



**Registration for Reh-Fit members opens August 20, 2020.**

### HOW TO REGISTER

- Log into your member account by navigating to the 'Login' button on the home page at reh-fit.com or go directly to reh-fit.com/login
- Register online with your credit card on file



### Yoga and Mindfulness

#### CLASSIC YOGA

##### Wednesdays

1:30 – 2:30 pm with Tracy  
September 16 – October 28  
\$70 • Seven-week session

November 4 – December 16  
\$60 • Six-week session  
No class November 11

##### Saturdays

8:00 – 9:00 am with Tracy  
September 19 – October 31  
November 7 – December 19  
\$70 • Seven-week session

#### GENTLE YOGA

##### Mondays

1:30 – 2:30 pm with Leigh  
September 14 – October 26  
\$60 • Six-week session  
No class October 12

November 2 – December 14  
\$70 • Seven-week session

##### Thursdays

1:30 – 2:30 pm with Treasure  
September 17 – October 29  
November 5 – December 17  
\$70 • Seven-week session

#### SOFT FLOW

##### Sundays

10:00 – 11:00 am with Treasure  
September 20 – November 1  
\$60 • Six-week session  
No class October 11

November 8 – December 20  
\$70 • Seven-week session

#### PRECISION STRETCH

##### Saturdays

11:00 am – 12:00 pm with Jessica  
October 3 – October 24  
November 7 – November 28  
\$40 • Four-week session

\*Members must bring own foam roller.



**New to Yoga?** Try a Gentle Yoga class on us!  
Thursday, September 3 at 1:30 pm with Treasure



## 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			



**New to Pilates?** Try a Reformer Pilates 1 class on us! We're running free demonstrations in the Reformers Pilates 1 session times listed above — all week, Tuesday, September 8 to Saturday, September 12. \*Open only to members who have not previously registered in Pilates programs. Register online at [reh-fit.com/login](http://reh-fit.com/login)

### Session Dates

Mondays: September 14 – October 26\*, November 2 – December 14  
 Tuesdays: September 15 – October 27, November 3 – December 15  
 Wednesdays: September 16 – October 28, November 4 – December 16\*\*  
 Thursdays: September 17 – October 29, November 5 – December 17  
 Fridays: September 18 – October 30, November 6 – December 18  
 Saturdays: September 19 – October 31, November 7 – December 19  
 Sundays: September 20 – November 1, November 8 – December 20

\*Six-week session; no class Monday, October 12

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

### INVESTMENT

\$90 • Six-week sessions

\$105 • Seven-week sessions



## Performance Programs

### PHASE 1

**Sundays** 9:30 – 11:00 am with Will  
 September 20 – November 29  
 No class October 11

### PHASE 2

**Tuesdays** 7:00 – 8:30 pm with Will  
 September 15 – November 17

### PHASE 3

**Wednesdays** 7:30 – 9:00 pm with Will  
 September 16 – November 18

### INVESTMENT

Phase 1 & 2: \$200 • 10-week session

Phase 3: \$125 • 10-week session (every second week)



## Team Training

### ① TEAM MOVE

**Mondays** 2:00 – 3:00 pm with Kat  
September 14 – October 26\*  
November 2 – December 14

**Wednesdays** 2:00 – 3:00 pm with Kat  
September 16 – October 28  
November 4 – December 16

### ② TEAM RESET

**Thursdays** 6:45 – 7:45 pm with Jessica  
September 17 – October 29  
November 5 – December 17

### ③ TEAM CORE

**Wednesdays** 6:15 – 7:15 am with Martha  
September 16 – October 28  
November 4 – December 16\*\*

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

### ④ TEAM POWER

**Mondays** 6:00 – 7:00 pm with Will  
September 14 – October 26\*  
November 2 – December 14

**Wednesdays** 6:00 – 7:00 pm with Will  
September 16 – October 28  
November 4 – December 16

\*Six-week session; no class Monday, October 12

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

### INVESTMENT

\$90 • Six-week sessions

\$105 • Seven-week sessions



#### **New to Team Training?** Try a class on us!

Team Move: Wednesday, September 9 at 2 pm

Team Reset: Thursday, September 10 at 6:45 pm

Team Core: Friday, September 11 at 5:30 pm

Team Power: Wednesday, September 9, 6 pm

\*Open only to members who have not previously registered in Team Training. Register online at [reh-fit.com/login](http://reh-fit.com/login)



## 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

Health practitioner referral required.

### KIDNEY FIT

#### **Multiple Sessions**

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

### 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.



## Group Fitness Classes

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

**CLASS LEGEND**

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

Please refer to our website for class descriptions.