

New for Spring!

PILATES BOOT CAMP

Sofia will guide you through a series of Pilates exercises that are designed to improve strength, flexibility, and balance. With a focus on functional movements, you'll not only strengthen your core muscles but also enhance your body's ability to perform everyday tasks with ease.

TUE: 12:45 – 1:45 pm

Apr 9 - May 14

May 21 - Jun 25

\$108 • six-weeks

Instructor: Sofia



HARMONY IN MOTION

This program promotes active engagement of the mind and body. Drumming, dance, and yoga make this a perfect class for someone looking to enhance their cognitive abilities, strength, mobility and posture. Join Stephanie in this you don't want to miss program!

MON: 2:45 – 3:45 pm

Apr 8 - May 13

\$90 • six-weeks

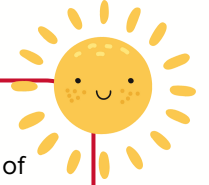
Instructor: Stephanie

MON: 2:45 – 3:45 pm

May 27 - Jun 24

\$75 • five-weeks

Instructor: Stephanie



WOMEN & WEIGHTS

Experience the power of weight-lifting, beneficial to not just your body but mental health, confidence, resilience, and overall well-being.

THU: 2:45 - 3:45 pm

Apr 11 - May 16

May 23 - Jun 27

\$90 • six-weeks

Instructor: Fitness Professional

MOBILITY FOR GOLFERS

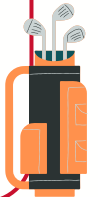
Looking to up your golf game? This program enhances on-course performance, focusing on flexibility for a powerful and efficient swing.

TUE: 4:30 - 5:30 pm

May 7 - May 28

\$60 • four-weeks

Instructor: Christine, Athletic Therapist



Workshops

RESTORATIVE MINDFULNESS

In this workshop participants will learn what mindfulness is, how to bring awareness to their breath, body, thoughts and emotions as well as learn and practice tools to support the body in restoration.

SAT: 1:30 - 3:00 pm

Apr 13

\$35 • one class

Instructor: Amanda Carson, BSW, C. HT, RYT

SLEEP WORKSHOP

Experience mindfulness- and body-based practices that are aimed at setting you up for a restful night of deep sleep. Body-based practices can be done seated on a chair, the floor or lying down.

SAT: 1:30 – 3:00 pm

May 4

\$35 • one class

Instructor: Amanda Carson, BSW, C. HT, RYT

New Massage Therapist!

Studies show that massage therapy is an effective treatment for reducing stress, pain, and muscle tension.

Meet our new massage therapist, Tyler! Reh-Fit registered massage therapists (RMTs) can work on all ages of clients in the treatment of injury, illness, rehabilitation, and disability.

Tyler's books open on March 21st! Any time after then, visit the Reception Desk or Call (204) 488-8023 to schedule your appointment.





Training

HAPPY HIP & KNEE

Designed for individuals seeking to gain stability, strength, and improve their range of motion in hips and/or knees. This program is suitable for those seeking to gain strength before surgery, or for those managing conditions such as osteoarthritis.

WED: 3:00 – 4:00 pm

Mar 13 - Apr 17

May 1 - Jun 5

\$90 • six-weeks

Instructor: Fitness Professional

TUE: 1:30 – 2:30 pm

Apr 9 - May 14

May 21 - Jun 25

\$90 • six-weeks

Instructor: Fitness Professional

BACK CARE BASICS

Take a step towards understanding and managing back discomfort with this . Learn about its causes and participate in exercises to promote better posture and help support your daily activities and physical endeavors.

TUE: 4:30 – 5:30 pm

Jun 4 - Jun 25

\$60 • four-weeks

Instructor: Christine, Athletic Therapist

IMPROVE YOUR BALANCE & PREVENT FALLS

This program helps individuals enhance balance, prevent falls, and receive assessments, coaching, and support from qualified staff.

WED: 12:00 – 1:00 pm

Apr 3 - Apr 24

May 1 - May 22

May 29 - Jun 19

\$80 • four-weeks

Instructor: Fitness Professional

FOAM ROLLING

Be guided through a series of techniques that release tension, improve flexibility, and enhance your well-being. Leave feeling equipped with the knowledge to add foam rolling into your daily routine.

SAT: 8:45 – 9:45 am

Apr 20, May 11

\$18 • one class

Instructor: Treasure

IMPROVE YOUR POSTURE

Our expert instructor will guide you through exercises and techniques to improve posture, core strength, and body alignment. s focus on key areas and address common postural issues.

TUE: 4:30 – 5:30 pm

Apr 2 - Apr 30

\$60 • four-weeks

Instructor: Christine, Athletic Therapist



Fitness

TRANSFORM 90

Are you ready to embark on a journey of self-improvement, strength, and transformation? This 90 day fitness program provides you with everything you need to meet your fitness goals and transform your body, including weekly workouts, nutrition information, and the opportunity to track your progress with before and after assessments.

TUE: 12:00 – 1:00 pm

Apr 9 - Jun 25

\$240 • twelve-weeks

Instructor: Will

TEAM MOVE

Get moving, motivated and push yourself to reach new goals through guided moderate-intensity functional fitness workouts.

MON: 2:15 – 3:15 pm

Apr 8 - May 13

\$90 • six-weeks

Instructor: Kat

WED: 2:15 – 3:15 pm

Apr 3 - May 15

\$105 • seven-weeks

Instructor: Kat

MON: 2:15 – 3:15 pm

May 27 - Jun 24

\$75 • five-weeks

Instructor: Kat

WED: 2:15 – 3:15 pm

May 22 - Jun 26

\$90 • six-weeks

Instructor: Kat

TEAM POWER

Get faster, stronger, and achieve a higher level of fitness through guided high-intensity functional fitness workouts.

MON: 6:00 – 7:00 pm

Apr 8 - Jun 24

\$165 • eleven-weeks

Instructor: Will



Recreation

PICKLEBALL CLINIC - BEGINNER

Learn game rules, proper techniques, and skill development. Perfect for newcomers or anyone revisiting the basics.

TUE: 6:30 – 8:30 pm

Apr 9, Jun 4

\$30 • one class

Instructor: Lionel Piche, Pickleball Manitoba

PICKLEBALL CLINIC - INTERMEDIATE

Enhance your skills with expert coach from Pickleball Manitoba. Perfect strategies, and positioning. Ideal for those with experience or aiming to advance their game.

TUE: 6:30 – 8:30 pm

May 7

\$30 • one class

Instructor: Lionel Piche, Pickleball Manitoba



Mind/Body

TAI CHI

Enhance harmony between your mind and body with moving meditation in the form of a series of gentle exercises.

WED: 1:00 – 2:00 pm

Apr 3 - May 15

\$84 • seven-weeks

Instructor: Kat

WED: 1:00 – 2:00 pm

May 22 - Jun 26

\$72 • six-weeks

Instructor: Kat

BARRE/REFORMER

Blend Pilates on the Reformer with dance, cardio, and strength training that targets arms, legs, and core.

THU: 5:00 – 6:00 pm

Apr 4 - Jun 27

\$234 • thirteen-weeks

Instructor: Treasure

YIN YOGA

Target deep connective tissues, joints, fascia and ligaments in your body at a slow-pace, with long held postures.

MON: 7:30 – 8:30 pm

Apr 1 - May 13

\$84 • seven-weeks

Instructor: Debbie

MON: 7:30 – 8:30 pm

May 27 - Jun 24

\$60 • five-weeks

Instructor: Debbie

SAT: 11:30 – 12:30 pm

Apr 6 - May 11

May 25 - Jun 29

\$72 • six-weeks

Instructor: Evan

INTRO TO PILATES REFORMER

Explore the versatile reformer—learn its benefits, safe setup and usage.

SAT: 9:00 – 10:00 am

Apr 20, May 25, Jun 29

\$18 • one class

Instructor: Treasure

ROLL & RENEW YOGA

Gentle yoga that moves into foam rolling and myofascial ball exercises. Please bring your own yoga mat.

TUE: 5:00 – 6:00 pm

Apr 9 - May 14

\$60 • five-weeks

Instructor: Sofia

TUE: 5:00 – 6:00 pm

May 21 - Jun 25

\$72 • six-weeks

Instructor: Sofia

THU: 5:00 – 6:00 pm

Apr 11 - May 16

May 23 - Jun 27

\$72 • six-weeks

Instructor: Sofia

PILATES HIP & KNEE

Strengthen your hips and knees following Pilates principles, using a Reformer.

MON: 3:45 – 4:45 pm

Apr 1 - Jun 24

\$216 • twelve-weeks

Instructor: Sofia

FRI: 12:30 - 1:30 pm

Apr 5 - Jun 28

\$234 • thirteen-weeks

Instructor: Treasure

GENTLE YOGA

Improve body awareness, posture, breathing, balance, flexibility, and range of motion!

MON: 1:30 – 2:30 pm

Apr 1 - Jun 24

\$144 • twelve-weeks

Instructor: Leigh

WED: 2:15 – 3:15 pm

Apr 3 - Jun 26

\$156 • thirteen-weeks

Instructor: Treasure



Start Your Personal Training Journey Today!

Your Goals. Our Guidance.

ONE-ON-ONE

Personal Training

Meet your goals with our one-on-one s. Each workout is made just for you, at your pace.

PARTNER

Personal Training

Work out with a friend or partner! It's a motivating, shared journey towards fitness.

PRIVATE PILATES

Personal Training

Your path to better posture. Tailored workouts guiding beginners or challenging fitness enthusiasts.

Refund Policy for Registered Programs

A full refund of fees will be given if a member cancels participation in a program 48 hours before the program's start date. Alternatively, the fees can be applied to another program. A full refund of fees, less an administration fee of \$20, will be given if a member cancels participation in a program before the program starts date and with less than 48 hours notice. Alternatively, the fees can be applied to another program. A refund of fees or credit on account will not be given after the start date of a program. Individual consideration will be given if the withdrawal is due to medical reasons (less an administration fee of \$20). If the Centre cancels the program a full refund will be given. Alternatively, the fees can be applied to another program or credited to the member's account. If the refund is \$20 or less, a credit will be added to the member's account.

Register at Reception, by calling (204) 488-8023, or online through your member account at reh-fit.com

Pilates Reformer Level 1						
PROGRAM	PROGRAM CODE	START DATE	END DATE	START TIME	INVESTMENT	INSTRUCTOR
Pilates Reformer 1	PRIA30	Apr 1	May 6	MON: 10:00 AM	\$108.00	Becky
Pilates Reformer 1	PRIA31	May 13	Jun 24	MON: 10:00 AM	\$108.00	Becky
Pilates Reformer 1	PRIA32	Apr 3	May 15	WED: 11:15 AM	\$126.00	Treasure
Pilates Reformer 1	PRIA33	May 22	Jun 26	WED: 11:15 AM	\$108.00	Treasure
Pilates Reformer 1	PRIA34	Apr 3	May 15	WED: 12:30 PM	\$126.00	Treasure
Pilates Reformer 1	PRIA35	May 22	Jun 26	WED: 12:30 PM	\$108.00	Treasure
Pilates Reformer 1	PRIA36	Apr 4	May 16	THU: 6:15 PM	\$126.00	Treasure
Pilates Reformer 1	PRIA37	May 23	Jun 27	THU: 6:15 PM	\$108.00	Treasure
Pilates Reformer 1	PRIA38	Apr 5	May 17	FRI: 1:45 PM	\$126.00	Treasure
Pilates Reformer 1	PRIA39	May 24	Jun 28	FRI: 1:45 PM	\$108.00	Treasure
Pilates Reformer 1	PRIA40	Apr 5	May 17	FRI: 5:00 PM	\$126.00	Treasure
Pilates Reformer 1	PRIA41	May 24	Jun 28	FRI: 5:00 PM	\$108.00	Treasure
Pilates Reformer 1	PRIA42	Apr 6	May 11	SAT: 12:30	\$108.00	Treasure
Pilates Reformer 1	PRIA43	May 25	Jun 29	SAT: 12:30	\$108.00	Treasure

Pilates Reformer Level 2						
PROGRAM	PROGRAM CODE	START DATE	END DATE	START TIME	INVESTMENT	INSTRUCTOR
Pilates Reformer 2	PIR230	Apr 1	Jun 24	MON: 11:15 AM	\$216.00	Becky
Pilates Reformer 2	PIR231	Apr 1	Jun 24	MON: 6:15 PM	\$216.00	Sofia
Pilates Reformer 2	PIR232	Apr 2	Jun 25	TUE: 11:15 AM	\$234.00	Sofia
Pilates Reformer 2	PIR233	Apr 3	Jun 26	WED: 8:55 AM	\$234.00	Treasure
Pilates Reformer 2	PIR234	Apr 3	Jun 26	WED: 10:05 AM	\$234.00	Treasure
Pilates Reformer 2	PIR235	Apr 3	Jun 26	WED: 6:15 PM	\$234.00	Sofia
Pilates Reformer 2	PIR236	Apr 3	Jun 26	WED: 7:30 PM	\$234.00	Sofia
Pilates Reformer 2	PIR237	Apr 4	Jun 27	THU: 11:15 AM	\$234.00	Sofia
Pilates Reformer 2	PIR238	Apr 4	Jun 27	THU: 12:30 PM	\$234.00	Sofia
Pilates Reformer 2	PIR239	Apr 5	Jun 28	FRI: 11:15 AM	\$234.00	Treasure
Pilates Reformer 2	PIR240	Apr 6	Jun 29	SAT: 10:00 AM	\$216.00	Treasure
Pilates Reformer 2	PIR241	Apr 6	Jun 29	SAT: 11:15 AM	\$216.00	Treasure

Pilates Reformer Level 3						
PROGRAM	PROGRAM CODE	START DATE	END DATE	START TIME	INVESTMENT	INSTRUCTOR
Pilates Reformer 3	PIR38	Apr 1	Jun 24	MON: 5:00 PM	\$216.00	Sofia
Pilates Reformer 3	PIR39	Apr 2	Jun 25	TUE: 10:00 AM	\$234.00	Sofia
Pilates Reformer 3	PIR310	Apr 3	Jun 26	WED: 5:00 PM	\$234.00	Sofia
Pilates Reformer 3	PIR311	Apr 4	Jun 27	THU: 10:00 AM	\$234.00	Sofia