



## 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

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](mailto: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 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 is 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](mailto: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](mailto:WelcomeDesk@MacEwan.ca) to put your membership on hold.

### More Information

If you would like more information please email **Megan** at [DenholmM@MacEwan.ca](mailto:DenholmM@MacEwan.ca)

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



# HEALTHY / HEALTHY Body / Mind

Employee Exclusive Programming

## WINTER 2023

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

[MacEwan.ca/SportandWellness](https://macewan.ca/SportandWellness)

## EMPLOYEE MEMBERSHIPS/PASSES<sup>1</sup>

### Employee Memberships\*

\$40/month  
\$400/year (one-time payment)  
Prices effective Jan 1, 2023

### Passes

Drop-in > \$7  
10-Visit Pass > \$63  
One Week Pass > \$15  
One Month Pass > \$50

Employee Memberships/Passes are not available for coverage through Access to Learning funding. Parking permits not included.

<sup>1</sup>Please bring your MacEwan Employee ID.

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

Late Registration is not prorated. Register early!

## 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
Jan 7-May 6, 2023	4000	Employee \$255

### Sidekick SIX 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 price** on registered programs.
- ▶ **one** Ready-Made Fitness Program (*see options in this brochure or under Personal Training on our website*) of your choice. Please include your choice in the **additional note** section of the Access to Learning Form. Do not submit a separate application for the program.
- ▶ access to the NIRSA video library with virtual group fitness classes from universities across Canada.
- ▶ **one** single PT session with a certified personal trainer (*includes a 30-minute consultation and program design to be delivered during a one-hour session*).
- ▶ a monthly HBHM Newsletter including information on events and services, recipes, and more!

Date	Code	Price
Mar 1-Aug 31, 2023	4001	Employee \$360
Jan 1-Jun 30, 2023	4002	Employee \$360

## REGISTERED FITNESS COURSES

Did you know? You can use Access to Learning Funds for group fitness! Courses run for 10 weeks. Note: These are NOT Employee Only and are just a sample of our new courses.

LEGEND: **M** Mind/Body Studio **H** High Performance Studio

WITHDRAWAL DEADLINE: Jan 19

Visit [MacEwan.ca/SportandWellness](http://MacEwan.ca/SportandWellness) for all of our registered programs and other offerings.

Class	Day	Date	Time	Classes	Location	Code	Price
<b>Sunrise Yoga</b>	Thu	Jan 26-Mar 30	6:30-7:30 a.m.	10	<b>M</b>	9502	<b>M: \$80 P: \$88</b>
<b>Better Body Bootcamp</b>	Thu	Jan 26-Mar 30	12:05-12:55 p.m.	10	<b>H</b>	9503	<b>M: \$80 P: \$88</b>
<b>Cardio Box</b>	Fri	Jan 27-Mar 31	12:05-12:55 p.m.	10	<b>M</b>	9506	<b>M: \$80 P: \$88</b>

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](http://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.

## 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

## 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.

PRICE Student/Member \$30 / Public \$40

Coaching is not included. For individualized training, check our our Personal Training at [MacEwan.ca/PersonalTraining](http://MacEwan.ca/PersonalTraining)

Programs	Description
<b>At Home Full Body</b> Kyle Babiuk	This progressive program is designed for anyone, beginner to advanced, that just needs a little help structuring their workouts.
<b>Run Strong</b> James Linthorne	Lift to improve your run performance including strength and prehab workouts.
<b>Full Body Booty &amp; Core Builder</b> Kyle Babiuk	Each workout emphasizes volume in the glutes and lower body to help increase muscular size and tone, while helping you to improve core strength.
<b>Tactical Fitness</b> Kyle Dunlop	A program built for those pursuing a career or currently employed in law enforcement/corrections.
<b>Barbell Basics</b> Devin Clayton	This is a progressive program aimed at refining technique in Squats, Deadlifts, Presses and Pulls. At the end of the program, you will learn and master the basic movements that utilize a barbell and add more exercises to their arsenal.
<b>Full Body Balanced Workout</b> Kyle Babiuk	This program is designed to grow muscle groups and maximize your efficiency in the gym, targeting out larger movements and utilizing supersets and circuits to increase the efficiency of your workouts.
<b>Complete Workout Upper Body Focus</b> Kyle Babiuk	The focus of this program is to elicit more muscular growth for the upper body while putting lower body development onto maintenance. You will find your upper body becoming a little more beat up, while your lower body is maintained or grows at a slower pace.

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

