

MovementWORKS

All programs and classes in the MovementWORKS offerings are available to MacEwan University employees. They are available to purchase in person out of pocket or by using Access to University Learning Activities funding.

Access to University Learning Activities Fund

Course fees can be covered under your Access to Learning fund up to a maximum of \$1,500 per fiscal year (Apr 1-Mar 31). The Access to Learning Activities fund is available to MacEwan University employees. Details can be found in the Professional Development section of MyPortal.

Note: If an activity is primarily for personal benefit, any funding received for the activity will be assessed as a taxable benefit, as per Revenue Canada regulations. The assessment and corresponding adjustment to your pay cheque will occur in the month following the commencement of the course or activity. If you withdraw/cancel your registration, you must notify PD immediately at PD@MacEwan.ca

How to Register

- > Login to [MyMacEwan.ca](#)
- > Mouseover **Forms & Procedures** > **Forms Cabinet**
- > Select **Application for Access to University Learning Activities**
- > Complete the Google form and submit to **Human Resources** for approval (Must include course name & code / PT details, etc.)

*GST is included in our prices.

Register early!

Note: withdrawal deadlines vary depending on the offering. No refunds will be issued after the deadline without a doctor's note.

Personal Expense

If you choose not to use the Access to Learning fund to register for Movement WORKS programs, you can register in person at the Sport and Wellness Welcome Desk (Building 8, main floor). Access is on a first-come, first-served basis.

Cancellation Policy

Cancellation requests will only be accepted until the registration deadline. Refunds will not be issued after unless accompanied by a doctor's note. Personal Training and Annual Memberships are not refundable.

If withdrawing from a program/course, paid for by the Access Fund, it is your responsibility to immediately notify PD at PD@MacEwan.ca to avoid the taxable payroll deduction.

Membership Freeze

A program membership cannot be frozen as it is associated with the run-time of the program to which it belongs. Pre-existing memberships will not be subtracted from program fees, but can be frozen for the duration of the program. Please visit the Welcome Desk or email WelcomeDesk@MacEwan.ca to put your membership on hold.

More Information

For more information please email Fitness@MacEwan.ca or visit [MacEwan.ca/SportandWellness](#) and click on **Employee Wellness** > **MacEwan Employees**.

EMPLOYEE MEMBERSHIPS/PASSES¹

Employee Memberships*

\$40/ongoing monthly
\$400/year (one-time payment)

Passes

Drop-in > **\$7**
10-Visit Pass > **\$63**
One Week Pass > **\$15**
One Month Pass > **\$50**

Employee passes and ongoing monthly memberships are not available for coverage through Access to Learning funding. Parking permits not included.

¹Please bring your MacEwan Employee ID

**Spouse/partner rate option available, please inquire at the Welcome Desk.*

FALL
2024

EMPLOYEE EXCLUSIVE
PROGRAMMING

MovementWORKS

Look inside for some fun ways to use your Access to Learning fund for your health and well-being!

EMPLOYEE ONLY PROGRAM

➤ Fabulous Four

- > A 4-month membership to MUSW for the duration of the program including access to all drop-in classes, fitness centre, gym, pool, and member rate on registered programs.
- > Registration into one Registered Fitness Program (please include your choice in the additional note section of the Access to Learning form, do not submit a separate application). Classes are first-come, first-served.
- > Access to the NIRSA video library with virtual group fitness classes from universities across Canada.
- > Wellness for Employee Success Handbook & monthly newsletter

Dates	Price
Sep 4, 2024-Jan 3, 2025	Employee \$295*

*Register early, the price is not prorated for late registrations.

ANNUAL MEMBERSHIP

- > A year membership including access to all Drop-In classes, fitness centre, gym, pool, and member rate on registered programs.
- > No refunds will be issued for current Annual or Fabulous Four memberships. Upon expiration, please submit an application. If you have an existing On-Going Monthly Membership, it is your responsibility to cancel it in writing.
- > Annual memberships are non-refundable.

Price
Employee \$400

ATHLETIC THERAPY

SESSIONS	MEMBER PRICE*	PUBLIC PRICE
Initial assessment & treatment	\$90	\$100
Follow-up treatment	\$70	\$78
1 assessment & 5 treatments	\$425	\$475
6 treatments	\$402	\$450

*Must have an active Sport and Wellness membership to qualify for member pricing

REGISTERED FITNESS COURSES

Courses run for 10 weeks. **Note:** These are NOT employee only
No classes Oct 12, 14, Nov 9, 11

Class	Day	Date	Time	Code	Withdrawal Deadline*	Price
Zumba	Mon	Sep 23-Dec 9	12:05-12:55 p.m.	11369	Sep 19	Early Bird: M: \$80 P: \$88 (Early bird pricing ends Sep 12) Regular: M: \$90 P: \$98
Pilates Level I	Tue	Sep 24-Nov 26	12:05-12:55 p.m.	11370	Sep 20	
Self Defense	Tue	Sep 24-Nov 26	5-6 p.m.	11373	Sep 20	
Strength Flow Yoga	Wed	Sep 25-Nov 27	12:05-12:55 p.m.	11378	Sep 21	
Olympic Weightlifting	Wed	Sep 25-Nov 27	5-6 p.m.	11372	Sep 21	
Sunrise Yoga	Thu	Sep 26-Nov 28	6:30-7:30 a.m.	11375	Sep 22	
Pilates Level II	Thu	Sep 26-Nov 28	12:05-12:55 p.m.	11371	Sep 22	
Train Like an Athlete	Thu	Sep 26-Nov 28	5-6 p.m.	11380	Sep 22	
Yin Yoga	Thu	Sep 26-Nov 28	5-6 p.m.	11376	Sep 22	
Cardio Box	Thu	Sep 26-Nov 28	6-7 P.M.	11379	Sep 22	
Hatha Flow Yoga	Sat	Sep 21-Dec 7	9-10 a.m.	11374	Sep 17	

Did you know you can use Access to Learning Funds for swim lessons & leagues? Visit sportandwellness.macewan.ca for course details.

*No refunds after the withdrawal deadline

PERSONAL TRAINING

	MEMBER PRICE*			PUBLIC PRICE		
	Sessions	Cost per Session	Total Cost	Sessions	Cost per Session	Total Cost
1-hour sessions	5	\$67.50/session	\$338	5	\$75.60/session	\$378
	10	\$64.30/session	\$643	10	\$72.30/session	\$723
30 min sessions	10	\$35.80/session	\$358	10	\$39.80/session	\$398
	20	\$33.90/session	\$678	20	\$37.65/session	\$753

*Must have an active Sport and Wellness membership to qualify for member pricing

New to Personal Training at Sport and Wellness?

Before submitting an Access to Learning form, please schedule a consult. This will allow you and your trainer to determine the most suitable package for your goals and requirements. Visit MacEwan.ca/SportandWellness and click on **Employee Wellness > MacEwan Employees > Personal Training** for the Consultation Form.