

MovementWORKS

All programs and employee classes in the MovementWORKS 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

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 Movement WORKS 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 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

For more information please email Fitness@MacEwan.ca or visit [MacEwan.ca/SportandWellness](https://macewan.ca/sportandwellness) and click on **Employee Wellness** > **MacEwan Employees**.

EMPLOYEE MEMBERSHIPS/PASSES¹

Employee Memberships*

\$40/ongoing monthly
\$400/year (one-time payment)

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.

Passes

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



FALL
2023

EMPLOYEE EXCLUSIVE
PROGRAMMING

MovementWORKS

Look inside for some fun ways to use your Access to Learning fund for your health and well-being!



@MacEwanWellness

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

EMPLOYEE ONLY PROGRAMS*

» Fabulous Four

- > A 4-month 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. Please include your choice in the additional note section of the Access to Learning form (do not submit a separate application). Classes are first-come, first-served.
- > Access to the NIRSA video library with virtual group fitness classes from universities across Canada.
- > Wellness for Employee Success Handbook & monthly newsletter

Dates	Code	Price
Sep 7 - Jan 6	4000	Employee \$295

» Renovate Four

- > A 4-month 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.
- > 5 x 30 min Personal Training Sessions (+ free consult)
- > Access to the NIRSA video library with virtual group fitness classes from universities across Canada.
- > Wellness for Employee Success Handbook & monthly newsletter

Code	Price
4001	Employee \$382.50

ANNUAL MEMBERSHIP

- > A year membership including access to all Value-Added classes, fitness centre, gym, pool, and member rate on registered programs.
- > 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).
- > Wellness for Employee Success Handbook & monthly newsletter
- > No refunds will be issued for current Annual or Fabulous Four memberships. Upon expiration When your membership expires, submit an application.
- > Annual memberships are non-refundable.

Code	Price
4017	Employee \$400

REGISTERED FITNESS COURSES

Drop-in to registered fitness classes! Drop-in is not eligible for Access to Learning funds. **Note:** These are NOT employee only.

Class	Day	Date	Time	Studio	Price
Pilates Level I	Tue	Sep 19-Nov 21	11:05-11:55 a.m.	Mind/Body	Single Class Drop-in: M: \$10 P: \$17.50 <i>Must register in person at the Welcome Desk. Drop-in availability is first-come, first-served pending space.</i>
Pilates Level II	Thu	Sep 21-Nov 23	12:05-12:55 a.m.	Mind/Body	
Barre Fitness	Tue	Sep 19-Nov 21	12:05-12:55 p.m.	Mind/Body	
Hatha Flow Yoga	Sat	Sep 23-Dec 9	9-10 a.m.	Aerobics Studio	
Better Body Bootcamp	Wed	Sep 20-Nov 22	12:05-12:55 p.m.	High Performance	
Yin Yoga	Thu	Sep 21-Nov 23	5-6 p.m.	Mind/Body	
Cardio Box	Fri	Sep 22-Nov 24	12:05-12:55 p.m.	Mind/Body	

PERSONAL TRAINING

	MEMBER PRICE			PUBLIC PRICE		
	Sessions	Cost per Session	Total Cost	Sessions	Cost per Session	Total Cost
1-hour sessions	5	\$67.50/session	\$338	5	\$75.60/session	\$378
	10	\$64.30/session	\$643	10	\$72.30/session	\$723
30 min sessions	10	\$35.80/session	\$358	10	\$39.80/session	\$398
	20	\$33.90/session	\$678	20	\$37.65/session	\$753

**Must have an active membership to Sport and Wellness to qualify for member pricing*

Before submitting your Access to Learning form, we encourage you to schedule a consult. This will allow you and your trainer to determine the most suitable package for your goals and requirements. For the Consultation form link, visit MacEwan.ca/SportandWellness and click on **Employee Wellness > MacEwan Employees > Personal Training**.

ATHLETIC THERAPY

Treatment Packages	SESSIONS	CODE	MEMBER PRICE	PUBLIC PRICE
Initial assessment & treatment		4012	\$90	\$100
Follow-up treatment		4013	\$70	\$78
1 assessment & 5 treatments		4011	\$425	\$475
6 treatments		4010	\$402	\$450

GET YOUR SWEAT ON



@MacEwanWellness