

# Fall 2022 Registered Programs

Registration for members opens Tuesday, August 23.

## Fitness

### TEAM MOVE

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

#### Wednesdays 2:15 p.m. – 3:15 p.m.

September 14 – October 26  
\$105 • seven-week session

November 2 – December 21

\$120 • eight-week session  
Instructor: Kat

### 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 p.m. – 1:30 p.m.

September 16 – December 23 (no classes September 30 and November 11)  
\$195 • Thirteen-week session  
Instructor: Treasure

## Mind/Body

### 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

September 14 – December 21  
\$225 • fifteen-week session  
\$300 • non-members (virtual only)  
Instructor: Treasure

### TEAM POWER

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

#### Mondays 6:00 p.m. – 7:00 p.m.

September 12 – October 31 (no class October 10)

November 7 – December 19

\$105 • seven-week session  
Instructor: Will

### 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 p.m. – 4:00 p.m.

September 14 – October 26  
November 9 – December 21  
\$105 • Seven-week session  
Instructor: Suzy

### 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

September 12 – December 19 (no class October 10)  
\$140 • fourteen-week session  
\$210 • non-members (virtual only)  
Instructor: Leigh

#### Thursdays 1:30 pm – 2:30 pm

September 15 – December 22  
\$150 • fifteen-week session  
\$225 • Non-members (virtual only)  
Instructor: Treasure



## REFORMER PILATES 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am Anna	12:30 pm Cassidy	11:15 am Treasure	6:15 pm Treasure	11:15 am Treasure	11:15 am Treasure

## REFORMER PILATES 2

Monday	Tuesday	Wednesday	Thursday	Saturday
11:15 am Anna	10:00 am Sofia/Carla	10:05 am Treasure	10:00 am Sofia/Carla	10:00 am Treasure
5:00 pm Sofia/Anna	11:15 am Sofia/Carla	5:00 pm Sofia/Carla	11:15 am Sofia/Carla	
6:15 pm Sofia/Anna	5:00 pm Carla	6:15 pm Sofia/Carla		
	6:15 pm Carla			

## BARRE/REFORMER

The barre workout flows through sequences that specifically targets arms, legs, and core. Blending Pilates on the Reformer with dance, cardio, and strength training.

### Thursdays 5:00 p.m. – 6:00 p.m.

September 15 – December 22  
\$225 • fifteen-week session

### Saturdays 8:45 a.m. – 9:45 a.m.

September 17 – December 17 (no class October 8)  
\$195 • thirteen-week session  
Instructor: Treasure

## TAI CHI

Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body.

### Wednesdays 1:00 p.m. – 2:00 p.m.

September 14 – October 26  
\$70 • seven-week session

November 2 – December 21  
\$80 • eight-week session  
Instructor: Kat

## All Pilates classes begin the week of September 12

- All Level 1 Reformer Pilates sessions are either six, seven, or eight weeks in length.
- All Level 2 Reformer Pilates sessions are either 13, 14, or 15 weeks in length.

\$90 • six-week sessions  
\$105 • seven-week sessions  
\$120 • eight-week sessions

\$195 • 13-week sessions  
\$210 • 14-week sessions  
\$225 • 15-week sessions

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

## INTRO REFORMER

This one hour class will introduce you to the reformer (an incredibly versatile piece of equipment, while showing you how to set up and use the reformer safely.

Thursday September 8 from 6:15 p.m. – 7:15 p.m.

Saturday October 15 from 12:30 p.m. to 1:30 p.m.

Saturday November 12 from 12:30 p.m. to 1:30 p.m.

\$15 • One-day session

Instructor: Treasure

## CHAIR YOGA- NEW!

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair.

### Tuesdays 1:30 p.m. – 2:30 p.m.

September 13 – October 25

November 8 – December 20

\$70 • seven-week session

Demo class on Wednesday, August 31 at 1:30 p.m.

Instructor: Leigh

## YIN YOGA- NEW!

Yin Yoga is a slow-paced, therapeutic style of yoga that targets the deep connective tissues, joints, fascia and ligaments in the body through long held postures.

### Mondays 7:20 p.m. – 8:20 p.m.

September 19 – October 31 (no class October 10)

November 14 – December 19

\$60 • six-week session

Instructor: Debbie

## BLOCK THERAPY- NEW!

Block Therapy is a method of fascia release that can melt away some of the adhesions, restoring flexibility and reducing pain. The class is done laying on specially designed bamboo blocks that are provided to participants.

**Tuesdays 1:45 p.m. – 3:15 p.m.**

October 4 – November 8

\$120 • six-week session

Instructor: Cassidy



## WORKSHOPS

Registration for workshops starts August 23, 2022. Register online through your member account or visit or call our reception desk at 204-488-8023. Space is limited.

### RESTORATIVE SLEEP WORKSHOP

Experience mindfulness and body-based practices that are aimed at setting you up for a restful night of deep sleep.

**Saturday November 19 from 2:30 p.m. to 4:00 p.m.**

\$35 • One-day workshop

Instructor: Amanda

### 21-DAY SUGAR CLEANSE

Packaged convenience foods such as granola bars, canned soups, condiments, breakfast cereals, and protein powders are packed with hidden sugars. The sugar epidemic has put North Americans in a state of chronic pain, anxiety, and obesity, which is not very...convenient! This program will equip you with the knowledge and a plan to execute a 21-day sugar-free challenge.

**Mondays, 7:00 p.m.**

November 7 – November 28

\$ 40 • four-week session

Instructor: Dr. Leanne Florence

### PICKLEBALL CLINICS

**Beginner:** Tuesday September 27  
6:30 p.m. to 8:30 p.m.

**Beginner:** Tuesday November 29  
6:30 p.m. to 8:30 p.m.

**Intermediate:** Friday October 28  
6:30 p.m. to 8:30 p.m.

\$25 • one-day session

Instructor: Lionel

## GET BETTER TOGETHER

Take control of your health with a workshop designed to help Manitobans with ongoing health conditions. Led by others living with health issues who understand the challenges of managing symptoms, medications and health care needs. Build your confidence to manage better through group support and discussion of topics such as healthy eating, physical activity, communication and pain management.

**Wednesdays at 1:30 p.m. – 4:00 p.m.**

September 28 – November 2

Included in membership • six-week session

Instructor: Mike Lesiuk

### ART THERAPY WORKSHOP- NEW!

This one-day workshop is an introduction to art therapy and how to use the arts in an intentional way for healing and wellness. The workshop gives you an opportunity to follow your creativity and find personal meaning in what arises. No artistic ability is required! The focus is not on learning art skills but to use the artistic process to facilitate healing and self-awareness.

**Saturday October 22 from 10:00 a.m. to 11:00 a.m.**

\$30 • One-day workshop

Instructor: Tanissa

### SELF-CARE WORKSHOP

Participants will have an opportunity to bring mindful awareness to themselves, their needs and how to meet them. Together we will explore resources and regulating tools along with holistic wellbeing.

**Saturday October 15 from 2:30 p.m. to 4:00 p.m.**

\$35 • One-day workshop

Instructor: Amanda

### THE HOLISTIC APPROACH TO TREATING DIABETES AND PREVENTING HEART DISEASE

Do you have elevated blood sugar? Have you been told you are pre-diabetic? Do you have high blood pressure or elevated cholesterol? Do you carry weight around your mid section and struggle to lose stubborn belly fat? Did you know that chronic inflammation is often to the root cause of obesity and heart disease? We will also discuss natural and effective drug-free solutions to help lower your cholesterol, stabilize your blood sugar and decrease your risk for heart disease.

**Monday, October 3 at 6:30 p.m.**

\$15 • one-day session (members only)

Instructor: Dr. Leanne Florence

## EDUCATION

Registration for education series starts August 23, 2022. Register online through your member account or visit or call our reception desk at 204-488-8023. Space is limited.

### PROSTATE CANCER PRESENTATION

One in nine men will develop Prostate Cancer. In this presentation you will learn about the function of the prostate, warning signs of prostate cancer, detection of the disease, treatments, and how to reduce the risk posed by the disease.

**Friday, September 23 at 1:30 p.m.**

Included in Membership • one-day session (members only)

Instructor: Joseph Borsa, Chairperson, Manitoba Prostate Cancer Support Group

### FALL PREVENTION

Staying on Your Feet, Taking Steps to Prevent Falls

**Wednesday, November 9 at 2:00 p.m.**

Included in Membership • one-day session (members only)  
Instructor: Reh-Fit Fitness Professional, Jen (CEP)

### DISABILITY TAX CREDIT (DTC) CONSULTANT PRESENTATION

Consultants, Nicole and Stephanie will explain the various tax credits that can be used to reduce the amount of taxes payable on your income. If you have any type of impairment or restriction you may be eligible to apply. If you are a caregiver who assists someone with their day-to-day activities, there may be valuable Tax Credits available to you. The Canada Revenue Agency Disability Tax Credit can allow your claim to go back up to ten calendar years for substantial refunds - join us for more information and to find out if you are eligible!

**Friday, October 7 at 10:00 a.m.**

Included in Membership • one-day session (members only)  
Instructor: Nicole Noschese and Stephanie Ettenhoffer

## FALL HOURS

Fall hours are effective September 6, 2022

Monday - Friday: 6:00 a.m. - 10:00 p.m.

Saturday: 7:00 a.m. - 7:00 p.m.

Sunday: 7:00 a.m. - 5:00 p.m.

### REH-VERSE

This education-based lifestyle program is designed to reverse our commonly held beliefs about healthy weight and help you approach weight loss in a way that will set you up for long-term success. The program is thoughtfully designed to focus on building a healthy lifestyle, providing you with the tools you need to build new habits and set realistic goals.

**Fridays 10:30 a.m. – 11:45 a.m.**

October 21 – December 2 (no class November 11)  
\$200 • six-week session

Instructor: Reh-Fit Fitness Professional

### DIAL DON'T DRIVE

Dial Don't Drive is a Manitoba ACS Network public awareness campaign to reduce delays in seeking medical attention for heart attacks. The presentation will cover topics of why you should Dial Don't Drive when you have chest pain and success of the current Dial Don't Drive campaign and how you can participate.

**Wednesday, October 12 at 11:00 a.m.**

Included in Membership • one-day session (members only)

Instructor: Dr. Shuangbo Liu

### DIABETES SERIES-THREE PART

**Part 1:** What is Diabetes?

**Part 2:** Managing Diabetes  
with Food and Medication

**Part 3:** How do Exercise and  
Emotions Affect my Diabetes?

**Tuesdays at 6:30 p.m. November 15, 22, and 29.**

Included in Membership • 3-week session (members only)

Instructor: Reh-fit Nurse, Talia

#### 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.