



October 2026

The Pulse Beat...

OCTOBER IS “TIME TO CONNECT” MONTH



THIS MONTH...

A TIME TO CONNECT
AGM - ANNUAL GENERAL MEETING
FREE PERSONAL TRAINING
SMALL GROUP TRAINING
LEAVE US A REVIEW!
RESPECT EACH OTHER

FUN FITNESS FACT

Careful with those Halloween treats.
Eating just 10 pieces of “mini-sized”
treats would add about 1200-1500
calories to your day.
Practise moderation to stay on track
with your healthy eating choices.





Fall is officially here and we are well into our fall activities and work. Hopefully the organizational challenges that can happen in September have settled and we now can focus on moving forward.

The Pulse Generator team is committed to helping you succeed with your fitness goals. We are here if you need some tips on maximizing your time in your PG fitness centre alone or with a partner. Research shows that you are more engaged, work harder and more likely to achieve your goals when you work out with a friend and/or join the community of a class or small training group. This experience helps you to engage in a supportive community, to feel responsible not only to yourself but also to your group or workout buddy.

We are here to assist you in staying physically active and keeping your mental health in check by offering an environment that is supportive, accepting, and also light and social. There is Power in numbers, and we can all work together to support each other, creating a stronger US.

See you soon at your Pulse Generator.

Attend our AGM Nov 4th



As a not for profit operation, the Pulse Generator is required to host an Annual General Meeting of the membership. The purpose of this meeting is to present to the membership the Board approved Audit for the 2025-2026 fiscal year for member approval and to provide information and updates about the Pulse Generator operations. We are required to have quorum at this meeting. We would greatly appreciate your attendance and will offer some great draw prizes. You must pre-register for the meeting in order to receive the meeting link.

Please use the QR code to register for the meeting.

Free Personal Training

Available October 13 - November 13, 2026 only, some members of our Personal Training team are offering free 30 minute consultations. Please reach out to our team members below to schedule your session

Tiana Leonty - Tiana.Leonty@albertahealthservices.ca

Nick Sun - Menghao.Sun@albertahealthservices.ca

Regan Hesjedal - Regan.Hesjedal@albertahealthservices.ca



Tiana



Regan



Nick

Small Group Training



If classes are not your thing, but you still like working out with some friends, maybe Small Group Training is the answer for you. Share the cost of personal training while getting a lot of personal attention as you work through your structured fitness programming towards your goals. The group will keep you accountable to one another while you experience long term success and fun in your sessions. Talk to your PG trainers to organize your group and get started.

How are we doing?

The PG prides itself on providing value driven fitness centres, as well as great staff support from day one. Have you had a good interaction with onboarding or using the facility? Help others find the Pulse Generator by sharing your experience. Your words can help someone else have a positive onboarding experience. Use the QR code below to leave a review and you will be entered to win your membership for 1 year.



Respecting PG Equipment is Mandatory. Working in and sharing is appropriate.

RESPECTING PG equipment is a mandatory part of your membership. Abuse causes broken equipment, which then causes fewer equipment options for you as members and more costs for equipment replacement.

- Do NOT drop equipment on the floor.
- Care for your fans and wipe equipment after sweating on it.

As the fall season gets busier, working in and sharing equipment is appropriate and expected. Be receptive to sharing equipment and responding kindly to fellow members who may have similar exercise needs.

Let us know if you see flagrant abuse of fitness equipment by speaking to your PG staff member. Thank you.

Quick Reminders for ALL PG Sites

- GYM Etiquette keeps everyone happy. Please be sure to unload your plates after using equipment.
- PG equipment is for everyone to use. Plan your sessions to share equipment at all times during your visit, as some sites have a limited numbers of duplicate equipment.
- Indoor shoes only in the facilities please. Let's leave those rocks and muddy shoes outdoors to keep the facility tidy and equipment in proper working condition.
- Reminder that all PG sites are "member only facilities". Please do not bring non-members into the facility. This is considered a serious offense and will result in memberships being revoked.
- Please remember that harassment, bullying and disrespectful behavior is not acceptable when speaking to our staff members. We expect that Alberta Health Services and Covenant Health protocol will be extended towards all of our team.



pulsegenerator.ca

