



ATTENTION ALL ATHLETES AND FITNESS LOVERS!



The XC and Indoor Track teams are always looking for new members and now is a great time to start to get fit for the 2014/15 season and school year. Come out and join a fantastic, friendly and fun group of student athletes and get in shape. Scholarships are also available.

We run practices all summer and all fitness levels are welcome or we can give you workouts/runs to do on your own if that is what you prefer. Please e-mail coach Matt at: matthewn@runningroom.com for more details!

MONDAY, MAY 5TH

- Spring Session Term One Courses Begin
- Spring Fees are Due
- Spring Session Add/Drop Date

INSIDE THIS EDITION

- Student Health 101
- Color Me Rad Run
- City of Edmonton-Discount on Leisure Centre Passes

JOB CLUB

Looking for a job? Join Job Club to strengthen your resume, learn how to interview well and how you can make the most of your time job searching.

Job Club meets every Monday morning during May and June.

For more information and to register, contact Career Services either in person (L265) Phone: 780-378-8461 Email: careerservices@concordia.ab.ca.



Get into **alive interactive!**
Connect and Engage with Natural Health

Delicious recipes, easy fitness tips, and so much more!

<http://interactive.alive.com/may-2014/>

Stay Focused Anywhere

You Snooze,
You Win

Impress Your
INTERVIEWER

Conquering Your
Fear of the Future

<http://read101.ca/0514/concordia.html>

COLOR MERAD 5K FUN RUN

<http://www.colormerad.com/race/edmonton>

ON CAMPUS FOR THE SUMMER?

**VOLUNTEER OR TAKE PART IN THE 'COLOR
ME RAD' FUN RUN (NEAR CAMPUS) ON
JULY 5TH!**



EDMONTON



CITY OF EDMONTON CORPORATE WELLNESS PROGRAM

CORPORATE WELLNESS HAS ITS BENEFITS!

- Physically active employees are happy, healthy employees with above average attendance records. An investment in the health of your staff is an investment in your company's productivity.
- The City of Edmonton's Corporate Wellness Program provides employees (and their immediate family members living in the same household) of participating companies with discounts on admissions to City operated sports and fitness centres.

HOW THE PROGRAM WORKS

There is no cost to join, however we ask that your company has at least ten employees to take full advantage of the City of Edmonton's Corporate Wellness Program. To inquire about registering your company, please call 780-944-7572.

Once your company has signed on with the Corporate Wellness Program, enjoying discounted admissions is simple... Advise our cashier you are an employee of a Corporate Wellness Program participating company; present proof of employment (e.g employee photo identification, letter of Employment, or a Current Pay stub) and choose from the following Corporate Wellness Products:

- **Annual Pass** – Participating companies receive a 20% discount on Adult and Family Annual Passes.
- **Continuous Monthly Pass** – Participating companies enjoy a 20% discount off the Continuous Monthly Membership Program using our convenient Per-Authourized Debit Program.
- **Multi Admission Pass** – Participating companies receive a 15% discount on our already discounted multi admission pass (starting at 5 visits).

Employees who purchase the above passes will be issued a photo access card which is to be swiped at each admission.

WHY CHOOSE THE CITY OF EDMONTON?

- The City of Edmonton is committed to building a healthy Edmonton workforce by providing Edmonton area employers with admission incentives for their employees – and their spouses - to enjoy our popular collection of sports and recreation facilities.
- Attractive admission discounts, convenient locations across the City, flexible payment plans, and professional staff combined with our world class facilities, equipment and programs are why many Edmonton employers choose the City of Edmonton as their fitness provider.

* Please note: Discounts are available on Bulk Single Admission purchases for Fitness Centres and Attractions including the Valley Zoo and Muttart Conservatory

FACILITIES AND AMENITIES

Swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro-shops. Hours of operation from 5:30 am to midnight (hours vary according to facility). For more information please call 311 (if outside of Edmonton 780-442-5311).

- | | |
|---|---|
| ■ ACT Aquatic and Recreation Centre 2909 113 Avenue | ■ Mill Woods Recreation Centre 7207 28 Avenue |
| ■ Bonnie Doon Leisure Centre 8648 81 Street | ■ Commonwealth Community Recreation Centre 1100 Stadium Road |
| ■ Central Lions Seniors Centre 11113-113 Street | ■ O'Leary Fitness and Leisure Centre 8804 132 Avenue |
| ■ Confederation Leisure Centre 11204 43 Avenue | ■ Outdoor Pools (open during summer months) |
| ■ Eastglen Leisure Centre 11410 68 Street | ■ Peter Hemingway Fitness and Leisure Centre 13808 111 Avenue |
| ■ Grand Trunk Fitness and Leisure Centre 13025 112 Street | ■ St. Francis Xavier Sports Centre 9240 163 Street |
| ■ Hardisty Fitness and Leisure Centre 10535 65 Street | ■ Terwillegar Community Recreation Centre 2051 Leger Road |
| ■ Jasper Place Fitness and Leisure Centre 9200 163 Street | ■ Scona Pool 10450 72 Avenue |
| ■ Kinsmen Sport Centre 9100 Walterdale Hill | |
| ■ Londonderry Fitness and Leisure Centre 14528 66 Street | |

FOR MORE INFORMATION CALL 780-944-7572 OR EMAIL: CORPSALES@EDMONTON.CA.

