



# Spring 2022 Registered Programs

Registration for members opens Tuesday, March 15.

## WHAT CAN THE BUGS IN YOUR GUT DO FOR YOU?

Do you have reflux? Do you react to certain foods? Are you bloated or constipated? Are you embarrassed about being gassy? It happens to the best of us. Join us for a discussion on digestion, probiotics, and why we should eat more dirt to diversify our protective bacteria.

**Monday, April 25 6:00 pm**  
\$15

Instructor: Presented by Leanne Florence, Doctor of Naturopathic Medicine

## PROSTATE CANCER AND YOU

One in nine men will develop prostate cancer in their lifetime. In this presentation by directors of The Manitoba Prostate Cancer Support Group, you will learn about the warning signs of prostate cancer, detection of the disease, available treatments, how to reduce the risk posed by this disease and prostate cancer survivors will outline their prostate cancer journey.

**Thursday, May 12 7:00 pm**

This virtual talk is free for members. Register online through your member account or at the Reception Desk.

## BONE HEALTH 101

Did you know at least one in three women and one in five men will suffer from an osteoporotic fracture in their life? Join us to learn how to reduce your risk of fracture.

**Thursdays, April 21 - May 5**

1:30 pm – 2:30 pm

This virtual series is free for members. To register, send an email to [manitoba@osteoporosis.ca](mailto:manitoba@osteoporosis.ca).

## HAPPY HIP AND KNEE

This program is 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.

**Wednesdays 3:00 pm – 4:00 pm**

April 6 – May 11; May 25 – June 29

\$90 • Six-week session

Instructors: Reh-Fit Fitness Professionals

## NEW! BUILD YOUR FITNESS TOOLBOX

In this four-week program you will learn how to use the TRX, barbell, Bosu, stability ball, kettle bells, and more. Add some variety to your daily workouts!

**Wednesdays 10:30 am - 11:30 am**

April 6 – April 27; May 4 – May 25; June 8 – June 29

\$40 • Four-week session

Instructor: Shelly E.

## NEW! CORRECTIVE EXERCISE SERIES

With a specific focus on corrective exercise, take the time to undo your bad habits and learn to move properly by activating and lengthening the correct muscles.

**Thursdays 12:00 pm - 1:00 pm**

Shoulders/Neck: May 12 - June 2 (4 weeks)

Back Pain: June 9 – June 30 (4 weeks)

\$60 • Four-week session

Instructor: Taryn, Reh-Fit RMT and Athletic Therapist

## WANT A BETTER GOLF SWING?

To play feel-great golf, you need to focus on flexibility, mobility, strength and balance. Learn exercises for a well-rounded golf fitness program.

**Thursdays 12:00 - 1:00 pm**

April 14 – May 5

\$60 • Four-week session

Instructor: Taryn, Reh-Fit RMT and Athletic Therapist

## REH-VERSE: LIFESTYLE WEIGHT MANAGEMENT PROGRAM

Receive guidance and support from our fitness professionals through weekly group education sessions and bi-weekly one-on-one lifestyle coaching. You'll receive a pre- and post-assessment – including InBody analysis to track your progress. Feel empowered, supported, and more confident approaching your healthy weight goals in the long term.

**Thursdays 11:30 am – 12:30 pm**

April 21 – May 26

\$200 • Six-week session



## Yoga and Mindfulness

### GENTLE YOGA HYBRID

This yoga class focuses on body awareness, proper posture, correct breathing, improving balance, flexibility, and a range of motion.

#### **Mondays 1:30 pm – 2:30 pm**

April 4 – June 30

Instructor: Leigh

*\*No class Monday, May 23*

\$120 • 12-week session (Reh-Fit members)

\$180 • Non-members (virtual only)

#### **Thursdays 1:30 pm – 2:30 pm**

April 7 – June 23

Instructor: Treasure

\$120 • 12-week session (Reh-Fit members)

\$180 • Non-members (virtual only)

### RESTORATIVE MINDFULNESS WORKSHOP

In this 90-minute experiential workshop you will relax, restore, and have an opportunity to explore the practices of mindfulness, meditation, and self-directed neuroplasticity. It is within these practices that you will learn how to regulate your nervous system, promote self-awareness, and develop a greater connection to yourself and your potential in various aspects of health and well-being.

#### **Saturday, April 16**

2:30 – 4:00 pm

\$35 • 90-minute workshop

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



## Team Training

### TEAM POWER

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

#### **Mondays 6:00 pm – 7:00 pm**

April 4 – June 30

\$180 • 12-week session

Instructor: Will

*\*No class Monday, May 23*

### TEAM MOVE

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

#### **Wednesdays 2:00 pm – 3:00 pm**

April 6 – June 22

\$180 • 12-week session

Instructor: Kat

### EVENING YOGA

This class focuses on the foundational poses that make up a well-rounded yoga practice, allowing you to move the body, burn off excess energy, enjoy quiet stillness, and wind down to a deeper state of relaxation as you head into your evening.

#### **Thursdays 6:00 pm – 7:00 pm**

April 7 – May 12

Instructor: Debbie

\$60 • Six-week session (Reh-Fit members)

### RESTORATIVE SLEEP

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.

#### **Saturday, May 7**

2:30 pm – 4:00 pm

\$35 • 90-minute workshop

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



### HYBRID REGISTERED PROGRAMS

These programs are available either in person at the Centre or virtually from your home — you decide.



## REFORMER PILATES 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:15 am Anna	11:15 am Sofia	11:15 am Treasure	11:15 am Sofia	11:15 am Treasure	9:00 am 11:15 am Treasure
			6:15 pm Treasure		

### All Pilates classes begin the week of April 4:

- All Level 1 Reformer Pilates sessions are 6 weeks in length
- All Level 2 Reformer Pilates sessions are 12 weeks in length

\$90 • Six-week sessions  
\$180 • 12-week sessions

## REFORMER PILATES 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 am Sofia	10:05 am Treasure	10:00 am Sofia		10:05 am Treasure
	12:30 pm Sofia	12:30 pm Treasure			
5:00 pm 6:15 pm Sofia	5:00 pm 6:15 pm Carla	5:00 pm 6:15 pm Sofia	5:00 pm Treasure		

All session dates available at [reh-fit.com/login](http://reh-fit.com/login).

## INTRO TO REFORMER PILATES \*NEW\*

Curious about the many benefits of Reformer Pilates? Discover the magic of this world-famous approach to low-impact exercise. These new introductory classes are a great opportunity to try out a class and learn more.

### Saturdays 12:30 pm – 1:30 pm

\$15 • 60-minute class

May 7

June 18

Instructor: Treasure

## PILATES HIP & KNEE

Following Pilates principles, this class is designed for individuals who want to strengthen their hips and knees using a Reformer.

### Fridays 12:30 pm – 1:30 pm

April 8 – June 24

\$165 • 11-week session

Instructor: Treasure

\*No class Friday, April 15

## MAT PILATES HYBRID

Mat Pilates teaches participants control, fluid movement, breathing, concentration, stability, and postural alignment. Performed on the floor, exercises are aimed at improving flexibility and muscle tone throughout the entire body.

### Wednesdays 9:00 am – 10:00 am

April 6 – June 22

\$180 • 12-week session (Reh-Fit members)

\$270 • Non-members (virtual only)

Instructor: Treasure

## Refund Policy for Registered Programs

- A full refund of fees will be given if a member/non-member cancels his/her participation in a program 48 hours prior to the start date of the program. 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/non-member cancels his/her participation in a program before the program starts date and 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 members account issued instead.



**PICKLEBALL**

All ages, all abilities welcome. No partner needed. Member-organized games.

**Recreational**

**Tuesdays 2:30 – 4:30 pm**  
**Thursdays 2:30 – 4:30 pm**  
**Sundays 2:30 – 4:30 pm**

*All four courts may be in use during recreational time.*

**Competitive**

**Mondays 2:30 – 4:30 pm**  
**Wednesdays 2:30 – 4:30 pm**  
**Fridays 2:30 – 4:30 pm**

*Members are asked to please leave one court free for badminton during competitive pickleball time.*

**WALKING CLUB**

A great way to meet new people!

**Wednesdays 11:15 am**

*No registration required. Meet by the Track Desk.*

**BADMINTON**

All ages, all abilities welcome. No partner needed. Member-organized games.

**Saturdays 2:30 – 4:30 pm**

*One court for badminton will also be reserved for badminton during competitive pickleball court time.*

**OPEN COURT**

If the hardwood is not in use, member-organized games of either pickleball or badminton are welcome.

**Times vary daily; see schedule below**

*No group can take more than two courts during open court time. Please be courteous and share open court time.*

**PICKLEBALL SKILLS**

This four-week program is a great opportunity for beginner players to expand their knowledge and refine skills during a semi-structured play environment. Instructor Lionel Piche from Pickleball Manitoba will provide ongoing tips and instruction to help participants' progress each week.

**Tuesdays,**

**6:15 pm – 8:15 pm**

April 5 – April 26

\$99 • Four-week session

*Register online or at the Reception Desk.*

**BEGINNER PICKLEBALL CLINIC**

Learn how to play pickleball from experienced instructor Lionel Piche from Pickleball Manitoba. Learn the rules of the game, proper techniques, and skill development. This is a perfect opportunity for those who are new to pickleball or for anyone wanting to review the basics.

**Friday, April 22**

**6:15 – 8:15 pm**

\$20 for Reh-Fit Members

*Register online or at the Reception Desk.*

**COURT SPORTS SCHEDULE**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:30 – 4:30 pm <b>Competitive Pickleball</b>	2:30 – 4:30 pm <b>Recreational Pickleball</b>	2:30 – 4:30 pm <b>Competitive Pickleball</b>	2:30 – 4:30 pm <b>Recreational Pickleball</b>	2:30 – 4:30 pm <b>Competitive Pickleball</b>	2:30 – 4:30 pm <b>Badminton</b>	2:30 – 4:30 pm <b>Recreational Pickleball</b>
6:30 – 8:30 pm <b>Open Court</b>	4:30 – 8:30 pm <b>Open Court</b>	6:30 – 8:30 pm <b>Open Court</b>	6:30 – 8:30 pm <b>Open Court</b>	4:30 – 8:30 pm <b>Open Court</b>		1:00 – 2:30 pm <b>Open Court</b>