

## New for Winter

### 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: 7:00 – 8:00 pm | Jan 9 - Mar 19 | \$240 • eleven-week session | Instructor: Will Clarke**



### 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**

Jan 20

\$35 • one class

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

#### SELF CARE WORKSHOP

Discover self-care's importance for mental, emotional, and physical well-being. Craft your self-care checklist and experience gentle movement. Bring a pen, paper/journal, and wear comfy attire

**SAT: 1:30 – 3:00 pm**

Feb 24

\$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**

Mar 23

\$35 • one class

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

#### 21 DAY SUGAR CLEANSE

Hidden sugars fill packaged convenience foods. The sugar epidemic fuels chronic pain and anxiety in North Americans. Dr. Florence provides knowledge and a 21-day sugar-free challenge plan.

**MON: 6:00 - 7:00 pm**

Jan 22 - Feb 12

\$40 • four-week session

Instructor: Dr. Leanne  
Florence, ND

### Recreation

#### PICKLEBALL CLINIC - BEGINNER

Learn the art of pickleball with seasoned instructor Lionel Piche from Pickleball Manitoba. Discover game rules, proper techniques, and skill development. Perfect for newcomers or anyone revisiting the basics.

**TUE: 6:30 – 8:30 pm**

Jan 9, Feb 6, Mar 5

\$25 • one class

Instructor: Lionel

#### PICKLEBALL CLINIC - INTERMEDIATE

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

**TUE: 6:30 – 8:30 pm**

Jan 16

\$25 • one class

Instructor: Lionel

#### PICKLEBALL PROGRESSION SERIES

Learn the strategies, master the skills, and level up your Pickleball game.

**TUE: 6:30 – 8:30 pm**

Feb 13 - Feb 27

Mar 12 - Mar 26

\$75 • three-week session

Instructor: Lionel





## 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.

#### **TUE: 1:30 – 2:30 pm**

Jan 9 - Feb 13  
Feb 20 - Mar 26  
\$90 • six-week session  
Instructor: Fitness Professional

#### **WED: 3:00 – 4:00 pm**

Jan 24 - Feb 28  
\$90 • six-week session  
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**

Jan 13, Feb 24, Mar 16  
\$18 • one class  
Instructor: Treasure

### SHOULDER HEALTH

Enhance your shoulder health with our specialized program, designed to promote overall mobility and strength. Join now and experience improved shoulder well-being!

#### **TUE: 4:30 – 5:30 pm**

Mar 5 - Mar 26  
\$60 • four-week session  
Instructor: Christine, AT

### 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**

Jan 10 - Jan 31  
Feb 21 - Mar 13  
\$80 • four-week session  
Instructor: Fitness Professional

### BACK CARE BASICS

Take a step towards understanding and managing back discomfort with this session. 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**

Jan 2 - Jan 23  
\$60 • four-week session  
Instructor: Christine, AT

### IMPROVE YOUR POSTURE

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

#### **TUE: 4:30 – 5:30 pm**

Jan 30 - Feb 20  
\$60 • four-week session  
Instructor: Christine, AT

### PARKINSON'S POWER-UP

Join our highly trained team of fitness professionals for a specialized fitness program designed to support individuals with Parkinson's disease. Focuses on improving overall mobility, strength, and quality of life.

#### **WED: 10:45 – 11:45 pm**

Jan 17 - Mar 6  
\$160 • eight-week session  
Instructor: Fitness Professional



## Fitness

### 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**

Jan 8 - Mar 18  
\$150 • ten-week session  
Instructor: Will

#### **THU: 6:00 – 7:00 pm**

Jan 11 - Feb 29  
\$120 • eight-week session  
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**

Jan 8 - Feb 12  
\$90 • six-week session  
Instructor: Kat

#### **MON: 2:15 – 3:15 pm**

Feb 26 - Apr 1  
\$90 • six-week session  
Instructor: Kat

#### **WED: 2:15 – 3:15 pm**

Jan 3 - Feb 14  
\$105 • seven-week session  
Instructor: Kat

#### **WED: 2:15 – 3:15 pm**

Feb 21 - Mar 27  
\$90 • six-week session  
Instructor: Kat

### PILATES CORE CIRCUIT

#### **Level 3**

Join us for an advanced mat-based Pilates workout using a variety of Pilates equipment, including the Halo Trainer, and more!

#### **TUE: 1:00 – 2:00 pm**

Jan 16 - Mar 5  
\$120 • eight-week session  
Instructor: Carla



## 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**

Jan 3 - Feb 14

\$84 • seven-week session

Instructor: Kat

**WED: 1:00 – 2:00 pm**

Feb 21 - Mar 27

\$72 • six-week session

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**

Jan 11 - Mar 28

\$216 • twelve-week session

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**

Jan 8 - Feb 12

Feb 26 - Mar 25

\$72 • six-week session

\$60 • five-week session

Instructor: Debbie

### INTRO TO PILATES REFORMER

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

**SAT: 9:00 – 10:00 am**

Jan 6, Feb 17, Mar 23

\$18 • one class

Instructor: Treasure

### GENTLE YOGA

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

**MON: 1:30 – 2:30 pm**

Jan 8 - Feb 12

Feb 26 - Mar 25

\$72 • six-week session

\$60 • five-week session

Instructor: Leigh

**THU: 1:30 – 2:30 pm**

Jan 11 - Feb 15

Feb 22 - Mar 28

\$72 • six-week session

Instructor: Treasure

### PILATES HIP & KNEE

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

**MON: 3:45 – 4:45 pm**

Jan 8 - Mar 18

\$180 • ten-week session

Instructor: Treasure

**FRI: 12:30 - 1:30 pm**

Jan 5 - Mar 22

\$216 • twelve-week session



## Start Your Personal Training Journey Today!

*Your Goals. Our Guidance.*

### ONE-ON-ONE

#### Personal Training

Meet your goals with our one-on-one sessions. 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 phone, or online through your member account at [reh-fit.com](http://reh-fit.com)



## Pilates - Reformer

Don't wait! Secure your spot today. Class sizes limited.

Pilates Reformer Level 1						
PROGRAM	PROGRAM CODE	START DATE	END DATE	START TIME	INVESTMENT	INSTRUCTOR
Pilates Reformer 1	PRIA74	Jan 8	Feb 12	MON: 10:00 AM	\$108.00	Anna
Pilates Reformer 1	PRIA75	Feb 26	Mar 25	MON: 10:00 AM	\$90.00	Anna
Pilates Reformer 1	PRIA76	Jan 3	Feb 14	WED: 11:15 AM	\$90.00	Treasure
Pilates Reformer 1	PRIA77	Feb 21	Mar 27	WED: 11:15 AM	\$108.00	Treasure
Pilates Reformer 1	PRIA27	Jan 3	Feb 14	WED: 2:15 AM	\$126.00	Treasure
Pilates Reformer 1	PRIA28	Feb 21	Mar 27	WED: 2:15 PM	\$108.00	Treasure
Pilates Reformer 1	PRIA20	Jan 3	Feb 14	WED: 12:30 PM	\$90.00	Treasure
Pilates Reformer 1	PRIA21	Feb 21	Mar 27	WED: 12:30 PM	\$108.00	Treasure
Pilates Reformer 1	PRIA18	Jan 11	Feb 15	THU: 6:15 PM	\$108.00	Treasure
Pilates Reformer 1	PRIA19	Feb 22	Mar 28	THU: 6:15 PM	\$108.00	Treasure
Pilates Reformer 1	PRIA22	Jan 12	Feb 16	FRI: 1:45 PM	\$108.00	Treasure
Pilates Reformer 1	PRIA23	Feb 23	Mar 22	FRI: 1:45 PM	\$90.00	Treasure
Pilates Reformer 2	PRIA26	Jan 5	Mar 22	FRI: 5:00 PM	\$180.00	Treasure
Pilates Reformer 1	PRIA24	Jan 6	Feb 10	SAT: 12:30	\$108.00	Treasure
Pilates Reformer 1	PRIA25	Feb 17	Mar 23	SAT: 12:30	\$108.00	Treasure

Pilates Reformer Level 2						
PROGRAM	PROGRAM CODE	START DATE	END DATE	START TIME	INVESTMENT	INSTRUCTOR
Pilates Reformer 2	PIR215	Jan 8	Mar 25	MON: 11:15 AM	\$198.00	Anna
Pilates Reformer 2	PIR216	Jan 8	Mar 25	MON: 6:15 PM	\$198.00	Anna
Pilates Reformer 2	PIR218	Jan 2	Mar 19	TUE: 11:15 AM	\$216.00	Carla
Pilates Reformer 2	PIR219	Jan 3	Mar 27	WED: 8:55 AM	\$198.00	Treasure
Pilates Reformer 2	PIR220	Jan 3	Mar 27	WED: 10:05 AM	\$198.00	Treasure
Pilates Reformer 2	PIR221	Jan 3	Mar 20	WED: 6:15 PM	\$216.00	Carla
Pilates Reformer 2	PIR222	Jan 3	Mar 20	WED: 7:30 PM	\$216.00	Carla
Pilates Reformer 2	PIR223	Jan 4	Mar 21	THU: 11:15 AM	\$216.00	Carla
Pilates Reformer 2	PIR224	Jan 4	Mar 21	THU: 12:30 PM	\$216.00	Carla
Pilates Reformer 2	PIR225	Jan 12	Mar 22	FRI: 11:15 AM	\$198.00	Treasure
Pilates Reformer 2	PIR226	Jan 6	Mar 23	SAT: 10:00 AM	\$216.00	Treasure
Pilates Reformer 2	PIR227	Jan 6	Mar 23	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	PIR37	Jan 8	Mar 25	MON: 5:00 PM	\$198.00	Anna
Pilates Reformer 3	PIR34	Jan 2	Mar 19	TUE: 10:00 AM	\$216.00	Carla
Pilates Reformer 3	PIR35	Jan 3	Mar 20	WED: 5:00 PM	\$216.00	Carla
Pilates Reformer 3	PIR36	Jan 4	Mar 21	THU: 10:00 AM	\$216.00	Carla