

Pulse Generator Weekly Update

June 1 - 5, 2020

Even though our doors are closed, we are still here for you.

Are you looking for programs and activities to keep you fit this summer? Please check out the PG Summer Program Schedule that is included in the upcoming June's newsletter.

Pulse Generator Website: www.pulsegenerator.ca
Pulse Generator Blog: www.pulsegeneratorfitness.blogspot.com

Activity	Description	Day/Time	How to Access
Fitness Fun	Join in for any or all of the Fitness Fun this week		
Yoga Break with Kelsey	Meditation: Self Love Meditation DIY Yoga: Sun Salutations Yoga Infusion: The Moon over my Hammies	Monday June 1	Pre recorded. Available anytime on facebook and blog
Total Body HIIT Workout with Breanne	This total body HIIT workout will be quick yet effective. Done in less than 30-minutes.	Tuesday June 2 nd at 11:30am	Zoom Meeting ID: 780-707-6313 Video will be posted to Facebook & Blog afterwards if you missed the LIVE version.
Wild Card Wednesday with Regan	Come join Regan for a 30 minute Fitball workout.		On Facebook Live or Join Zoom Meeting

			https://albertahealthservices.zoom.us/j/97276916827?pwd=NEZmUWYyRmg2eXJYTVA5a0tZcjNnQT09 Meeting ID: 972 7691 6827 Password: 924328 Workouts will also be posted to Facebook and Our Blog
Zoom Into Your Day With Lenore	Virtual Indoor Cycling Group	Wednesday June 3 6am -40 min-	What will you need? Exercise bike or bike with an indoor wind trainer & connect via Zoom link: https://us04web.zoom.us/j/72363707168 Workout video will be posted to facebook & blog
Friday Fitness Fun with Lenore	“Jump Start” Challenge	June 5th – June 12 th 3 workouts Draw: One hour of Online Personal Training.	Fitness Friday Challenge! Complete 3 workouts (from previous PG workout postings) before Friday June 12 th Leave your comment on the challenge post found either on FB or the PG Blog when your workouts are completed. This will automatically enter you into the draw. www.pulsegeneratorfitness.blogspot.com
Let’s Get Social	Take some time to connect with us and other PG members		
Happy Hour with Matt	Check in with Matt and our team for a fun Friday night break. Beer, games, and good times!	Friday May 29 th	Zoom Meeting ID: https://albertahealthservices.zoom.us/j/370501328
Kevin In the Kitchen	Episode 8... Meal Planning Part 3	Thursday June 4th	Available on Facebook and the PG Blog www.pulsegeneratorfitness.blogspot.com

Challenges	Strava Edmonton to Calgary club challenge		https://www.strava.com/clubs/626090/leaderboard Step 1) create a Free Strava account Step 2) Join the Pulse Generator “club” Step 3) Participate in a number of weekly activity challenges
Ask the Trainer	This is an ongoing offering. If you have questions about working out please don't hesitate to connect with us at pulsegen@ahs.ca	Ongoing	You will receive a personal response from a Pulse Generator Trainer. Please allow 48 hours for a reply.

Pulse Generator Update:

Note for UAH members with lockers- If you have a locker at UAH and you would like to retrieve items in the locker, please call UAH Protective Services at 780-407-7777 and they will arrange to let you into the locker room.