



HEALTHY BODY / HEALTHY MIND

All programs and classes in the Healthy Body / Healthy Mind offerings are available to MacEwan University employees. They are available to purchase in person out of pocket or by using Access to University Learning Activities funding.

Access to University Learning Activities Fund

Annual memberships and course fees can be covered under your Access to Learning fund up to a maximum of \$1,100 per fiscal year (Apr 1-Mar 31). The Access to Learning Activities fund is available to all MacEwan University employees, including:

- casual employees working a minimum of 910 hrs/year
- sessional instructors who have had five sessional appointments

Note: If an activity is primarily for personal benefit, any funding received for the activity will be assessed as a taxable benefit, as per Revenue Canada regulations. The assessment and corresponding adjustment to your pay cheque will occur in the month following the commencement of the course or activity. If you withdraw/cancel your registration, you must notify PD immediately at PD@MacEwan.ca

How to Register

- > Login to [MyMacEwan.ca](https://my.macewan.ca)
- > Mouseover **Forms & Procedures > Forms Cabinet**
- > Select **Application for Access to University Learning Activities**
- > Complete the Google form and submit to **Human Resources** for approval (Must include course/membership name and 4-digit course code)

*GST is included in our prices.

Please note registration deadlines vary depending on the offering. Register early!

Personal Expense

If you choose not to use the Access to Learning fund to register for Healthy Body / Healthy Mind programs, you can register in person at the Sport and Wellness Welcome Desk (Building 8, main floor). Access is on a first-come, first-served basis.

Cancellation Policy

Cancellation requests will only be accepted until the registration deadline. Refunds will not be issued after the deadline unless accompanied by a doctor's note. Personal Training and annual memberships are not refundable.

If withdrawing from a program/course, paid for by the Access Fund, it is your responsibility to immediately notify PD at PD@MacEwan.ca to avoid the taxable payroll deduction.

Membership Freeze

A program membership cannot be frozen as it is associated with the run-time of the program to which it belongs. Pre-existing memberships will not be subtracted from program fees, but can be frozen for the duration of the program. Please visit the Welcome Desk or email WelcomeDesk@MacEwan.ca to put your membership on hold.

More Information

If you would like more information please email **Megan** at DenholmM@MacEwan.ca

Visit our website [MacEwan.ca/SportandWellness](https://macewan.ca/sportandwellness) and click on **Employee Wellness** then **MacEwan Employees**.

EMPLOYEE MEMBERSHIPS/PASSES¹

Employee Memberships*

\$40/ongoing monthly

\$400/year (one-time payment)

Passes

Drop-in > \$7

10-Visit Pass > \$63

One Week Pass > \$15

Summer Passes

One Month > \$45

Four Month¹ > \$145

¹Only available for purchase until May 31.

Employee passes and ongoing monthly memberships are not available for coverage through Access to Learning funding. Parking permits not included.

¹Please bring your MacEwan Employee ID.

*Spouse rate option available, please inquire at the Welcome Desk.



HEALTHY / HEALTHY Body / Mind

Employee Exclusive Programming

SPRING 
SUMMER
2023

*Look
Inside*

for some fun ways to use your Access to Learning fund for your health and well-being.

Late Registration is not prorated. Register early!

ANNUAL MEMBERSHIPS

Sport and Wellness annual employee memberships qualify for funding through the Access to MacEwan Learning Activities Fund, effective April 1, 2023, for eligible employees.

Apply using course code **4017**. A Ready-Made Strength Program is included with the membership. Please indicate your preferred program in the notes section of your membership application (*do not submit another application*).

- ▶ No refunds or pro-rated refunds will be issued to employees who currently hold an Annual, Sidekick Six, or Fabulous Four membership. When your membership expires you can complete an application form to receive funding to renew your membership.
- ▶ Employees with a monthly membership can contact Sport and Wellness to cancel their current membership for April, and then apply for an annual membership.

Eligibility criteria can be found in the *Access to University Learning Activities Fund* section of this brochure. Annual memberships are non-refundable.

Offering	Code	Price
Employee Membership	4017	Employee \$400

EMPLOYEE ONLY PROGRAMS*

*Please see the *Membership Freeze* rules on the back of this brochure.

Fabulous FOUR Includes:

- ▶ an employee membership to MUSW for the duration of the program including access to all Value-Added classes, fitness centre, gym, pool, and **member rate** on registered programs.
- ▶ registration into **one** Registered Fitness Program of your choice (*see Courses & Classes under Fitness on our website*). Please include your choice in the **additional note** section of the Access to Learning form. Do not submit a separate application for the fitness program. Classes will be filled on a first-come, first-served basis.
- ▶ access to the NIRSA video library with virtual group fitness classes from universities across Canada.
- ▶ a monthly HBHM Newsletter including information on events and services, recipes, and more!

Date	Code	Price
May 7-Sep 6, 2023	4000	Employee \$250

Sidekick SIX

Watch for a **NEW Sidekick Six** program coming Fall 2023!

Follow our social media channels for updates, live class announcements, healthy advice, and more!



REGISTERED FITNESS COURSES

Did you know? You can use Access to Learning Funds for group fitness or adult swim lessons! Courses run for 8 weeks. *Note: These are NOT employee only.*

LEGEND: **M** Mind/Body Studio **A** Aerobics Studio

Class	Day	Date	Time	Classes	Location	Code	Price
Pilates	Tue	May 23-Jul 11	11:05-11:50 a.m.	8	M	9862	M: \$64 P: \$70.40
Barre Fitness	Tue	May 23-Jul 11	12:05-12:55 p.m.	8	M	9863	M: \$64 P: \$70.40
Self Defense	Tue	May 23-Jul 11	5-6 p.m.	8	A	9865	M: \$64 P: \$70.40
Outdoor Bootcamp	Wed	May 24-Jul 12	12:05-12:55 p.m.	8	Grassy Bowl	9868	M: \$64 P: \$70.40
Kickboxing	Wed	May 24-Jul 12	6-7:30 p.m.	8	M	9870	M: \$96 P: \$105.60
Zumba®	Thu	May 25-Jul 13	12:05-12:55 p.m.	8	A	9872	M: \$64 P: \$70.40
Yin Yoga	Thu	May 25-Jul 13	5-6 p.m.	8	M	9879	M: \$64 P: \$70.40
Cardio Box	Fri	May 26-Jul 14	12:05-12:55 p.m.	8	M	9880	M: \$64 P: \$70.40

WITHDRAWAL DEADLINE: May 18

Visit MacEwan.ca/SportandWellness for full course/program details and other offerings.

Save 15% Fit Bundle

Enhance your fitness routine and save! Register for 2 or more Registered Fitness Courses at the same time and save **15% off** the total registration cost! *Registration is first come, first served while space is available.*

PERSONAL TRAINING

Set up a free consultation before purchase to discuss your training goals with a certified personal trainer by filling out the Personal Training Consultation Form at MacEwan.ca/PersonalTraining. Training is available in person and virtually; ask your trainer for details.

Personal training sessions must be paid prior to booking, are non-refundable, and expire one year from date of purchase.

Sessions	Length	Code	MUSW Member	Public
1*		4003	\$78	\$86
5	1 hr	4004	\$338	\$378
10		4005	\$643	\$723
10	30 min	4007	\$358	\$398
20		4008	\$678	\$753

*The single session is recommended only for those wanting a Program Design for independent work.

READY-MADE STRENGTH PROGRAMS

An affordable option for those who want a structured training program. These independent four-week programs are created by our highly-educated, certified Exercise Specialists to suit a variety of training goals.

Visit MacEwan.ca/PersonalTraining for full program details.

Programs		
PRICE Student/Member \$30 / Public \$40		Full Body Booty & Core Builder Kyle Babiuk
At Home Full Body Kyle Babiuk	Tactical Fitness Kyle Dunlop	Barbell Basics Devin Clayton
Run Strong James Linthorne	Complete Workout Upper Body Focus Kyle Babiuk	Full Body Balanced Workout Kyle Babiuk

ATHLETIC THERAPY

Do you suffer from chronic pain or acute orthopedic injuries? Athlete or not, call our qualified Athletic Therapists at **780-497-5492** to book.

Sessions	Code	Price
Initial assessment & treatment	4012	Member \$90 Public \$100
Follow-up treatment	4013	Member \$70 Public \$78
Assessment, five treatments	4011	Member \$425 Public \$475
Six treatments	4010	Member \$402 Public \$450