

THE MOUNT FITNESS CENTRE

FACULTY & STAFF NEWSLETTER

SEPTEMBER 2020



Staying well virtually!

We have a plan to help you this fall.

msvu.ca/fit



STAY CONNECTED!



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@MountCampusRec
@MSVUathletics



Mount Fitness Centre
Mount Campus Rec
Mount Mystics



@mountmystics
#goMYSTICSgo



msvu.ca/fit
msvu.ca/athletics



mount.fitness@msvu.ca
campusREC@msvu.ca
athletics@msvu.ca



Mount Fitness Centre
902-457-6420



IN CASE YOU MISSED IT!

This is what your Mount colleagues have said about their experience with our spring and summer virtual program!

Kelly Resmer : The online classes are so convenient! It's so easy to workout when the gym is in your living room.

Cathy Lantos: I am so appreciative of these scheduled virtual classes. It wasn't long after the gym was closed and I was working from my home office that I realized the fitness classes were not only for my physical fitness but they play a significant role in my mental health and overall well being. Having a scheduled day and time to work out gives me a commitment and a routine during a time when everything is so unpredictable.

Gloria Johnston : "I really wanted to take advantage of working from home and I started with the virtual Box & Tone class - now here's the thing - it was a bit much for me BUT I did schedule in regular workouts and started doing the 30 mins for 30 days challenge. Box & Tone was the first step in getting me into that routine and making a little fit time - everyday- a priority!"

Brenda Hattie: The fitness staff and instructors have played a crucial role in supporting our mental and physical health, and that is no small thing. We have all been under incredible amounts of stress, and managing stress in the face of so much uncertainty has not been easy, but you folks have helped us stay sane. Just seeing your familiar faces has been a very grounding and much better than watching a person I don't know do a fitness class on YouTube. It is gratifying to have that consistency and a bit of normalcy in a very abnormal time, plus we've also had some laughs while we're at it.

It can make a difference in your life too! Check out our virtual Fitness & Recreation options on page 4 and 5.



FACULTY & STAFF UPDATE

For current members

Welcome to September! It has been six months since we moved to virtual operations and we are still here, working hard to provide you a positive, healthy virtual environment to help manage the stress of pandemic life. We have adapted our programming to allow new and returning members an opportunity to continue their wellness activities virtually this fall.

To our current members:

You are a valued member of the Mount Fitness Centre and we miss seeing you! We know you have lots of questions regarding your membership status and we are here to outline your options. As mentioned in previous communications, the Mount Fitness Centre is part of Mount Saint Vincent University's "return to campus" plan. This is a phased approach, that will begin this September for current MSVU students only. A specific return date for Faculty, Staff and Community members has yet been determined. As a result, we wanted to outline the options available to you at this time:

- **Option #1: Membership Hold**

Your membership is currently on hold. It can remain on hold and re-activated when the "return to campus" plan for Staff & Faculty members is implemented and you can once again workout in our facility.

- **Option #2: Pro-rated Credit**

Due to the COVID-19 closure, your membership hold can be converted into a pro-rated credit for time missed during your membership term. This credit can be used for our Fall 2020 virtual fitness and recreation program offerings.

Please see pages 4 & 5 for program options.

- **Option #3: Reimbursement**

Due to the COVID-19 closure, you can request a reimbursement for the time missed during your membership term. If you request this option, please email us your current mailing address and phone number. Refunds will be issued via cheque and mailed to you.

Please review the options above. Once you have made a decision that best suits your needs, please email us at mount.fitness@msvu.ca.

Overview

What has changed?

Facility access:

The Mount Fitness Centre is part of Mount Saint Vincent University's "return to campus" plan. This is a phased approach, that will begin this September for current MSVU students only.

Memberships:

At this time, we are unable to offer our typical membership structure. If you were a current member, please consider your options as outlined here on page 3.

What have we done instead?

Fitness program is now virtual, with a flat rate fee option for participants.

Recreation program is also virtual. ALL Faculty & Staff will receive a 35% discount on our virtual recreation programming, no membership required.

*We understand this is probably not the news you were hoping for and people want to get back into their daily routines. We strive to provide you with quality programming for your physical, mental and emotional wellbeing. **The work-life balance is essential to your health and happiness!** Let us help you with our virtual program offerings. We know it may not be your "usual" routine, but we encourage you to try something new this September!*

If you have any questions, please do not hesitate to contact us at mount.fitness@msvu.ca or visit our website msvu.ca/fit



VIRTUAL FITNESS PROGRAM

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--------|-----------------------------------|
| | Cardio Combo 9:15 to 10:00am | | Yoga 9:15 to 10:00am | | Power 45 9:00 to 9:45am |
| Ballet Body 12:10 to 12:55pm | | Yoga 12:10 to 12:55pm | Core & More 12:10 to 12:55pm | | |
| Strength & Sculpt 5:15 to 6:00pm | Tabata Fit 5:15 to 5:45pm | Box & Tone 6:00 to 6:45pm | Tabata Fit 5:15 to 5:45pm | | |

FITNESS PROGRAM

Faculty & Staff Program Details

Virtual program on Microsoft Teams:

- Our virtual Fitness Program is designed so you can make your health and wellness a priority.
- Once you have registered, paid and completed our Release Agreement, you will receive your class link!

Faculty & Staff Program Fee:

- includes ALL CLASSES in our virtual Fitness Program schedule, listed above.

3 month term:

Sept 14 - Dec 17, 2020 Fee: \$75.00 + HST

- Will prorate the 3 month fee if joining late.

1 month term:

Fee: \$30.00 + HST per month

Valid one month from the date of purchase.

Sign up today!

By phone: Starting September 8 call us! 902-457-6420

By Email: Starting today, you can email your interest to mount.fitness@msvu.ca. Please include your phone number and we will contact you for payment.

Additional details available online: msvu.ca/fit

With our phased return-to-campus plan in place, we are currently unable to offer our in-person Fitness & Facility Memberships at this time. As an alternative, we have adapted, creating a Virtual Fitness Program that is available for a one or three month term at a flat fee. Full details on this page.

Ballet Body - A unique approach to muscle toning and endurance! Feel the passion and posture that a dancer develops through regular ballet barre training and other disciplines such as jazz & modern dance and pilates. This class is done barefoot and everyone is welcome - no experience necessary.

Box & Tone - Powerful beats support & inspire a workout blending cardio boxing and core strength. Expect muscle definition and super-charged cardio fitness if you attend regularly. All levels!

Cardio Combo - A taste of classic high/low aerobics mixed with basic step and some athletic drills thrown in. Challenge your heart & lungs, burn mega calories, and feel energized when you're done!

Core & More - Abs & back are only the beginning! In Core & More you will work on functional movement and get a total body workout for the mind and body!

Power 45 - Combining full-body strength training moves with high intensity cardio bursts designed to tone your body, improve your endurance and enhance your well-being. Get and keep your heart rate up and burn more calories in less time!

Strength & Sculpt - Why? Because getting stronger can make you feel healthier and more confident. Every week will include a variety of muscle groups for a complete, full body strength workout.

Tabata Fit - Looking for a challenge? Try this total body system workout that incorporates high intensity exercise bouts with short rest intervals. Only 30 minutes makes it easy to fit in to your life!

Yoga - A must-do class that combines different Yoga styles and stretches to improve your strength, flexibility, balance and peace of mind. The perfect break in your day to leave you calm and refreshed. (Different instructors may offer different class structures.)



35% off

**NEW! Faculty & Staff
receive a discount on
ALL Virtual Recreation
Programs**

Virtual Recreation Programs - offered online using Microsoft Teams



DanceFit with *Melissa Millar*

This fan favorite is an easy way to get fit AND have fun at the same time! Every class will include basic dance moves, choreography and will be a workout, but you will forget you are exercising due to the fabulous music and energy of the group. Learn moves from Hip Hop, Bollywood, Disco, Salsa, Merengue and more. This class is for all levels (even those with 'two left feet') so join us to sweat, burn calories, tone, laugh, and de-stress from your day!

Thursdays Sep 24 – Oct 29 7:10 - 8:00pm
Fee: \$41.⁰⁰ - 35% Faculty & Staff discount = \$26.65 + HST



Body Reboot with *Brigitte MacInnes*

Want to feel invigorated, energized and stronger? Burn fat and tone/build muscle? This HIIT based cardio and strength program is designed to give you a MEGA-boost on your own fitness training. These classes involve short but intense cardio intervals, full-body strength moves and a extra dose of abs at the end. Physical assessments are done at the beginning and end to showcase your progress! With a small group class, Body Reboot has a dedicated trainer ready to provide you with training advice to help you reach your fitness goals. Join, meet other awesome people, get your sweat on and leave feeling fit-sational!

Wednesdays & Fridays Sep 23 - Nov 18 1:10-1:55pm
Fee: \$153.28 - 35% Faculty & Staff discount = \$99.64 + HST

TO REGISTER: Call 902-457-6420 (Starting Sept 8) or email mount.fitness@msvu.ca today!
Please include your phone number in the email and we will contact you!

2021

Mount Mystics Trip of the Month Lottery

We can still dream!

msvu.ca/lotto

Website goes live on October 1!



Glasgow, Scotland

Draw Date: Jan. 8



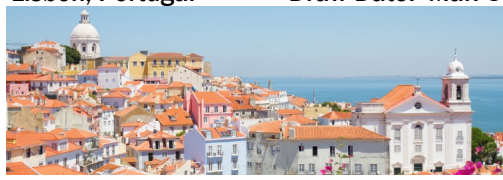
Budapest, Hungary

Draw Date: Feb. 5



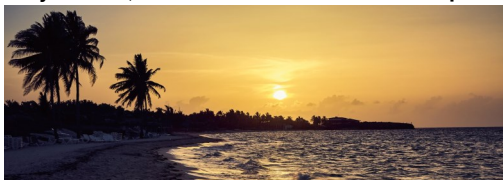
Lisbon, Portugal

Draw Date: Mar. 5



Cayo Coco, Cuba

Draw Date: Apr. 2



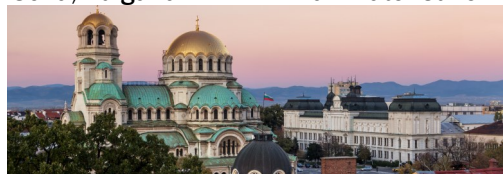
Minsk, Belarus

Draw Date: May 7



Sofia, Bulgaria

Draw Date: June 4



TICKET PRICE: \$100

Payroll Deduction available starting Oct 1.
Details coming soon to msvu.ca/lotto.

Every Ticket has 36 chances to win.
Only 1000 tickets sold

1st Prize: Trip for 2 or take the CASH!
(85% of the value of the trip in cash)

2nd Prize: \$250.00

3rd Prize: \$100.00

A 50/50 ADD-ON!

1 ticket for \$10 or 5 tickets for \$25

*Must purchase a 2021 Trip of the Month Ticket
to be eligible to purchase a 50/50 ticket.
Draw date: January 8, 2021

Birmingham, England

Draw Date: July 2



Cancun, Mexico

Draw Date: Aug. 6



Belfast, Ireland

Draw Date: Sep. 3



Frankfurt, Germany

Draw Date: Oct. 1



Cardiff, Wales

Draw Date: Nov. 5



Oslo, Norway

Draw Date: Dec. 3

