# AUGUST 2021 PROGRAM SCHEDULE

We are pleased to welcome you back for indoor exercise! There has never been a better time to get active. We are excited to hit the refresh button together with some of your favourite programming.

## REH-VERSE: LIFESTYLE WEIGHT MANAGEMENT PROGRAM

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

Wednesdays 11:00 am – 12:00 pm
August 11 – September 22
Six-week session
*$200 • Reh-Fit members*
*$300 • Non-members*

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
Instructor: Will Clarke
August 16 – August 30
*Three-week session*
*$45 • Reh-Fit members*

## TEAM MOVE

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

Wednesdays 8:30 am – 9:30 am
Instructor: Will Clarke
August 18 – September 1
*Three-week session*
*$45 • Reh-Fit members*

**Register through your member account at reh-fit.com.**

## Pilates

### REFORMER PILATES 1

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | 7:30 am<br>Martha | | | |
| 11:15 am<br>Martha | 11:15 am<br>Sofia | 11:15 am<br>Treasure | 11:15 am<br>Sofia | 11:15 am<br>Sofia |

*Four-week sessions*
*Dates available on member portal*
*$60 • Reh-Fit members*

### REFORMER PILATES 2

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| 10:00 am<br>Martha | 10:00 am<br>Sofia | 10:00 am<br>Treasure | 10:00 am<br>Sofia | 10:00 am<br>Sofia |
| 5:00 pm<br>6:15 pm<br>Sofia | 5:00 pm<br>6:15 pm<br>Martha | 5:00 pm<br>Sofia | 5:00 pm<br>6:15pm<br>Martha | |

*Back by demand!*

### PILATES HIP & KNEE

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

Wednesdays
12:30 pm – 1:30 pm
Instructor: Treasure Waddell
August 4 – August 25

*Four-week session*
*$60 • Reh-Fit members*

## 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
Instructor: Leigh Morton
August 9 – August 30

Thursdays 1:30 pm – 2:30 pm
Instructor: Treasure Waddell
August 12 – September 2

*Four-week session*
*$40 • Reh-Fit members*
*$60 • Non-members (virtual only)*

### 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
Instructor: Treasure Waddell
August 11 – September 1

*Four-week session*
*$60 • Reh-Fit members*
*$90 • Non-members (virtual only)*