



## McGill University Retiree Association (MURA)

### McGill Athletics and Recreation Offer to MURA Members

Dear Colleagues,

McGill Athletics and Recreation is offering a monthly membership to MURA members at half the rate of the regular **monthly** staff membership.

McGill (A & R) is also opening to MURA members, **space permitting--** at the regular staff cost-- a variety of staff fitness programs, designated for active employees, and offered at lunchtime.

**Please note that, at present, these offers apply to members only and not to association members of MURA.**

#### 1. Monthly membership for MURA members

Access to all facilities (except Fitness Centre): \$23.50/month - taxes not included

Access to all facilities (including Fitness Centre): \$33.50/month - taxes not included

Walk in registration through Client Services, Sports Centre, Room G-20C, Monday to Friday, 8h30-20h00. For further inquiries, please call (514) 398-7000 (ext. 0273#) or consult on line:

[www.mcgillathletics.ca](http://www.mcgillathletics.ca)

#### 2. Staff Fitness Classes for MURA members

Cost per Fall or Winter session: \$20 per person

Select among up to 15 different classes, depending on availability

**To view descriptions online you will need to sign in with your McGill credentials.** Please click [here](#)

Go to On-Line Services: McGill Staff and Students, sign in, then open Membership Programs and scroll down to Staff Fitness to see the offerings.

Weekdays: Mondays /Wednesdays or Tuesdays/Thursdays

Schedule: 45 minutes duration, between noon and 2:00 pm.

***N.B. Please note that registration opens for MURA members one week after the date indicated for regular employees.***

Walk-in registration takes place in the Client Services office (G-20C) of the Sports Centre, Monday through Friday 08:30-20:00. Further information [info.athletics@mcgill.ca](mailto:info.athletics@mcgill.ca) or (514) 398-7011.

MURA is delighted to enter in collaboration with McGill Athletics & Recreation and looks forward to retirees taking this opportunity to improve their fitness and wellness.

All the best,

Ginette Lamontagne, President,  
McGill University Retiree Association (MURA)