

## **SIGNET Fitness Gymnasium Opens**

Written by Bradford Caron, President

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I am pleased to announce that SIGNET's Fitness Gym, located in the last unit of 106 Longwater Drive, will be officially opening today. Cardio equipment, free weights, and a universal multi-station weight gym are all included in the facility. The Signet Gym will be a 24/7 facility for all SIGNET employees and eventually, SIGNET access cards will be used for access to the gym. The facility also has a full shower and facilities for your convenience and use.

The SIGNET Gym is meant for personal use, and by no means is it to be used for conducting business. Although it may be used at any time during the day or night, the time that it is used is to be considered personal time. Human Resources will be forwarding a release form to each of you. Please sign it and return it to HR.

For the next 90 days, SIGNET has contracted Collis Brown, a personal trainer and health coach. Collis Brown will be conducting 1-hour beginner exercise sessions Mondays and Wednesdays at 5.30pm, for up to 10 people per session. A sign-up sheet will be located in the Cafeteria. The sessions will include multiple stations, with various exercises suited to each individual's ability. Collis Brown is an expert trainer and motivator, whose exercise sessions will be educational, stimulating and will provide us with the proper foundation for maintaining long-term good health.

We are blessed to be prosperous members of the SIGNET Team, but prosperity has no value if we are not healthy and feel well. We all owe it to ourselves and our own families to be in good health. The SIGNET Gym is *your gym*, available for all SIGNET Team members. I strongly encourage the gym's usage and I encourage all to participate in the Collis Brown exercise sessions. Please email [fitnessgym@signetgroup.net](mailto:fitnessgym@signetgroup.net) if you have any ideas or suggestions regarding the Signet Gym.

Good Luck! And thank you for your continued support.