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[WCP Website](#)



[@WCP Fitness Centre](#)

Update: Access to workout tools.

Members of the Western Canadian Place Fitness Centre,

We are pleased to announce that alongside of our [Facebook posts](#), the company that manages your fitness centre, LivNorth (formerly named HSG), is offering complimentary access to **Move123** to all LivNorth customers across Canada for the duration of the COVID-19 pandemic.

What is Move123?

They are an Australian company partnered with LivNorth that provides a digital library of videos featuring 10 different collections; Yoga, Meditation, Stretch, Breathe, Pilates, Cardio, Fight, Strength, Barre and Dance. They specialize in 5, 10, 20 and 30 minute classes to break down time barriers for both the participants and the facilities offering the classes.

What do you get?

You get dozens of videos that are refreshed every week. They are categorized into 3 headings:

1. Move123 - Exercise, yoga, meditation and breathing
2. Move123 Silver - Older adult versions of Move123
3. Mind123 - Tip and education on health and wellness

How do you access Move123?

Click on this link: [Move123](#)

Username: livnorth@wellnessolutions.com.au

Password: Mywellness1!

Keep moving,

Ray-ann Caffery

PROGRAM COORDINATOR