

STAFF WELLNESS PROGRAMS MAY

Legend

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

Monday

Tuesday

Wednesday

Thursday

Friday

Monthly Challenge

SELF-CARE THIS OR THAT

Challenge yourself & your colleagues to try as many of the challenges. Each time you complete one, put a check mark underneath that wellness strategy.

Keep track on the tracking sheet, and submit at the end of the month to wellness@waypointcentre.ca.

Weekends

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

All staff utilizing this space must complete orientation and waiver.

5

6

1
Mindfulness
9:00am (Z)
Wellness Swim
4:00-5:00pm (P)

2
Yoga
12:00-12:30pm (AD)
Pickleball
12:00-1:00pm (A/S)

3
Mindfulness
9:00am (Z)

6
Mindfulness
9:00am (Z)
HIIT Workout
4:15-5:00pm (W)

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

8
Mindfulness
9:00am (Z)
Wellness Swim
4:00-5:00pm (P)

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

10
Mindfulness
9:00am (Z)

13
Mindfulness
9:00am (Z)
HIIT Workout
4:15-5:00pm (W)

14
Pickleball
12:00-1:00pm (A/S)

15
Mindfulness
9:00am (Z)
Wellness Swim
4:00-5:00pm (P)

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

17
Mindfulness
9:00am (Z)

20
WELLNESS GYM
Available from
6:30am-9:00pm.

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

22
Mindfulness
9:00am (Z)
Wellness Swim
4:00-5:00pm (P)

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

24
Mindfulness
9:00am (Z)

27
Mindfulness
9:00am (Z)
HIIT Workout
4:15-5:00pm (W)

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

29
Mindfulness
9:00am (Z)
Wellness Swim
4:00-5:00pm (P)

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

31
Mindfulness
9:00am (Z)

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!



HIIT after work

HIIT after work is back in person! 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

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.



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



Provincial Park Pass

Don't forget to reserve a pass before you go your day trip to check out the Ontario Provincial Parks! Passes can be borrowed for a week at a time, and will give you access to all of the Provincial Parks in Ontario! These passes operate on a first-come, first served basis so make sure to get your request in as soon as possible.



Email wellness@waypointcentre.ca to borrow a pass for your summer adventures!

Additional Resources

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

