

Adobe Canada Wellness Center FAQ

Q: Who is eligible to use the Wellness Centre?

A: Any regular employee of Adobe, and interns, may use the Wellness Centre provided they have completed the enrolment package.

Q: How much does it cost to join the Centre?

A: As of June 1, 2011 there is no longer a cost to join the Wellness Centre. Please note there are fees for some additional classes such as Yoga at this time.

Q: What fitness classes are being offered as part of our membership and do not have a fee?

A: Classes vary, but generally we have offer a range from hi/lo impact, circuit, core, body toning and stretch classes for free to all members. These classes are offered weekly at scheduled times. Please refer to the Adobe Wellness Centre Studio Schedule which can be found at the Wellness Centre.

Q: What Wellness programs will you be offering members?

A: Wellness programs will be offered on a weekly basis typically, in 8 week cycles. We have some other programs which we will roll out on a cyclical basis throughout the year and will monitor participation rates so that popular classes may continue on an on-going basis.

Q: Who runs the Wellness Centre programs?

A: We outsource through Strength Tek and have 2 more on-site fitness consultant throughout the week.

Q: What are the hours of operation?

A: The Wellness Centre will be open Monday through Friday from 6:00a.m. to 6:00p.m.

Q: Why is the Wellness Centre only open Monday through Friday from 6:00 a.m. to 6:00p.m.?

A: There are significant operational costs associated with keeping the Centre running 24x7 and ensuring appropriate security is in place. As such, the decision has been made to set the operational hours to meet the needs of the majority of our employees.

Q: Can I bring friends and family with me to the Wellness Centre?

A: No, you cannot bring friends or family with you to the Wellness Centre. There are significant insurance and liability issues which arise for friends and family using the centre and neither Strength Tek nor Adobe are insured under these provisions. Should you bring a non-Adobe employee to the Centre, you will be given a warning. If there is a recurrence, your Wellness Centre membership will be revoked immediately.

Q: How do I enroll in the Wellness Centre?

A: The enrolment package can be found benefits.adobe.com/ca. You are required to complete all information requested of you, sign email it to the address provided on the form.

Q: How do I access the Wellness Centre once I have enrolled?

A: Once you have submitted your enrolment package, we will begin processing your membership by reviewing your membership information, authorizing security access. You will be contacted by email once your membership has been processed. You can expect turnaround to occur within 36 hours.

Q: Is there a minimum number of participants required to run a scheduled fitness class?

A: Yes, we require a minimum of 3 Wellness Centre members in each class to run it as scheduled.

Q: Is there a maximum number of participants in a fitness class?

A: Yes, there is a maximum number of participants allowed for each fitness class to ensure appropriate space utilization and the safety for our members. Please refer to the class schedule to view the maximum number of participants allowed.

Q: Is there a minimum number of participants required to run a Wellness Program that has an additional fee associated with?

A: Yes, we require a minimum of 9 registered members in each class in order to run it as scheduled. This is required to break even with the costs of bringing external instructors in to teach the classes.

Q: Is there a maximum number of participants in a Wellness Program that have an additional fee associated with it?

A: Yes, there is a maximum number of participants allowed for each wellness program. Please refer to the class schedule to view the maximum number of participants allowed.

Q: How can we register for a Wellness Program?

A: Each time a new wellness program is scheduled to run, you will be notified through the Insider and notices in the Wellness Centre will be posted. You must register for each class, provide your payment and submit it to the on-site fitness consultant. Registration is on a first-come, first-served basis and we expect classes to fill up quickly so would encourage you to watch for communication on these programs. Registration forms will be provided through the Wellness Centre.

Q: Can other tenants of the Preston Street complex be allowed access to the Wellness Centre?

A: Yes, we have agreed to provide membership opportunities to a maximum of 100 tenants of the Preston Street complex. Memberships will be closely monitored and provided on a first-come first-served basis. These memberships will be at full membership prices similar to what you would see at a commercial gym. Tenant members will also be allowed to participate in fitness classes and in wellness programs provided they pay the associated costs upon registration.

Q: Who do I talk to should there be any questions and/or feedback on the Wellness Centre?

A: Please direct any questions and/or feedback to either to the Wellness Centre email at ottwell@adobe.com or to the Employee Resource Center at erc@adobe.com.