



In accordance with the latest provincial health orders, indoor exercise at the Centre is not permitted. The good news? As with the last temporary closure, we are ready to continue providing support to help keep you moving, sweating, connecting, and learning with us anywhere.



REH-VERSE: LIFESTYLE WEIGHT MANAGEMENT PROGRAM VIRTUAL

Over the course of the program, Reh-Fit coaches will guide and support you with group education sessions and one-on-one lifestyle coaching based on your individual goals. You'll receive a pre- and post-assessment – including InBody analysis – and ongoing support from our team of professionals with biweekly, one-on-one coaching sessions with a focus on behavioral change.

Wednesdays 11:00 am – 12:00 pm

June 16 – July 21

Six-week session

\$200 • Reh-Fit members

\$300 • Non-members

PRECISION STRETCH VIRTUAL

This one-hour class involves foam rolling and stretching from head to toe to improve your flexibility and mobility. Taught by a certified Athletic Therapist, you'll learn how to stretch each muscle correctly and efficiently. Participants will need a foam roller, tennis ball, and wall space.

Thursdays 7:00 pm – 8:00 pm

May 13 – June 3 *spots still available

June 17 – July 15

(no class July 1)

Four-week session

\$40 • Reh-Fit members

\$60 • Non-members

Instructor: Jessica Thomas

HAPPY HIP AND KNEE VIRTUAL

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.

Wednesday 3:15 pm – 4:10 pm

May 5 – May 26 *spots still available

June 2 – June 23

Four-week session

\$60 • Reh-Fit members

\$90 • Non-members

Instructors: Reh-Fit Fitness Professionals



Yoga and Mindfulness

T'AI CHI VIRTUAL

Calm the mind and body with the art of T'ai Chi. This class involves gentle, flowing exercise combined with balance training, coordination, and breathing practice. T'ai Chi is a form of moving meditation with proven benefits to health.

Tuesdays 12:00 pm – 1:00 pm

May 18 – June 8

June 15 – July 6

Four-week session

\$40 • Reh-Fit members

\$60 • Non-members

Instructor: Josh Schafer

CLASSIC YOGA VIRTUAL

A 90-minute, balanced yoga class with an emphasis on detail, precision, and proper alignment. There is an emphasis on standing poses and the development of strength, mobility, and stability. Props will be utilized – be sure to have your own with you.

Wednesdays 1:30 pm – 3:00 pm

May 19 – June 9

June 16 – July 7

Four-week session

\$60 • Reh-Fit members

\$90 • Non-members

Instructor: Tracy Sandmoen

MAT PILATES VIRTUAL

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

May 12 – June 2 *spots still available

June 9 – June 30

Four-week sessions

\$60 • Reh-Fit members

\$90 • Non-members

Instructor: Treasure Waddell

CHAIR QI GONG VIRTUAL

Exercise, fun, fitness, and breath work all from a seated position. This chair class is designed to increase muscular strength, range of movement, breathing and activities for daily living. Light weights, bands, or balls will be used to enhance the action.

Tuesdays 1:15 pm – 2:00 pm

May 25 – June 15

\$30 • Reh-Fit members

\$45 • Non-members

Instructor: Josh Schafer

FREE CHAIR QI GONG DEMO

Tuesday May 18 • 1:15 pm • via Zoom



GENTLE YOGA VIRTUAL

This yoga class focuses on body awareness, proper posture, correct breathing, improving balance, flexibility, and a range of motion.

Thursdays 1:30 pm – 2:30 pm

May 13 – June 3

*spots still available

June 10 – July 8

(no class July 1)

Four-week session

\$40 • Reh-Fit members

\$60 • Non-members

Instructor: Treasure Waddell

Mondays 1:30 pm – 2:30 pm

June 7 – June 28

Four-week session

\$40 • Reh-Fit members

\$60 • Non-members

Instructor: Leigh Morton