

* New Additions

LEARN TO RUN

All are welcome, including those brand new to running and seasoned runners looking to get back on track. Sessions will introduce training concepts and walk/run intervals to build confidence and prevent injury, while improving form, pace, and stamina to help you work toward your goals.

Tuesdays 7:30 – 8:30 pm

November 3 – December 22

\$120 • 8-week session

Instructor: Amanda Younka, CSEP-Certified Trainer

ADVANCED RUNNERS TRAINING

You want a training program that will challenge you. Here it is! This eight-week, advanced training program is for experienced runners who want to push harder and gain strength. Sessions include cross-training, interval workouts, and running drills with a focus on injury prevention to help you work toward your own specific timed goals.

Thursdays 7:30 – 8:30 pm

October 29 – December 17

\$120 • 8-week session

Instructor: Amanda Younka, CSEP-Certified Trainer

RESTORATIVE MINDFULNESS WORKSHOP

In this 90-minute experiential workshop you will relax, restore, and will have an opportunity to explore the practices of mindfulness, meditation, and self-directed neuroplasticity. It is within these practices that you can begin to 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, November 14

2:30 – 4:00 pm

\$35 • 90-minute workshop

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



DRESSING FOR STAYING ACTIVE OUTDOORS

Cold weather doesn't have to stop you from outdoor exercise, but it is important to dress for the conditions. If you want to take advantage of winter exercise, learning how to dress for it will help keep you warm while you get some fresh air and maintain your fitness.

Wednesday, November 4

2:00 – 3:00 pm

Free for Reh-Fit Members

Registration required

Instructor: Wilderness Supply Co.

FLU SHOT CLINIC

Provincial health authorities have been talking about the importance of getting the flu shot this year more than ever. Flu shots are free for any member with a Manitoba health card.

Dates TBC

Reh-Fit Members only; registration required

HAPPY HIP AND KNEE

This six-week exercise 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.

Thursdays 3:00 – 3:55 pm

November 12 – December 17

\$90 • 6-week session

Instructors: Reh-Fit Fitness Professionals



New to Pilates? Try a Reformer Pilates 1 class on us! Sunday, November 1st at 11:15 am and 12:00 pm. Open only to members who have not participated in Pilates.



REFORMER PILATES 1

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	11:15 am* Martha	11:15 am* Sofia	11:15 am* Treasure	11:15 am Sofia	11:15 am Sofia*	11:30 am Martha	11:15 am Treasure
Evening			6:15 pm Sofia				

REFORMER PILATES 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	10:00 am* Martha	10:00 am* Sofia	10:00 am* Treasure	10:00 am* Sofia	10:00 am* Sofia	9:00 am 10:15 am Martha	
Evening	5:00 pm* 6:15 pm Sofia	5:00 pm* 6:15 pm* Martha	5:00 pm* Sofia	5:00 pm* 6:15 pm* Martha			

Session Dates

Mondays: November 2 – December 14

Tuesdays: November 3 – December 15

Wednesdays: November 4 – December 16**

Thursdays: November 5 – December 17

Fridays: November 6 – December 18

Saturdays: November 7 – December 19

Sundays: November 8 – December 20

**Six-week session; no class on Wednesday, November 11

*Session is full

INVESTMENT

\$90 • Six-week sessions

\$105 • Seven-week sessions



Yoga and Mindfulness

CLASSIC YOGA

Wednesdays

November 4 – December 16

\$70 • Seven-week session

No class November 11

SOFT FLOW

Sundays

10:00 – 11:00 am with Treasure

November 8 – December 20

\$70 • Seven-week session

GENTLE YOGA

Mondays

1:30 – 2:30 pm with Leigh

November 2 – December 14

\$70 • Seven-week session

Thursdays

1:30 – 2:30 pm with Treasure

November 5 – December 17

\$70 • Seven-week session

PRECISION STRETCH

Saturdays

11:00 am – 12:00 pm with Jessica

November 7 – November 28

\$40 • Four-week session

*Members must bring own foam roller.



Team Training

1 TEAM MOVE

Mondays 2:00 – 3:00 pm with Kat
November 2 – December 14

Wednesdays 2:00 – 3:00 pm with Kat
November 4 – December 16

2 TEAM RESET

Thursdays 6:45 – 7:45 pm with Jessica
November 5 – December 17

3 TEAM CORE

Wednesdays 6:15 – 7:15 am with Martha
November 4 – December 16**

Fridays 5:30 – 6:30 pm with Martha
November 6 – December 18

4 TEAM POWER

Mondays 6:00 – 7:00 pm with W
November 2 – December 14

Wednesdays 6:00 – 7:00 pm with Will
November 4 – December 16



INVESTMENT

\$90 • Six-week sessions
\$105 • Seven-week sessions

**Six-week session; no class on
Wednesday, November 11

New to Team Training? Try a class
on us!

TEAM MOVE

Monday, October 26 at 3:00 pm

Open only to members who have not previously
registered in Team Training.



Restore Your Health Programs

CARDIAC REHABILITATION

Multiple Sessions

For more information on dates, times,
and to register call 204-488-8023 x
308.

EXERCISE IS MEDICINE

Tuesdays & Thursdays

1:00 – 2:15 pm

\$100 • Eight-week session

Rolling intake

Health practitioner referral required.

MINDS IN MOTION®

Tuesdays 2:00 – 4:00 pm

October 13 – December 8

\$65/pair • Eight-week session

MOVING FORWARD

AFTER CANCER

Tuesdays & Thursdays

For more information on dates,
times, and to register call
CancerCare Patient & Family
Service at 204-787-2109.

KIDNEY FIT

Multiple Sessions

For dates and times, please
contact Krista Stewart at 204-
631-3039.

NEW! HAPPY HIP AND KNEE

This six-week exercise
program is designed for
individuals seeking to gain
stability, strength and improve
their range of motion in hips
and/or knees.

See cover page for details.



Recreation

PICKLEBALL

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

Tuesdays 2:30-4:30 pm

Thursdays 2:30-4:30 pm

Sundays 2:30-4:30 pm

BADMINTON

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

Saturdays 2:30 – 4:30 pm

FRIDAY NIGHT COURT SPORTS

Member-organized badminton
and pickleball.

Fridays 6:30 – 8:30 pm

Starting November 6



Group Fitness Classes

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	Ride ▶ •• 45 min Studio A	Row ▶ •• 30 min Studio A	Bars & Bells ▶ ••• 45 min Studio A	HIIT ▶ ••• 30 min Studio A	Ride ▶ •• 45 min Studio A		
7:00 AM	Cardio Fit ▶ •• 30 min Studio A	S & S ▶ • 30 min Studio A	20/20 ▶ •• 45 min Studio A	Core Balance • 30 min Fitness Area	TBC ▶ •• 45 min Studio A		
8:00 AM	TBC •• 45 min Fitness Area	Core Boot Camp •• 45 min Fitness Area	Cardio Fit ▶ •• 30 min Studio A	Step & Strength •• 45 min Fitness Area	20/20 ▶ •• 45 min Studio A		
9:15 AM	20/20 •• 45 min Fitness Area	C/S/Y •• 45 min Fitness Area	TBC •• 45 min Fitness Area	S & S • 30 min Fitness Area	Simply Stretch • 30 min Fitness Area	S & S • 30 min Fitness Area	Zumba •• 45 min Fitness Area
10:30 AM	S & S • 30 min Fitness Area	Zumba •• 45 min Fitness Area	Core ▶ •• 30 min Studio A	C/S/Y •• 45 min Fitness Area	Ride ▶ •• 45 min Studio A	Kick ••• 45 min Fitness Area	Chisel & Burn ••• 45 min Fitness Area
12:00 PM	Ride •• 45 min Studio A	Step ▶ •• 30 min Studio A	Core Balance • 30 min Fitness Area	TBC ▶ •• 45 min Studio A	Zumba •• 45 min Fitness Area	TBC •• 45 min Fitness Area	Ride •• 45 min Studio A
1:30 PM	Gentle Fit • 30 min Fitness Area	TBC •• 45 min Fitness Area	Gentle Fit • 30 min Fitness Area	Row •• 30 min Fitness Area	S & S • 30 min Fitness Area	Row ▶ •• 30 min Studio A	Core Balance ▶ • 30 min Studio A
5:30 PM	Core Boot Camp •• 45 min Fitness Area	Kick ••• 45 min Fitness Area	Row/Core •• 45 min Fitness Area	TBC •• 45 min Fitness Area	Row/Ride/ Weights •• 45 min Studio A		
6:30 PM	Ride ▶ •• 45 min Studio A	Bars & Bells ▶ ••• 45 min Studio A	Ride ▶ •• 45 min Studio A	Step •• 45 min Fitness Area			
7:30 PM			Chisel & Burn ••• 45 min Fitness Area				

CLASS LEGEND

- Level 1
- Level 2
- Level 3
- ▶ Virtual

Please refer to our website for class descriptions.