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[WCP Website](#)



[@WCP Fitness Centre](#)

Update: Access to workout tools.

Members of the WCP Fitness Centre

We are pleased to announce that the company that manages your fitness centre, LivNorth, 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.

How do you access Move123?

1. Log into your member portal or member app.
2. Click the "Workout Videos" tab.
3. Click the drop down menu for "Category" to select which type of workout you would like to do.

Please contact us if you have any issues with your login, and we would be pleased to assist you!

Keep moving,

Ray-ann Bradley

PROGRAM COORDINATOR