



TENANT BULLETIN

February 2, 2021

Fitness Centre Personal Training Sessions

Tenant Bulletin: Please pass onto all Staff

As Alberta Government's reopening strategy is moving into Step 1 starting **Monday, February 8**, Fitness Centres will be allowed to accommodate one-on-one personal training sessions for those essential staff that are accessing Livingston Place. Step 1 of the reopening strategy will continue for minimum 3 weeks before moving into Step 2.

The Livingston Place Fitness Centre is pleased to offer personal training services to our building occupants, at a 20% discount rate, between **February 8 and March 31, 2021**. The training sessions are provided by certified LIV North trainers in the Fitness Centre. Please see attached for more information about packages and rates.

A complimentary half hour virtual training consultation will be available so you can talk to a trainer about goals, training history, plan of action and scheduling.

If you are interested in personal training sessions, would like to set up the free initial consultation, or for more information, please contact the Fitness Centre staff at LPfitness@LivNorth.com.

