



September 2026



SEPTEMBER IS “THE POWER OF US” MONTH



THIS MONTH...

THE POWER OF US
SMALL GROUP TRAINING
RESPECT YOUR EQUIPMENT
BASKETBALL CHAMPIONS
FALL CLASSES COMING SOON
PG MASSAGE
MORE...

FUN FITNESS FACT

GOING TO THE GYM WITH A FRIEND
INCREASES YOUR OVERALL GYM VISITS AND
ATTENDANCE BY ROUGHLY 35% TO 75%.

DROPOUT RATES DECREASE SIGNIFICANTLY, &
MAKE YOU UP TO 45% MORE LIKELY TO
REPORT GOOD MENTAL HEALTH COMPARED
TO WORKING OUT ENTIRELY ALONE.

POWER OF US

September typically marks the end of summer and the start of the fall season. This change in seasons usually also brings with it many additional changes. Summer holidays are over, the kids might be back in school, fall sports leagues begin, and a regular routine work schedule begins anew. Things can get hectic very quickly and this all requires a bit of refocus and time to adapt. September can also bring with it a chance to recommit to your fitness goals. It's a bit like a second January. Make the most of this change by taking some time to evaluate where you are at and where you would like to be by the new year. Is it time to focus more on strength training for winter sports? How is your rehab or physio going? Maybe it's time to simply create a fitness routine again to compliment the rest of your day.

Whatever the case may be, these things are made easier with a training partner or group of people that you see regularly. We are here to support you in staying physically active and keeping your mental health in check by offering an environment that is both supportive and accepting, but 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.

Small Group Training

If classes are not your thing, but you don't mind working out with some friends, maybe Small Group Training is the answer for you. Share the cost of personal training but still get a lot of personal attention while working through your structured fitness programming and 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 this fall or join one of the already scheduled small group sessions. Watch for them in the fall schedule.



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.

Class Registration Opens Aug 28th!

Summer is coming to a close quickly, but don't worry, we have you covered for fall fitness. Many classes will begin very soon at most of the PG locations. Class registration opens Aug 28th and classes will begin the week of September 14, 2026. Watch for a variety of classes to suit most needs and keep you moving as the cooler weather approaches. Spots are limited so sign up now. Refer to our website for the full schedule listing. [Register Here](#)



UAH Basketball Champions

July and August hosted a double knockout 3 vs 3 basketball tournament. Some good competition made for some close games. The winners this summer were team Snow Brown and they walked away as 2026 PG Summer Champions.



Random Card Checks at all Sites

It has come to our attention that some sites are having some challenges with non members accessing and using equipment. This is not permitted and also places all facilities at risk. Expect random card checks to happen at all sites. PG sites are **members only facilities** and all members must carry their hospital ID with them at all times while in the sites. If you do not have this with you during these checks, you will be asked to politely leave. Thanks for helping us keep all users honest and not devaluing all paid memberships.



Book PG Equipment with Wellness Living

September will be a busier month at the PG. A reminder to all PG members that you do have the ability to “Reserve” some of our equipment for your sessions if you choose to do so. A select number of cardio pieces at every site can be booked in 30 minute increments up to 30 mins before use and up to 3 days in advance. Alternatively, equipment can be used on a first come first served basis. Visit the PG website and follow the buttons on the “Space & Equipment Booking” page to reserve your equipment.

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.

