

Pulse Generator Weekly Update

May 25 - 29, 2020

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

PULSE GENERATOR NEWSLETTER: Our next monthly newsletter will be sent out on June 1, 2020. .

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: Centering Meditation Exploring Yoga: Yoga for Cyclists	Monday May 25	Pre recorded. Available anytime on facebook and blog
20-minute CORE Workout with Breanne	Join Breanne for a 20 - minute CORE workout.	Tuesday May 26 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	Join Regan for a 30 minute Towel/Slider Workout	Wednesday May 27 @ noon	On Facebook Live or Join Zoom Meeting https://albertahealthservices.zoom.us/j/97276916827?pwd=NEZmUWYyRmg2eXJYTVA5a0tZcjNnQT09 Meeting ID: 972 7691 6827

			<p>Password: 924328</p> <p>Workouts will also be posted to Facebook and Our Blog</p>
Zoom Into Your Day With Lenore	Virtual Indoor Cycling Group	Wednesday May 27 6am -40 min-	<p>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</p>
Friday Fitness Fun with Lenore	"High Gear" -no equipment -no problem	Friday May 29	<p>Workout video and printed document Posted to Facebook. This information can also be found: www.pulsegeneratorfitness.blogspot.com</p>
Let's Get Social	Take some time to connect with us and other PG members		
Coffee Talk with Breanne	Do you have any questions about the Online Training Services that we are now offering?	Tuesday May 26 at 10:30am	Zoom Meeting ID: 780-707-6313
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, 2020 6:00pm	<p>Zoom Meeting ID: https://albertahealthservices.zoom.us/j/370501328</p>
Kevin In the Kitchen	Episode 7... Meal Planning Part 2	Thursday May 28th	<p>Available on Facebook and the PG Blog www.pulsegeneratorfitness.blogspot.com</p>

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.