

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.



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

June 20 – A full day of special Pride-themed classes in celebration of Pride Month. CTRL// is excited to welcome both Jacob and Molly to Sarnia to lead four powerful classes focused on movement, connection, self-expression, strength, and community. Macro Foods will also be on-site with smoothie samples and food for purchase! Stay tuned for class details and more information on CTRL//’s app.

June 25–26 – We’re honouring Canadian Multiculturalism Day over two days by celebrating the cultures, stories, and experiences that make up our community.

Across these two days, you’ll hear global music in classes, and you’re invited to wear colours, patterns, or pieces that feel meaningful to you. The goal is to create space for connection, learning, and celebration.

June 30 – We’re celebrating Canada Day early 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.

SUN	MON	TUE	WED	THU	FRI	SAT
	1 	2 SMOOTHIE DAY!  <i>We're Open now</i>	3  SMOOTHIE DAY!	4	5  SMOOTHIE DAY!	6  June Social: Flow, Florals & Glow
7	8	9	10	11	12	13
14	15	16	17	18	19	20  Jacob & Molly visit! 4 PRIDE-themed classes available.
21	22	23	24	25 Canadian Multiculturalism Days 		27
28	29  SMOOTHIE DAY!	30	 SMOOTHIE DAY!			

July

Moments

July 1 – Happy Canada Day from CTRL//! We will be closed. Wishing everyone a safe, fun, and enjoyable Canada Day. ❤️🇨🇦

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. Thanks for being part of CTRL//. ❤️

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

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 (subject to class availability)
- If your friend decides to purchase a class membership, they'll receive the Founding Membership rate – 10% off any membership for 6 months

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 SMOOTHIE DAY!	7	8 SMOOTHIE DAY!	9	10 SMOOTHIE DAY!	11
12	13	14	15 National Give Something Away Day 	16	17	18
19	20	21	22	23	24	25
26	27 SMOOTHIE DAY!	28	29 SMOOTHIE DAY!	30 International Day of Friendship 	31 SMOOTHIE DAY!	

August

Moments

August 3 - CTRL// will be closed for the Civic Holiday. Wishing everyone a safe, relaxing, and enjoyable long weekend!

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

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.

During these days, you'll notice:

- Stretch-focused yoga and Pilates classes
- Breathwork moments at the end of class

Join us however it feels right for you!

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

September

Moments

September 7 – CTRL// will be closed for Labour Day. Wishing everyone a safe, relaxing, and well-deserved Labour Day weekend.

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

We 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.

SUN	MON	TUE	WED	THU	FRI	SAT
		1  SMOOTHIE DAY!	2  SMOOTHIE DAY!	3	4  SMOOTHIE DAY!	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  SMOOTHIE DAY!	29	30 SMOOTHIE DAY!  National Day for Truth & Reconciliation 			

October

Moments

October is **Menopause Awareness Month**, and at CTRL// we're creating space for open, supportive conversations around women's health.

Sunday, October 4 Event: *Understanding Your Shift.* A conversation on perimenopause & menopause, followed by a guided yoga class.

Join Sil, a CTRL// instructor who is certified in perimenopause and menopause coaching, for an open and supportive session designed to help you better understand your body during this phase.

Following the discussion, you'll move through a 45-minute yoga class focused on balance and strength.

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

October 12 - Happy Thanksgiving from CTRL//! Today will be closed for the holiday as we celebrate gratitude, connection, rest, and community.

We are so thankful for every person who supports, encourages, and grows with CTRL//, this community means everything. Wishing you a warm, relaxing, and joy-filled Thanksgiving!

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4 Understanding Your Shift	5 SMOOTHIE DAY!	6	7 SMOOTHIE DAY!	8	9 SMOOTHIE DAY!	10 World Mental Health Day
11	12 Thanksgiving	13	14	15	16	17
18	19	20	21	22	23	24
25	26 SMOOTHIE DAY!	27	28 SMOOTHIE DAY!	29	30 SMOOTHIE DAY!	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 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. Stay tuned for more details.

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.

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

We believe movement belongs to everyone!

On this day, we'll emphasize modifications in classes 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  SMOOTHIE DAY!	2  SMOOTHIE DAY!	3 International Day of Persons with Disabilities 	4  SMOOTHIE DAY!	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  SMOOTHIE DAY!	29	30  SMOOTHIE DAY!	31  New Years Eve		