



Summer 2022 Registered Programs

Registration for members opens Tuesday, June 21.

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 pm – 4:00 pm

August 3 – August 31

\$75 • Five-week session

Instructors: Reh-Fit Fitness Professionals

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

July 4 – July 25

August 8 – August 29

\$40 • 4 weeks

\$60 • Non-members (virtual only)

Instructor: Leigh

Thursdays 1:30 pm – 2:30 pm

August 4 – August 25

\$40 • four-week session

\$60 • Non-members (virtual only)

Instructor: Treasure

REFORMER PILATES 1

Monday	Tuesday	Wednesday	Thursday	Friday
11:15 am Anna		11:15 am Treasure	6:15 pm Treasure (August only)	11:15 am Treasure

REFORMER PILATES 2

Monday	Tuesday	Wednesday	Thursday	Friday
	10:00 am Sofia	10:05 am Treasure	10:00 am Sofia	
5:00 pm 6:15 pm Sofia	11:15 am Sofia	5:00 pm 6:15 pm Sofia	11:15 am Sofia	

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

July 6 – July 27

\$60 • Four-week session

\$90 • Non-members (virtual only)

Instructor: Carla

August 3 – August 31

\$75 • Five-week session

\$112.50 • Non-members (virtual only)

Instructor: Treasure

TEAM MOVE

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

Wednesdays 2:00 pm – 3:00 pm

July 13 – August 10

\$75 • Five-week session

Instructor: Kat

HYBRID REGISTERED PROGRAMS
These programs are available either in person at the Centre or virtually from your home — you decide.

All Pilates classes begin the week of July 4:

- All Level 1 and 2 Reformer Pilates sessions are 4 weeks in length

\$60 • Four-week sessions

All session dates available at reh-fit.com/login.

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 pm – 1:30 pm

July 8 – July 22

\$45 • Three-week session

Instructor: Sofia

August 5 – August 26

\$60 • Four-week session

Instructor: Treasure

PICKLEBALL

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

Recreational

Tuesdays 2:30 – 4:30 pm

Thursdays 2:30 – 4:30 pm

Sundays 2:30 – 4:30 pm

All four courts may be in use during recreational time.

Competitive

Mondays 2:30 – 4:30 pm

Wednesdays 2:30 – 4:30 pm

Fridays 2:30 – 4:30 pm

Members are asked to please leave one court free for badminton during competitive pickleball time.

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.

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

July 4 – July 25

\$60 • Four-week session

August 15 – August 29

\$45 • Three-week session

Instructor: Will

OPEN COURT

If the hardwood is not in use, member-organized games of either pickleball or badminton are welcome.

No group can take more than two courts during open court time. Please be courteous and share open court time.

BADMINTON

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

Saturdays 2:30 – 4:30 pm

One court for badminton will also be reserved for badminton during competitive pickleball court time.

- 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.