

REH **FIT**

CENTRE



2026 SUMMER PROGRAMS

*One Body for **Life.***

FITNESS. RECREATION. MIND-BODY.



REGISTER ONLINE,
IN-PERSON,
OR BY PHONE



REGISTRATION OPENS
TUESDAY,
JUNE 16 AT 6:00 AM



Fitness & Team Training

TEAM POWER

Mondays | 6:00 - 7:00 pm | July 6 - 20 (3 Weeks)

Mondays | 6:00 - 7:00 pm | August 17 - 31 (3 Weeks)

Investment: \$45 | Instructor: Will Clarke, CSEP-Certified

Boost your speed, strength, and fitness with our engaging, guided, high-intensity functional workouts. They're designed to help you achieve your goals while enjoying the process!

HAPPY HIP & KNEE

Tuesdays | 2:45 – 3:45 pm | August 4 – September 1 (5 Weeks) – Instructor: Zach, Fitness Professional

Wednesdays | 3:00 – 4:00 pm | July 8 – 29 (4 Weeks) – Instructor: Zach, Fitness Professional

Investment: \$60 (4 weeks) \$75 (5 weeks)

Designed for anyone looking to enhance their stability and build strength, all while improving flexibility in the hips and knees. Whether you're preparing for surgery or managing conditions like osteoarthritis, it's here to support your journey to better movement.

STRONGHER CIRCUIT

Thursdays | 5:45 – 6:45 pm | July 2 – 23 (4 Weeks)

Thursdays | 5:45 – 6:45 pm | August 13 – September 3 (4 Weeks)

Investment: \$60 | Instructor: Julianne, fitness professional

This weekly circuit workout is for women who've completed the StrongHer program or have strength-training experience. Build full-body strength, endurance, and confidence with exercises using free weights, cables, and functional equipment in a supportive, women-only environment. Stay strong, capable, and empowered weekly.

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.

Recreation & Special Programs

BEGINNER PICKLEBALL CLINIC

Lionel | Certified coach, Pickleball Manitoba

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

TUESDAY, JULY 21

6:30 - 8:30 PM

INVESTMENT: \$30

STRETCH & RELEASE

Christine | Athletic Therapist

This one-hour class focuses on improving flexibility, reducing muscle tension, and supporting recovery. You will begin with guided foam rolling techniques to release tight muscles and improve tissue quality, followed by mobility exercises and stretching to enhance range of motion and movement efficiency.

Suitable for all fitness levels, this class is ideal for recovery days, injury prevention, or anyone looking to move and feel better.

TUESDAY, JULY 14

4:30 - 5:30 PM

INVESTMENT: \$15

WALKING CLUB

Stay active and motivated with our Walking Club! Staff will set fun destination goals for members to work toward throughout the year. Walk whenever it fits your schedule and track your programs with a walking log (available at the fitness desk).

RUNNING CLUB

Build endurance, stay motivated, and enjoy the support of a group as you work toward your running goals. Whether you're new to running or looking to improve your fitness, this weekly club offers a fun and encouraging environment for all levels. Led by Amanda, one of our fitness professionals who has been running this club for over 25 years.

THURSDAYS | 6:45 PM | ONGOING

Mind-Body

YOGA FOR HIPS, KNEES, AND FEET

Fridays | 9:30 - 10:30 am | July 3 – September 4 (8 weeks - no class July 24&31)
Investment: \$96 | Instructor: Evan, Certified Yoga Instructor

60-Minute yoga sequence focusing on hips, knees, and feet using props (blocks, strap, ball). It combines joint mobility, stability, and fascial release to improve lower-body function, strengthen muscles, and increase range of motion.

GENTLE YOGA

Mondays | 1:30 – 2:30 pm | July 6 – August 31 (8 Weeks)
Investment: \$96 (8 weeks) | Instructor: Leigh Morton, Certified Yoga Instructor

Focusing on body awareness, posture, breathing, balance, flexibility, and range of motion can make your routine more comfortable and effective. All these poses can be comfortably performed from a chair, making them accessible and easy to incorporate into daily life.

YIN YANG YOGA

Wednesdays | 6:00 – 7:00 pm | July 8 – 29 & August 5 – 26 (4 weeks – each session)
Investment: \$48 | Instructor: Debbie, Certified Yoga Instructor

Combine the deep stretches of Yin Yoga with the dynamic sequences of Yang Yoga, focusing on the connective tissues and muscles to promote flexibility, balance, and inner peace.

ROLL & RENEW YOGA

Wednesdays | 2:30 – 3:30 pm | July 8 – August 26 (8 weeks)
Investment: \$96 | Instructor: Sofia, Certified Yoga Instructor

Welcome to our Yoga and Foam Rolling class! This session helps release tension and stress and improve flexibility through gentle yoga, foam rolling, and myofascial ball exercises that target areas of tension. Your body will love it!

YOGA FOR SHOULDERS, ELBOWS, WRISTS & HANDS

Wednesdays | 1:00 – 2:00 pm | August 5 - September 2 (5 weeks)
Investment: \$60 | Instructor: Evan, Certified Yoga Instructor

This yoga therapy class for older adults offers a gentle, supportive approach to caring for shoulders, elbows, wrists, and hands. It uses mindful breathing, gentle strengthening, and joint-friendly movement to ease tension, improve mobility, and build confidence for daily activities.



Personal Training

Each workout 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**

**ASK AT RECEPTION OR VISIT
REH-FIT.COM TO GET STARTED**