

# Staff Wellness Programs October

## Legend

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mindfulness 9:00am (Z) HIIT @ Lunch 12:00-12:30 (Z) HIIT @ Lunch 12:00-12:30 (A)	3 HIIT @ Lunch 12:00-12:30 (Z) <b>Wellness Swim</b> 12:00-12:30pm (P) Line Dancing Lessons 4:15-5:30pm (W)	4 Mindfulness 8:30am (Z) HIIT @ Lunch 12:00-12:30 (Z)	5 HIIT @ Lunch 12:00-12:30 (Z)	6 Mindfulness 9:00am (Z) HIIT @ Lunch 12:00-12:30 (Z)
9 Wellness Gym 7:00am-9:00pm	10 HIIT @ Lunch 12:00-12:30 (Z) Line Dancing Lessons 4:15-5:30pm (W)	11 Mindfulness 8:30am (Z) HIIT @ Lunch 12:00-12:30pm (A) <b>Wellness Swim</b> 4:00-5:00pm (P)	12 HIIT @ Lunch 12:00-12:30 (Z) <b>Stretch &amp; Flow Yoga</b> 12:00-12:30 (TBD)	13 Mindfulness 9:00am (Z) HIIT @ Lunch 12:00-12:30 (Z)
16 Mindfulness 9:00am (Z) HIIT @ Lunch 12:00-12:30 (Z) HIIT @ Lunch 12:00-12:30 (A)	17 Pickleball 12:00-1:00pm (A) <b>Wellness Swim</b> 12:00-12:30pm (P) Line Dancing Lessons 4:15-5:30pm (W)	18 Mindfulness 8:30am (Z) HIIT @ Lunch 12:00-12:30 (Z) HIIT @ Lunch 12:00-12:30 (A)	19 HIIT @ Lunch 12:00-12:30 (Z)	20 Mindfulness 9:00am (Z) HIIT @ Lunch 12:00-12:30 (Z)
23 Mindfulness 9:00am (Z) HIIT @ Lunch 12:00-12:30 (Z) HIIT @ Lunch 12:00-12:30 (A)	24 HIIT @ Lunch 12:00-12:30 (Z) Pickleball 12:00-1:00pm (A) Line Dancing Lessons 4:15-5:30pm (W)	25 Mindfulness 8:30am (Z) HIIT @ Lunch 12:00-12:30 (A) <b>Wellness Swim</b> 4:00-5:00pm (P)	26 HIIT @ Lunch 12:00-12:30 (Z) <b>Stretch &amp; Flow Yoga</b> 12:00-12:30 (TBD)	27 Mindfulness 9:00am (Z) HIIT @ Lunch 12:00-12:30 (Z)
30 Mindfulness 9:00am (Z) HIIT @ Lunch 12:00-12:30 (Z) HIIT @ Lunch 12:00-12:30 (A)	31 Pickleball 12:00-1:00pm (A) <b>Wellness Swim</b> 12:00-12:30pm (P) Line Dancing Lessons 4:15-5:30pm (W)	<div>Halloween</div> <p>Did you and/or your team dress up for Halloween? Send a picture to <a href="mailto:wellness@waypointcentre.ca">wellness@waypointcentre.ca</a> to showcase your awesome costume!</p>		

## Monthly Challenge

### October Challenge

Throughout the month, try to complete as many health and wellness activities as possible! If you completed some that were not on the list, add them in!

Check off the activities you've completed and submit at the end of the month for a chance to win!

## Weekends

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

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

# Wellness Programs

## Stretch & Flow

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

*\*Pre-Natal friendly\**

Thursday October 12  
Thursday October 26  
12:00-12:30  
Auditorium



## HIIT @ Lunch

HIIT at Lunch is back in person and on zoom!

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

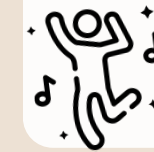
Unable to attend the live zoom? Check out the 10 minute pre-recorded ones on the PHSW intranet page.



## Line Dancing Lessons

Not only does it include listening to some great music, Line Dancing also helps improve coordination and balance, increasing cardiovascular health and brain memory!

Tuesdays from 4:15-5:30pm in the Level 4 Wellness Gym



## 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!



## Pickleball

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

Join in on the fun, Tuesdays 12:00-1:00pm in the Atrium Gymnasium

*\*All levels welcome\**



## Book Club

Do you have a passion for reading? Join in on the "Bookish Bunch" Discord

Email  
[cbyrnes-leadbeater@waypointcentre.ca](mailto:cbyrnes-leadbeater@waypointcentre.ca)  
or [lnaumann@waypointcentre.ca](mailto:lnaumann@waypointcentre.ca) for more information!



## Additional Resources

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