The Augustana Fitness Centre recognizes there are many benefits of exercise, and aims to make physical activity accessible and welcoming for all students on the Augustana campus!

The Augustana Workout Buddy program can help you meet like-minded students to get active with by matching you with a peer with similar interests, goals, and fitness levels.

Whether you enjoy the added accountability and motivation of staying healthy with a workout partner, want to learn more about programs that are offered on campus, feel intimidated going to the gym alone, or just want to have fun and make some new friends, the workout buddy program is designed to make it easy for you to get physically active and involved at the Augustana Fitness Centre!

How it Works:
1) Register here
2) Based on your profile, you will be matched with another student who shares your preferences.
3) We will put you in contact with your match, and help the two of you arrange your first meeting - from there you and your buddy can shape your workouts however you want. You will also receive information about the Fitness Centre and other programs and activities that we offer.
4) The program coordinator will be available for you to contact through email to answer any questions, connect you with resources, and support you in getting active! There is lots of opportunity for you to get involved; matches will continue ongoing throughout the term.

Sign up now!

Please contact Thomas Regier at tregier@ualberta.ca with questions, or for further information.