is not-permitted

14

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

15

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

16

Mindfulness
9:00am (Z)
Yoga (W)
12:00-12:30pm

17

Pickleball
12:00-1:00pm
Sport Court

18

Quiet Waterfront
12:00-12:30 (W)
Water access is not-permitted

21

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

22

Pickleball
12:00-1:00pm
Sport Court
Wellness Swim (P)
11:45-12:30pm

23

Mindfulness
9:00am (Z)
Yoga (W)
12:00-12:30pm

24

Pickleball
12:00-1:00pm
Sport Court

25

Quiet Waterfront
12:00-12:30 (W)
Water access is not-permitted

28

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

29

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

30

Mindfulness
9:00am (Z)
Yoga (W)
12:00-12:30pm

31

Pickleball
12:00-1:00pm
Sport Court

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!



Yoga

Join us for Yoga for All Levels every Wednesday from 12:00 to 12:30 PM at the waterfront!

Experience movement, unwind your mind, and embrace a sense of Zen.



Pickleball

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

Join in on the fun, Tuesdays & Thursdays
12:00 - 1:00pm
All levels welcome



Waypoint Employee Baseball Tournament!

Gather up your team and register for the Waypoint Annual Employee Baseball Tournament taking place on Thursday, July 10th at the Toanche Baseball Diamond!

Register your team by July 3rd.

Email wellness@waypointcentre.ca for more info!



Quiet Waterfront

Are you searching for a peaceful spot to enjoy your lunch or unwind during your break? Don't overlook the Waterfront area! There's a walking path adjacent to the sports court.

Water access is not-permitted



Additional Resources

Waypoint Employee Golf Tournament!

Gather up your team and register for the Waypoint Annual Employee Golf Tournament taking place on Wednesday August 13th and Thursday August 14
Register your team by July 31st.

Email wellness@waypointcentre.ca for more info!



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

