Joe Doupe Member Update
July 29, 2016

We welcome you to our monthly Member Update! You’ll find that it is filled with educational information, helpful hints and tips, events, news and even some discount offerings from time to time. We want this monthly update to be valuable for you so please feel free to share your feedback and suggestions to help us improve. Enjoy!

Tips from the Trainer
In this month’s edition of Tips from the Trainer, Daniel Jangula, B.Kin, CSEP - Certified Exercise Physiologist, will introduce you to another great core stability exercise called the ab rollout. This is a great exercise to help with core stability and bracing that has carryover into many movements, both in the gym and in everyday life.

Click here to view the video.
Did You Know?

Exercising with a personal trainer is very similar to taking your vehicle to a trusted mechanic for a tune up. In our latest blog we explain the role of a personal trainer and how they can play an important part in helping maintain your body.

UofMRecServices Blogspot: [Personal Training](#)

FACILITY UPDATES

Preva Software Update

Within the upcoming weeks, Preva will be issuing a significant update to improve the look and functionality of our Preva networked machines. This update will change the look of the user interface as well as the navigation. When swiping the screen, the images will not only have a refreshed look but will also have new navigation symbols and the ability to personalize screens. This update does not affect the current sign in process when logging in to your Preva account.

New Dates! CPR & First Aid Training

We are proud to offer Heart & Stroke Basic Life Support for Healthcare Providers and Standard First Aid with CPR for Healthcare Providers as well as re-certification courses. Summer is the time to get your certifications completed for the next academic year, so stop in today or check our website for available
Summer Locker Room Clean Out
Sadly the summer is almost over and the fall term is around the corner. In anticipation of September 1st, our staff will be giving the locker rooms a thorough cleaning and we need your help! Please collect any and flip flops and shower poofs that belong to you and place them safely in your locker by August 15th.
Want to give your own locker at good cleaning? We have a mini vacuum to lend out as well as cleaning supplies at the front desk – just ask!

August Closures
Recreation Services will be closed on Monday, August 1st for Terry Fox Day. See full holiday closure schedule for 2016.

Find Us Online!
You can now find our Rec Use Schedule & Group Fitness Schedule online!

UPCOMING EVENTS

Buddy Day
Aug 17th, 6:00 am - 10:00 pm

Free Week
Sep 12th - 16th, 6:00 am - 10:00 pm

MEMBER SERVICES

Membership Handbook
Get the most out of your membership. Everything you need to know in one book!

Rec Services Activity Guide
So many great activities and additional services available at a discounted price!

Have You Seen Me?
Hi, I'm Andrea! I'm a Certified Personal Trainer with the Canadian Society for Exercise Physiology (CSEP-CPT). I am available to provide personal training services and fitness assessments to our members. Have a question about an exercise? Need help using a machine? Want to debate the benefits of sessions!
a Sumo Deadlift versus a Traditional Deadlift? I’m happy to help! Every day is “High-Five a Personal Trainer Day” at Joe Doupe Recreation Centre. Come find me.

**Personal Training packages start as low as $62 +GST for members!**

---

WE’RE MOBILE.  
Being active just got easier. ▶

**SHARE YOUR EXPERIENCE. REVIEW US ON GOOGLE.**

Facebook  
Twitter  
Instagram  
YouTube  
Google Plus

---

For more information on Recreation Services please see our website uofmactiveliving.ca

Copyright © 2016 University of Manitoba / Recreation Services, All rights reserved.

unsubscribe from this list  
update subscription preferences