

BE STRONG, BE FIT, AND BE HEALTHY

# OPEN GYM

Open access to the fitness centre where Community Members and MCA Employees can exercise with equipment at their own pace.

**START: JUNE 6TH, 2023**

**END: AUGUST 31ST**

**When: Tuesdays, Wednesdays & Thursdays**

**Time: 12pm-2pm**

**Location: Kanonhkwa'tsheri:io Health Facility Fitness Center**  
*(bottom floor)*

**Room Capacity: 10 Participants Max (limited space)**

If you are interested, you will need to fill out the following forms below prior to starting:

**PAR Q+**

**Consent Waiver Form**

**Gym Area Rules**

A sign in sheet will be posted on the table in front of the fitness center from 8am-12pm on Tuesdays, Wednesdays & Thursdays for members to claim their spot to workout for each day.

**Wearing a Mask is Optional**

If you are not feeling well, please stay home!

If you have any questions, please contact Diabetes Prevention Worker:



**Krista Lee Oakes, ext. 3239**

**Email: [kristalee.oakes@akwesasne.ca](mailto:kristalee.oakes@akwesasne.ca)**

