



2025 Spring **PROGRAMS**

**REGISTRATION OPENS
TUESDAY, MARCH 18 AT 6:00 AM**

One Body For Life



Workshops

Discover tools from experts to improve your well-being.

GOLF SWING BASICS

Barry Gibson | PGA of Canada

Perfect your golf swing with PGA of Canada Pro Barry Gibson as you master grip, stance, and swing mechanics for a smoother, more consistent game!

SAT: 3:00 - 4:30 pm
Apr 19

INVESTMENT
\$35 FOR 1 SESSION

BLOCK THERAPY

Tammy Gibson | Certified Block Therapy Instructor

You'll learn deep tissue release and body alignment techniques to target compressed fascia, reduce pain, and enhance mobility and posture, with guidance for all levels.

SAT: 3:00 - 4:30 pm
May 3

INVESTMENT
\$30 FOR 1 SESSION

**Must be able to get up and down from the floor to participate in the Golf Workshop & Block Therapy Workshop.*

LEARN TO SPEAK SPANISH

Paola & Isabella

Immerse yourself in language learning to boost mental agility and cultural knowledge through interactive lessons and group activities.

TUE: 6:30 - 7:30 pm
Apr 15 - Jun 3 (LEVEL 1)

TUE: 3:00 - 4:00 pm
Apr 15 - Jun 10 (LEVEL 2)

INVESTMENT
\$100 FOR 8 WEEKS

Cooking with Registered Dietitians



Did you know? Our Registered Dietitians host Cooking Workshops throughout the year! Keep an eye on your emails for details.

Stress Relief Workshops with Amanda Carson, BSW, C. HT, RYT

RESTORATIVE MINDFULNESS

Learn what mindfulness is, gain awareness of your breath, body, thoughts, and emotions, and practice techniques to relax.

SAT: 1:00 – 2:30 pm
Apr 5

INVESTMENT
\$35 FOR 1 SESSION

SLEEP WORKSHOP

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

SAT: 1:00 – 2:30 pm
Apr 26

INVESTMENT
\$35 FOR 1 SESSION

BREATH WORKSHOP

In this 90-minute workshop, you will learn the role of breath in health and well-being, try various breath practices, and discover how to use them daily to support your nervous system, mind, and body.

SAT: 1:00 – 2:30 pm
May 10

INVESTMENT
\$35 FOR 1-SESSION



“Sometimes the most important thing in a whole day is the rest we take between two deep breaths”

– Etty Hillesum



SOUND BATH WORKSHOP

Karen Beauchemin | Certified Sound Healer

Lie back and relax as the soothing sounds of crystal singing bowls and healing frequencies melt away stress. Bring a blanket and eye covers for added comfort.

MON: 11:00 - 11:30 am
Apr 7 & May 5

INVESTMENT
\$20 FOR 1 SESSION

Fitness

Build Strength for Spring Adventures –
and the Activities That Keep You Moving!

Join Christine Johnston-Heise, Athletic Therapist



RACKET READY



Racket Ready is designed for pickleball, badminton, and tennis players, featuring strength exercises for joint stability, balance and coordination drills for agility, and dynamic stretches for flexibility.

TUE: 4:30 – 5:30 pm
May 6 - May 27 (4 WEEKS)

INVESTMENT
\$60 FOR 4 WEEKS

BONE BOOST



Learn the do's and don'ts of exercising with osteoporosis to build strength, improve mobility, and stay active safely!

TUE: 4:30 – 5:30 pm
Apr 8 - Apr 29 (4 WEEKS)

INVESTMENT
\$60 FOR 4 WEEKS

IMPROVE YOUR POSTURE

You will be guided through exercises and techniques to improve core strength and body alignment - focusing on key areas to address and prevent common postural issues.

TUE: 4:30 – 5:30 pm | **INVESTMENT**
Jun 3- Jun 24 (4 WEEKS) | \$60 FOR 4 WEEKS

IMPROVE YOUR BALANCE

Julianne | Fitness Professional

Enhance your balance, prevent falls with coaching and support from expert staff.

WED: 12:00 – 1:00 pm
Apr 9 - Apr 30 (4 WEEKS)
May 7 - May 28 (4 WEEKS)
Jun 4 - Jun 25 (4 WEEKS)

INVESTMENT
\$80 FOR 4 WEEKS

HAPPY HIP & KNEE

Paola | Fitness Professional

Sauna | Fitness Professional

Unlock stability and gain strength. Perfect for pre-surgery preparation or managing osteoarthritis.

TUE: 1:30 – 2:30 pm *Shauna | **WED: 3:00 – 4:00 pm *Paola**
Apr 8 - May 13 (6 WEEKS) | Apr 23 - May 28 (6 WEEKS)
May 20 - Jun 24 (6 WEEKS)

INVESTMENT
\$90 FOR 6 WEEKS



Strength Training

You've heard about it... but don't know where to start.



TRANSFORM 90

Will Clarke | CSEP-Certified

Ready to transform your body and achieve your goals? Join us and unlock weekly workouts, nutrition info, and progress tracking through assessments.

TUE: 12:00 - 1:00 pm
Apr 8 - Jun 24 (12 WEEKS)

INVESTMENT
\$240 FOR 12 WEEKS

TEAM POWER

Will Clarke | CSEP-Certified

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

MON: 6:00 – 7:00 pm
May 5 - Jun 30 (8 WEEKS)

INVESTMENT
\$120 FOR 8 WEEKS

TEAM MOVE

Kat Rother | MFC-Certified

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

MON: 2:15 – 3:15 pm
Apr 7 - Jun 30 (11 WEEKS)

WED: 2:15 – 3:15 pm
Apr 9 - Jun 25 (12 WEEKS)

INVESTMENT
\$165 for 11 WEEKS
\$180 FOR 12 WEEKS

WOMEN & WEIGHTS

Julianne | Fitness Professional

Build strength and confidence with expert guidance in this beginner-friendly program combining hands-on weight training and essential education.

THU: 2:45 - 3:45 PM
Apr 17 - May 22 (6 WEEKS)

INVESTMENT
\$90 FOR 6 WEEKS





Personal Training – Each workout is made just for you, at your pace.

5 Individual Sessions

\$66/session

10 Individual Sessions

\$61.50/session

5 Partner Sessions

\$100/session

10 Partner Sessions

\$95/session

5 Private Pilates Sessions

\$70/session

10 Private Pilates Sessions

\$66/session

5 Partner Pilates Sessions

\$105/session

10 Partner Pilates Sessions

\$101/session



GET STARTED TODAY!



“I highly recommend the personal trainers at Reh-Fit. Their guidance on equipment and confidence-building has been a huge boost to my fitness!”

– Suzanne



Recreation

The best way to get active and stay active is to **have fun.**

WALKING CLUB

Paul | Fitness Professionals

Join our walking club to connect with others and embrace the joy of movement. Staff set fun destinations as walking goals!

THU: 1:00 pm
Ongoing

COMPLIMENTARY

RUNNING CLUB

Amanda | Fitness Professionals

Join our running club for motivation, community, and expert tips to improve your pace, endurance, and overall fitness—one stride at a time!

THU: 6:45 pm
Ongoing

COMPLIMENTARY

BEGINNER PICKLEBALL CLINIC

Lionel Piche | Certified Coach, Pickleball Manitoba

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

TUE: 6:30 – 8:30 pm
Apr 15

INVESTMENT
\$30 FOR 1 SESSION

INTERMEDIATE PICKLEBALL CLINIC

Lionel Piche | Certified Coach, Pickleball Manitoba

Perfect your strokes, strategies, and positioning. Designed for those with experience to advance their game.

TUE: 6:30 – 8:30 pm
May 13

INVESTMENT
\$30 FOR 1 SESSION

WEST AFRICAN DRUMMING

Jay Stoller | Diploma in African Music

Discover the mental and physical benefits of hand drumming! Learn basic West African djembe techniques and play traditional rhythms. Drums provided.

SAT: 1:30 - 2:45 pm
May 31

INVESTMENT
\$30 FOR 1 SESSION

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.

Mind/Body

PILATES HIP & KNEE

Treasure Waddell | Stott Pilates
Maureen Desjardins | Stott Pilates
Following Pilates principles, this class is designed for individuals who want to strengthen their hips and knees using a Reformer.

MON: 4:00 – 5:00 PM *Maureen
Apr 7 - Jun 30 (12 WEEKS)

FRI: 12:30 – 1:30 pm *Treasure
Apr 11 - Jun 27 (11 WEEKS)

INVESTMENT

\$231 FOR 11 WEEKS
\$252 FOR 12 WEEKS



TAI CHI

Kat Rother | MFC-Certified
A moving meditation in the form of a series of gentle exercises that create harmony between the mind and body.

WED: 1:00 – 2:00 pm
Apr 9 - Jun 25 (12 WEEKS)

INVESTMENT

\$144 FOR 12 WEEKS

REFORMER & BOUNCE

Jo-Anne | Stott Pilates
Experience the perfect fusion of Reformer Pilates and cardio with Reformer & Bounce, combining strength-building Reformer exercises with energizing trampoline bursts!

FRI: 10:15 – 11:15 am
Apr 11 - Jun 27 (11 WEEKS)

INVESTMENT

\$231 FOR 11 WEEKS

PILATES BOOT CAMP

Sofia | Stott Pilates
An advanced-level class combining challenging Reformer and mat-based exercises using exercise balls & props — prior Reformer experience required.

THU: 5:00 – 6:00 pm
Apr 10 - Jun 26 (12 WEEKS)

INVESTMENT

\$252 FOR 12 WEEKS

ROLL & RENEW YOGA

Sofia | Stott Pilates
Enhance flexibility and release tension with a relaxing blend of yoga and foam rolling to improve mobility, recovery, and overall well-being!

WED: 7:10 – 8:10 pm
Apr 9 - MAY 14 (6 WEEKS)
May 21 - Jun 25 (6 WEEKS)

INVESTMENT

\$72 FOR 6 WEEKS

YIN YANG YOGA

Debbie Richman | Yoga Instructor
Evan Rosner | Yoga Instructor

Combine Yin yoga's deep stretches with Yang yoga's dynamic sequences, targeting connective tissues and muscles to promote flexibility, balance, and inner peace.

MON: 7:30 – 8:30 pm *Debbie
Apr 7 - May 12 (6 WEEKS)
May 26 - Jun 30 (6 WEEKS)

SAT: 11:30 - 12:30 pm *Evan
Apr 5 - May 10 (5 WEEKS)
May 24 - Jun 28 (6 WEEKS)

INVESTMENT

\$60 FOR 5 WEEKS
\$72 FOR 6 WEEKS

GENTLE YOGA

Leigh Morton | Yoga Instructor
Debbie Richman | Yoga Instructor

Focuses on body awareness, proper posture, correct breathing, improving balance, flexibility, and range of motion.

MON: 1:30 – 2:30 pm *Leigh
Apr 7 - Jun 30 (12 WEEKS)
THU: 12:00 – 1:00 pm *Debbie
Apr 10 - Jun 26 (12 WEEKS)

INVESTMENT

\$144 FOR 12 WEEKS

YOGA FOR HIPS, KNEES & FEET

Evan Rosner | Yoga Instructor

Therapeutic yoga sessions designed to improve strength, mobility, and flexibility in your hips, knees, and feet through gentle movements, myofascial release, and supportive props.

FRI: 9:30 - 10:30 am
Apr 11 - May 23 (6 WEEKS)
May 30 - Jun 27 (5 WEEKS)

INVESTMENT

\$60 FOR 5 WEEKS
\$72 FOR 6 WEEKS

Pilates Reformer Level 1

START DATE	END DATE	START TIME	INVESTMENT	INSTRUCTOR	CODE
Apr 7	Jun 30	MON: 10:00 AM	\$252.00	Becky	PR1A88
Apr 7	Jun 30	MON: 1:00 PM	\$252.00	Becky	PR1A89
Apr 8	Jun 24	TUE: 9:00 AM	\$252.00	Sofia	PR1A90
Apr 8	Jun 24	TUE: 6:00 PM	\$252.00	Anna	PR1A91
Apr 9	Jun 25	WED: 11:00 AM	\$252.00	Treasure	PR1A92
Apr 10	Jun 26	THU: 9:00 AM	\$252.00	Jo-Anne	PR1A93
Apr 10	Jun 26	THU: 6:00 PM	\$252.00	Sofia	PR1A94
Apr 11	Jun 27	FRI: 1:30 PM	\$231.00	Treasure	PR1A95
Apr 12	Jun 28	SAT: 12:00 PM	\$231.00	Treasure	PR1A96
Apr 6	Jun 29	SUN: 10:15 AM	\$231.00	Anna	PR1A97

Pilates Reformer Level 2

START DATE	END DATE	START TIME	INVESTMENT	INSTRUCTOR	CODE
Apr 7	Jun 30	MON: 11:00 AM	\$252.00	Becky	PIR298
Apr 7	Jun 30	MON: 12:00 PM	\$252.00	Becky	PIR299
Apr 7	Jun 30	MON: 6:00 PM	\$252.00	Maureen	PIR2100
Apr 8	Jun 24	TUE: 11:00 AM	\$252.00	Sofia	PIR2101
Apr 8	Jun 24	TUE: 12:00 PM	\$252.00	Sofia	PIR2102
Apr 8	Jun 24	TUE: 3:00 PM	\$252.00	Sofia	PIR2103
Apr 8	Jun 24	TUE: 5:00 PM	\$252.00	Anna	PIR2104
Apr 9	Jun 25	WED: 9:00 AM	\$252.00	Treasure	PIR2105
Apr 9	Jun 25	WED: 10:00 AM	\$252.00	Treasure	PIR2106
Apr 9	Jun 25	WED: 12:00 PM	\$252.00	Treasure	PIR2107
Apr 9	Jun 25	WED: 6:00 PM	\$252.00	Sofia	PIR2108
Apr 10	Jun 26	THU: 11:00 AM	\$252.00	Jo-Anne	PIR2109
Apr 10	Jun 26	THU: 12:00 PM	\$252.00	Sofia	PIR2110
Apr 11	Jun 27	FRI: 11:30 AM	\$231.00	Treasure	PIR2111
Apr 12	Jun 28	SAT: 10:00 AM	\$231.00	Treasure	PIR2112
Apr 12	Jun 28	SAT: 11:00 AM	\$231.00	Treasure	PIR2113

Reformer Pilates Level 1

Focus on your form, alignment, and controlled movement in these slower-paced classes. Perfect for all fitness levels, you'll build strength, balance, and confidence in a supportive environment.

Reformer Pilates Level 2

Take your practice to the next level with moderately paced classes that emphasize form and alignment while providing opportunities to advance your skills. Must have taken Pilates 1 or are experienced and confident in Pilates techniques and principles.

Pilates Reformer Level 3

START DATE	END DATE	START TIME	INVESTMENT	INSTRUCTOR	CODE
Apr 7	Jun 30	MON: 5:00 PM	\$252.00	Maureen	PIR329
Apr 8	Jun 24	TUE: 10:00 AM	\$252.00	Sofia	PIR330
Apr 8	Jun 24	TUE: 2:00 PM	\$252.00	Sofia	PIR331
Apr 9	Jun 25	WED: 5:00 PM	\$252.00	Sofia	PIR332
Apr 10	Jun 26	THU: 10:00 AM	\$252.00	Jo-Anne	PIR333

Reformer Pilates Level 3

These fast-paced, challenging classes are designed for those who are experienced and confident in Pilates techniques and principles. With a focus on strength, flexibility, and endurance, these advanced classes will elevate your practice. **Must have approval from a Reh-Fit Pilates instructor to move to this level.**

Why Join Pilates at Reh-Fit?



“Pilates at Reh-Fit has completely transformed how I move and feel.”

– Anna

- ✓ Low-Impact Workout
- ✓ Small Classes
- ✓ Personalized Guidance
- ✓ Improve Flexibility
- ✓ Gain Core Strength



For the most up-to-date program guide, please login to your member account at reh-fit.com



Orientations

Feel at ease using every space at the Reh-Fit Centre.

Included with your Reh-Fit Membership

60 Minute Sessions

Resistance Training Basics

Explore and try resistance training equipment as expert staff demonstrate how to safely add machines, free weights, resistance bands, and bodyweight exercises to your routine. Learn how to structure effective workouts with proper form and controlled movements.

Functional Training Zone

Discover how to safely use unique training equipment like the Tank, Rogue Bikes, Skill Mill, and TRX for full-body workouts. Staff will guide you through the zone, showing you the best machines for your goals and demonstrating proper techniques for maximum results.

Cardio Basics

Learn how to safely increase your heart rate through activities like walking, jogging, biking, and rowing, while getting guidance on using cardio machines. Discover how to structure effective workouts, warm up, cool down, and gauge workout intensity within your target heart rate range.

