

FWCU FITNESS CENTER

NEWSLETTER
JANUARY 2025

CURTIS
HEALTH



Happy New Year!

We would like to welcome you to the first issue of our Monthly FWCU Fitness Center Newsletter! Each month we will be sending you updates on what's going on at the Fitness Center and share some articles highlighting our Awareness Days of the month.

- Congratulations for our members who won the FITMAS Challenge!! Yvonne Ehrenholz for winning \$50 gift card from Pizza Pizza and Simran Kaur \$50 gift Card from SKOBI!
- Effective January 2025, members who are locked out of a locker outside of regular building hours (Monday to Friday, 8:00 AM to 4:00 PM) and require assistance from our security personnel, will be charged a service fee of \$50, plus applicable taxes. This fee is payable directly to the security contractor via credit card using the Square App or in cash."
- Effective Monday January 6th, 2025, all member who had not signed the new **Fitness Centre updated Rules and Regulation Waiver** Jotform will have their access suspended.
- Starting on Monday January 6th, an additional Group Fitness Class added to our Group Fitness schedule on Mondays! As well as New Fitness Yoga Class on Wednesdays!

- Have you set your Fitness Goals yet? We are excited to offer you a 30 minutes FREE Fitness consultation session to kickstart your Fitness Journey this year! The sessions will run from **January 14-30th**. There will be a limited number of spots, at the Fitness Center, book yours **HERE**.



**NEW YEAR
FITNESS GOALS**

BOOK A 30 MINUTES FREE
CONSULTATION SESSION WITH
A CERTIFIED PERSONAL TRAINER,
AT THE FWCU FITNESS CENTER.

SPACES LIMITED !!

BOOK NOW !

Valid between
January 14 - 30, 2025

For more information
email
FWCU@curtishealth.com



New Fitness Yoga Class!

Join our Fitness Yoga class on Wednesdays to develop your strength, balance, and flexibility with sequences of flowing yoga poses that link breath to movement and help you to relax your mind while working your body.

*Feel Free to bring your own Yoga mats until our new Yoga mats arrive or use the Fitness mats we currently have.

www.curtishealth.com/fwcu

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Group Fitness Classes at FWCU Fitness Center January 6th – January 30th 2025

Class Time	Monday*	Tuesday	Wednesday	Thursday
12:10 – 12:55pm	Strength & Stretch	Cross Training	Fitness Yoga	Core & Stretch

Class Type	Level	Description
Strength & Stretch	All Levels	Resistance Training using bodyweight and a variety of equipment followed by stretching exercises that are focused on building flexibility.
Cross Training	All Levels*	Combination class with strength training and cardio intervals. Build those muscles and train your cardiovascular system. Bodyweight and dumbbells are used in the class.
Fitness Yoga	All Levels*	Develop your strength, balance, and flexibility with sequences of flowing yoga poses that link breath to movement and help you to relax your mind while working your body.
Core & Stretch	All Levels*	Tighten and tone your core and hard to train areas: abs, butt, thighs and back muscles followed by full body 10 minutes stretching.

*Classes are designed to be suitable for all fitness levels, if you do have any injuries or limitations, please let the instructor know prior to the start of class. Classes are drop-ins, sign up is recommended 10 min prior to the class starts at the Fitness Center, class limit is 8 participants.

Happy Lunar New Year!

Wednesday, January 29th is the Chinese New Year! The Lunar New Year is a time of renewal, reflection, and setting new intentions for the year ahead. According to the Chinese zodiac, 2024 marks the Year of the Snake, a symbol of wisdom, intuition, and transformation. While this year may bring exciting opportunities in various aspects of life, it also offers a unique chance to reset your fitness journey. Here's how embracing the qualities of the Snake can help you thrive in the gym and achieve your fitness goals.



Read the full article here: [**Five Ways to Embrace the Snake.**](#)