

FREE TRIAL CLASSES *at the Reh-Fit*

Love to try something new to add variety to your fitness routine? Join us for one of our many free trial classes coming this fall. This is a fun way to discover new activities that can increase your fitness level, boost your energy and help you reach your personal goals.

WEDNESDAY, SEPTEMBER 8

Mysore Ashtanga Yoga

6:15 – 8:15 pm

Mind/Body Studio

FRIDAY, SEPTEMBER 10

Pilates Basic Mat

9:30 – 10:30 am

Mind/Body Studio

SATURDAY, SEPTEMBER 11

Zumba® Dance Fitness

9:00 – 10:00 am

Group Fitness Studio A

Pilates Essential Reformer™

10:15 – 11:15 am

Group Fitness Studio B

Saturday Afternoon Yoga

2:45 - 4:15 pm

Mind/Body Studio

SUNDAY, SEPTEMBER 12

Beginner Iyenger Yoga

12:15 – 1:45 pm

Mind/Body Studio

MONDAY, SEPTEMBER 13

Pilates Essential Reformer™

10:00 – 11:00 am

Group Fitness Studio B

Open Your Heart with Yoga

1:15 – 2:45 pm

Mind/Body Studio

Pilates Basic Mat

5:15 – 6:15 pm

Mind/Body Studio

Qi Gong

6:30 – 7:30 pm

Mind/Body Studio

Tai Chi Made Simple

7:45 – 8:45 pm

Mind/Body Studio

TUESDAY, SEPTEMBER 14

Beginner Iyenger Yoga

11:15 am – 12:45 pm

Mind/Body Studio

Yes You Can Yoga

5:30 – 6:30 pm

Mind/Body Studio

Zumba® Dance Fitness

7:45 – 8:45 pm

Group Fitness Studio A

WEDNESDAY, SEPTEMBER 15

Yin Yoga

8:15 – 9:15 pm

Mind/Body Studio

THURSDAY, SEPTEMBER 16

Vibrant Flow Yoga

10:30 – 11:55 am

Group Fitness Studio A

Multi-Cultural Dance for Fitness

1:30 – 2:30 pm

6:45 – 7:45 pm

Group Fitness Studio A

Pilates ½ Mat ½ Reformer™

6:45 – 7:45 pm

Group Fitness Studio B

Yoga for Athletes

8:15 – 9:30 pm

Mind/Body Studio

FRIDAY, SEPTEMBER 17

Zumba® Tone

10:30 – 11:30 am

Group Fitness Studio A

These classes are open to members and non-members and there's no need to sign up in advance.

See you there!



For details, contact us at:

488-8023

www.reh-fit.com

1390 Taylor Avenue

(Corner of Taylor Ave. and Waverley St.)



reh-fit
centre

NEW PROGRAMS *at the Reh-Fit*

This Fall, register on-line at reh-fit.com for one of the many new programs being offered at the Reh-Fit Centre. See our **Fall Program Guide** for complete details.

MIND/BODY HEALTH

Experience Yoga
Mysore Ashtanga Yoga
Open Your Heart with Yoga
Yin Yoga
Yoga for Low Back Pain
Yoga for Chronic Pain Syndromes
Private and Semi-Private Reformer Lessons
Simple Qi Gong for Arthritis Relief
Meditation 101
Breath and Wellness Weekend Workshop

FITNESS

Keep Active, Stay Young at Heart
Posture Perfect
Advanced Weight Training

DANCE FITNESS

Learn to Jive
Multi-Cultural Dance for Fitness
Zumba® Tone

RESTORE YOUR HEALTH

Kick It Up

EDUCATIONAL WORKSHOPS

Breathe Easy ... Even with Asthma
Prostate Cancer: Taking Charge of Your Health Through a Healthy Lifestyle
Calling All Women! Facts for Females
Active Living with Diabetes
The ABC's of Diabetes
Learning About Lipids
Breast Cancer: Taking Charge of Your Health Through a Healthy Lifestyle
Recounting Stories
NUTRITION AND CULINARY
Fast Food the Wholesome Healthy Way
Cooking to Manage Your Weight
Healthy Holiday Entertaining

Member Program
Registration begins
Thursday, August 19

Non-member Program
Registration begins
Tuesday, August 31



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