Member Update
Thursday - June 30, 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!

Thank You for Your Feedback!
Our annual survey was a great success! We received lots of valuable feedback for areas of improvement as well as plenty of positive feedback of our facilities and services. We deeply appreciate you taking the time to answer the survey and would like to let you know that we will be taking action on several areas of concern. We will be sure to keep all our members up to date on any changes and improvements to our facilities and services over the next year and look forward to improving our overall member experience.
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 a great exercise to improve core stability called the Pallof press. Whether you're an athlete or simply someone with minor back issues, this exercise is a great way to improve posture and muscular tone of the core.

Click here to view the video.

Did You Know?

A stretch called the "Standing Cat-Camel" may be a good way to help relieve work related back pain from sitting for long periods of time. Learn more about
stretching in the article below and be sure to try some of these tips out in the ALC stretching area during your next visit!

WebMD: How to Stretch, When to Stretch

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**FACILITY UPDATES**

**Random Towel Tag Checks**
We are starting to see towels from other vendors in our dirty towel bin. As a way to prevent this from continuing, our customer service representatives will be asking members, at random, to show the tags of their towel before dropping it in the bin to confirm it is in fact our towel. Members will not receive their access card until we can confirm that the correct towel has been returned. We appreciate your cooperation!

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**Investors Group Field Event Days**
There will be a Winnipeg Blue Bomber's game on July 14th and another on July 21st this month. Parking Restrictions will commence at 6:00 pm for both games.

We would like to remind all our members to plan ahead during Investors Group Field event days to avoid getting a parking ticket.

Click here for more information on parking restrictions and to see the full schedule of Investors Group Field event days.

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**July Closures**
Recreation Services will be closed on Friday, July 1st for Canada Day. See full holiday closure schedule for 2016.

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**UPCOMING EVENTS**

**Buddy Day**
Jul 20th, 6:00 am - 10:00 pm

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**MEMBER SERVICES**

**Membership Handbook**
Get the most out of your membership. Everything you need to know is in this guide.

**Rec Services Activity Guide**
So many great activities and additional services available at a location near you!