

2026

Community & DEI Moments

Community & DEI Moments

Our Community and Diversity, Equity and Inclusion (DEI) Moments Calendar highlights some of the moments we acknowledge, and where appropriate, celebrate together throughout the year. These moments range from mental health awareness to gratitude, inclusion, and community connection.

At **CTRL//**, we believe movement is more than exercise. It's connection, empowerment and belonging.

Throughout the year, you may see intentional moments reflected in our classes and studio environment. Participation in any moment is always optional, and members are encouraged to engage in ways that feel right for them.

Some cultural and religious days are included for awareness and visibility. This calendar highlights select moments and may change from year to year as we continue to learn, listen, and grow.

Our calendar includes both Canadian and internationally recognized observances that align with our values of wellness, inclusion, and community.

Land Acknowledgement

We acknowledge that CTRL// operates on the traditional territory of the Anishinaabek, including the Chippewas of Sarnia (Aamjiwnaang First Nation), as well as the Haudenosaunee and Neutral peoples.

We recognize their enduring connection to this land and commit to listening, learning, and moving forward with respect.



May

Moments

May 3-10 – Canada’s Mental Health Week. At CTRL//, movement and mental health go hand in hand.

This week, we’re taking a moment to move with intention, check in with ourselves, and support one another. Ways you can take part this week:

- Try a new class or style that supports how you’re feeling
- Take a few minutes before or after class to unplug and breathe
- Check in on a friend or move alongside someone new

May 4 – Opening Day 🎉

We’re officially opening our doors on May 4, and we’re celebrating all month long. To mark the opening of CTRL//, enjoy 10% off all class memberships throughout the month of May, ending on May 31.

Anyone who joins during this week, May 4-10, can lock in this discounted rate for 3 or 6 months. Once the selected term ends, memberships will return to regular pricing.

May 8 – World Red Cross Day. Today we recognize the volunteers, workers, and communities who show up for others during some of life’s most difficult moments. If you’re coming to CTRL// today, consider wearing red as a simple way to show support!

May 21 – To recognize World Meditation Day, CTRL// will be creating space to slow down and reset together. After every class today, we’ll take a few quiet moments to reflect, breathe, and reconnect before stepping back into the day.

Movement is powerful, but so is stillness. Taking time to calm the nervous system, recover, and be present is an important part of overall wellness.

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4 Opening Day! CTRL//	5	6	7	8 World Red Cross Day	9
10	11	12	13	14	15	16
17	18 Victoria Day	19	20	21 World Meditation Day	22	23
24	25	26	27	28	29	30
31						

June

Moments

June – Pride Month

At CTRL//, community means creating a space where everyone feels welcome, supported, and free to be themselves, on and off the bike, on and off the mat.

Throughout June, we'll be celebrating Pride Month with themed classes, Pride playlists, and moments of connection and community in the studio. We'll also be welcoming guest instructors, special events, and a few fun pop-ups along the way. We invite you to wear rainbow colours, bring a friend, and celebrate movement, individuality, and belonging with us.

June 20 – Summer is officially here and we're welcoming it with movement, colour, and good energy! Join us as we celebrate the first day of summer with feel-good classes, upbeat playlists, and an invitation to wear florals or summery prints if you'd like!

June 21 – Join us in honouring International Yoga Day with special sunrise and sunset yoga classes. Our yoga studio will be transformed with projected nature visuals, water, sky, and calming landscapes, paired with infrared heat for a warm, grounding flow.

June 25–27 – We're honouring Canadian Multiculturalism Day over three days by celebrating the cultures, stories, and experiences that make up our community.

We're celebrating the cultures, stories, and experiences that make up our CTRL community.

Across these three days, you'll hear global music in classes, and you're invited to wear colours, patterns, or pieces that feel meaningful to you – or simply come as you are.

You can also visit the Community Board in the studio to share (if you'd like):

- Where you're from
- One thing you love about your culture
- What culture means to you

The goal is to create space for connection, learning, and celebration.

SUN	MON	TUE	WED	THU	FRI	SAT
Pride Month 	1	2	3	4	5	6
7		9	10	11	12	13
14	15	16	17	18	19	20 First Day of Summer
21 International Yoga Day 	22	23	24	25 Canadian Multiculturalism Days 	26	27
28	29	30				

July

Moments

July 1 – We’re celebrating Canada Day with movement, community, and good energy.

Join us for feel-good classes and show your spirit by wearing red and white if you’d like.

Whether you’re riding, flowing, or stretching, it’s a day to move together and celebrate the community we call home. Happy Canada Day from CTRL//!

July 15 – Community is at the heart of CTRL// and today is all about giving back.

To celebrate National Give Something Away Day, we’ll be surprising members with a few small giveaways throughout the day, including sauna sessions and class packs to share or enjoy. Because sometimes the simplest way to build community is through generosity, kindness, and a little unexpected joy.

Thanks for being part of CTRL. ❤️

July 30 – We’re celebrating the power of friendship and the connections that bring us together.

Join us for feel-good classes focused on moving together and having fun.

To mark the day, you’re invited to:

- Match colour sets with your friends or wear CTRL// purple or orange
- Bring a friend to class for free
- If your friend joins that day, they’ll receive 10% off class memberships

Whether you come with a best friend or make a new one in class, this day is all about connection!

SUN	MON	TUE	WED	THU	FRI	SAT
			1  Canada Day!	2	3	4
5	6	7	8	9	10	11
12	13	14	15 National Give Something Away Day 	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30 International Day of Friendship 	31	

August

Moments

August 15 – Wellness isn't only about pushing harder, it's also about slowing down, recovering, and giving your body time to reset.

Today at CTRL//, we're celebrating National Relaxation Day by encouraging you to move gently, stretch a little longer, or book time in the sauna and take a moment for yourself.

Rest is part of the work. Recovery is part of the progress.

August 26–28 – As summer winds down and September routines approach, we're taking a few days to reset.

Mind–Body Balance Days are about choosing balance over burnout — slowing down, moving with intention, and supporting both body and mind. To honour these days, CTRL// is offering 10% off class memberships from August 26–28.

During these days, you'll notice:

- Calm, grounding rides
- Stretch-focused yoga and Pilates classes
- Breathwork moments at the end of class

Join us however it feels right for you, one class or a few.

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
	Civic Holiday					
9	10	11	12	13	14	15 National Relaxation Day
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September

Moments

September 21 – International Day of Peace is a moment to pause, breathe, and reconnect, with ourselves and with one another.

At CTRL//, we'll honour the day with intentional movement, calming playlists, and gentle reminders that peace starts within.

Expect slower moments, grounding breathwork, and space to move in a way that feels supportive and steady.

You're invited to wear white or neutral tones if you'd like, or simply come as you are.

September 30 – National Day for Truth & Reconciliation is a time to honour the children who never returned home, the Survivors of residential schools, and their families and communities.

At CTRL//, we will acknowledge this day with a brief moment of recognition before all classes. This is a time for reflection, respect, and learning. Members and staff are invited to wear orange as a symbol of remembrance and solidarity.

Land Acknowledgement

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SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7 Labour Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21 International Day of Peace 	22	23	24	25	26
27	28	29	30 National Day for Truth & Reconciliation 			

October

Moments

October 1 – International Day of Older Persons recognizes the contributions, experiences, and well-being of older adults in our communities.

At CTRL//, we believe movement is for every stage of life. While our current programming is focused on general classes, we’re proud to share that in Year 2-3, we plan to introduce senior-focused classes designed to support strength, mobility, balance, and confidence.

This day is a reminder that wellness evolves and we’re committed to growing our offerings to meet our community where they are.

Strong body. Supported mind. At every age.

October 10 – World Mental Health Day is a reminder to check in with ourselves and with one another.

At CTRL//, we recognize the role movement plays in supporting mental well-being.

On this day, we’ll focus on intentional movement, supportive class language, and space to slow down or reset as needed.

You’re encouraged to move in a way that feels right for you. Rest, modify, or simply be present.

SUN	MON	TUE	WED	THU	FRI	SAT
				1 International Day of Older Persons 	2	3
4	5	6	7	8	9	10 World Mental Health Day 
11	12  Thanksgiving	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

November

Moments

November 11 – Remembrance Day is a time to pause and reflect, and to honour the service and sacrifice of those who have served and continue to serve.

At CTRL//, we will acknowledge Remembrance Day with a brief moment of silence before classes as a sign of respect and remembrance.

Members are welcome to wear a poppy. We remember. We reflect. We honour.

November 19 – International Men’s Day is a time to recognize men’s health, well-being, and the positive roles men play in our lives and communities.

At CTRL//, we’ll be marking the day with men-focused classes that use welcoming programming, and a special Bring Your Partner Night.

For this evening, members are invited to bring a partner, friend, or loved one who identifies as a man to class for free. All classes this evening will follow this format.

Participation is always optional, and all genders are welcome at CTRL//.

November 23–27 – Gratitude Week is a time to pause, reflect, and appreciate the people, movement, and moments that support our well-being.

At CTRL//, we’re grateful for our members and for the opportunity to create this space in the Sarnia community. Throughout the week, we’ll acknowledge Gratitude Week with feel-good classes, thoughtful moments of reflection, and simple reminders to notice what we’re thankful for – both on and off the mat or bike.

To honour these days, CTRL// is offering 10% off class memberships from November 23–27.

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8 Diwali 	9	10	11 Remembrance Day 	12	13	14
15	16	17	18	19 International Men’s Day 	20	21
22	23	24	25  Gratitude Week	26 	27	28
29	30					

December

Moments

December 3 – International Day of Persons with Disabilities is a moment to recognize the importance of accessibility and inclusion, in our spaces and in our communities.

At CTRL//, we believe movement belongs to everyone.

On this day, we'll emphasize inclusive class language, options and modifications, and the freedom to move, rest, or reset in a way that feels right for each body. You're invited to wear blue or purple accents if you'd like, or simply come as you are.

Movement is for every body.

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3 International Day of Persons with Disabilities 	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25  Christmas Day	26 Boxing Day
27	28	29	30	31  New Years Eve		