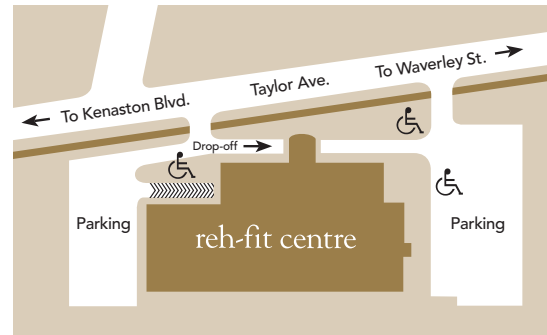

At the Reh-Fit Centre, we care about your health and fitness needs. Whether you are starting an exercise program, fine-tuning your athletic training, or managing a chronic disease, you will find support and encouragement at one of Canada's leading medical fitness centres.



Mission

The Reh-Fit Centre is a not-for-profit organization with a mission to enhance the health and well-being of its members and the community by providing innovative health and fitness services through assessment, education, and exercise in a supportive environment.



1390 Taylor Avenue
Winnipeg, MB R3M 3V8
P. 204-488-8023
www.reh-fit.com



*A Medically Based
Health and Fitness Centre*



The Reh-Fit Centre

Helping People Lead Healthier Lives!

What Sets Us Apart

The Reh-Fit Centre is a state-of-the-art facility with best in class equipment and exercise spaces. But it is much more than that. We are a medically based full service health and fitness centre, offering expert guidance through active support, comprehensive programming, and the individual attention of health professionals. Throughout your membership, you have access to a team of nurses, physiotherapists, fitness professionals, massage therapists, and dietitians.

Membership at the Reh-Fit Centre begins with assessments that include blood analysis and body composition measurements, cardiovascular fitness, muscle strength and endurance, flexibility, and functional movement. Higher health risk individuals benefit from the supervision of physicians during health and fitness assessments. Certified medical, fitness, and therapy professionals work with you to develop attainable goals and plans designed specifically to meet your needs.

The results of your assessment are sent to your family physician, who, with our professionals, forms an interprofessional collaborative health care team to best serve you.

Various programs and services are available at the Reh-Fit Centre to the community at large and do not require a membership.

Financial assistance is available on an individual basis. Individuals may bring in a support person/ buddy if assistance is required.

Services & Programs

- > Health Education Classes
- > Cardiac Rehabilitation
- > Weight Management Programs
- > Falls Prevention / Balance Program
- > Specialty Fitness Classes
- > Yoga and Pilates
- > Personal Training
- > Nutrition Counselling
- > Massage Therapy



Amenities & Benefits of Membership

- > Indoor cushioned track for walking or running
- > State-of-the-art cardiovascular and weight training equipment
- > Over 70 group fitness classes per week
- > Relaxing steam room and sauna in locker rooms
- > Professional entertainment systems on most cardio machines, including access to the internet
- > Health and fitness assessment, with guidance from professionals
- > Reduced pricing on all fee-based programs and services

