

## SASKATOON EMPLOYEE FITNESS CENTRES

### FREQUENTLY ASKED QUESTIONS:

**1. How do I go about getting a Fitness Centre Membership if I am an employee?**

If you are an SHA employee and are on the SHA payroll, you can complete the on-line application at: [www.shrhealthyworkplace.ca](http://www.shrhealthyworkplace.ca) . **If you DO NOT HAVE A PROX CARD**, you will have to go to the RUH Facilities Support Services office to get one.

**2. How do I go about getting a Fitness Centre Membership if I am NOT an SHA employee, but a resident, physician, cancer agency, etc. employee?**

If you are NOT on the SHA payroll, you will need to complete a paper copy of the application on the [shrhealthyworkplace.ca](http://shrhealthyworkplace.ca) website, then pay your yearly fee of \$150.80 at the cashier's office and take your receipt and form to the Facilities Support Services Office at RUH. Their office is located in the main hallway leading from the RUH to Ellis Hall

**3. Can I bring my family members along while I work out?**

No, family members are not allowed in the fitness centre at any time

**4. Can family members, spouses or friends purchase a membership?**

No, the employee fitness centres are for employees ONLY

**5. Which sites do I have access to?**

When you are a member of the fitness centre, you will have access to all 3 centres – RUH, SPH and SCH

**6. What are the hours of the fitness centres?**

All 3 fitness centres are accessible 24 hours/day, 7 days/week with your prox card

**7. Are their locker rooms/showers in the centres?**

There are locker rooms/showers in RUH as well as next to SCH. There are no showers inside the SPH centre, but are down the hall. Contact Mimi for codes to the doors.

**8. What if I don't know how to use the equipment?**

If you wish to be shown how to use the equipment, Mimi can meet you there to show you how, however, this is with no program design.

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Contact: Mimi Lodoen at  
[mimi.lodoen@saskhealthauthority.ca](mailto:mimi.lodoen@saskhealthauthority.ca)

**9. Is there a personal trainer I can contact to get me started?**

Yes, there is personal trainer contact information on the bulletin board in the fitness centres.

**10. What should I wear when I go into the fitness centre?**

You MUST wear indoor, clean shoes only and gym clothes such as shorts, t-shirts, tanks, etc.

**11. Can I wear my scrubs to work out in?**

ABSOLUTELY NO SCRUBS ARE ALLOWED WHEN USING EQUIPMENT

**12. What type of equipment is in the fitness centres?**

All 3 centres are fully equipped with a variety of cardio machines – treadmills, stair climbers, rowing machine, ellipticals, and bikes. They are also equipped with a full line of strength equipment for every major muscle group, free weights, stability balls, kettle bells, etc.

**13. What if I wish to cancel my fitness centre membership?**

You must complete the cancellation form on our website at: [www.shrhealthyworkplace.ca](http://www.shrhealthyworkplace.ca). Your membership will then be cancelled.

**14. Who do I contact if I have questions about the fitness centre?**

Contact Mimi Lodoen at: [mimi.lodoen@saskhealthauthority.ca](mailto:mimi.lodoen@saskhealthauthority.ca) or use the “contact us” form on the [www.shrhealthyworkplace.ca](http://www.shrhealthyworkplace.ca) website

Contact: Mimi Lodoen at  
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