



Winter 2022 Registered Programs

Registration opens Tuesday, December 14

21-DAY SUGAR CLEANSE

Packaged convenience foods like 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! Dr. Florence will equip you with the knowledge and a plan to execute a 21-day sugar-free challenge.

Mondays 6:30 – 7:30 pm

January 17 – February 7

\$40 • Four-week session

Instructor: Presented by Leanne Florence, Doctor of Naturopathic Medicine

KICKSTART

This program is designed for those individuals at a higher level, but looking for a 'kick' to get moving again. The group will meet once per week for exercise, cover basic nutrition, and given a program to follow independently between classes. Includes InBody assessment at the beginning and end of the program.

Wednesdays 11:30 – 12:30 pm

January 12 – March 2

March 16 – May 4

\$160 • Eight-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 pm – 4:00 pm

January 12 – February 16

February 23 – March 30

\$90 • Six-week session

Instructors: Reh-Fit Fitness Professionals

RESTLESS LEG SYNDROME AND SLEEP HYGIENE

So many North Americans depend on pharmaceuticals and alcohol to fall asleep in the evening and stimulants such as caffeine to get going in the morning. Do you have trouble falling asleep or staying asleep? Do you sleep soundly, but wake up exhausted? This session will review the signs and symptoms of restless leg syndrome, the body's circadian rhythm, and various cues and habits that could be disrupting your sleep-wake cycle. We will also discuss natural and effective drug-free solutions to help you sleep better.

Thursday, January 20

7:00 – 8:00 pm

\$10 • 60-minute workshop

Instructor: Presented by Leanne Florence, Doctor of Naturopathic Medicine

Orientation Sessions

Get back to the basics with these orientation sessions, all included with your membership.

RESISTANCE TRAINING BASICS

Learn about the weight room and weight machines. Learn how to set them up, how to progress, and how to effectively get stronger.

Sundays 11:15 am – 12:00 pm

Wednesdays 11:15 am – 12:00 pm

CARDIO BASICS

Learn about each cardio machine, try them out, and learn about how many minutes of activity you should be aiming for each week. Learn a basic stretching routine for your day-to-day life.

Tuesdays 7:15 pm – 8:00 pm

Thursdays 11:15 am – 12:00 pm

FUNCTIONAL TRAINING ZONE BASICS

Learn how to use the many different pieces of equipment, including the Queenax structure, and learn about the benefits of adding functional training to your fitness routine.

Tuesdays 10:30 – 11:15 am

Saturdays 10:15 – 11:00 am

Register online or at the Reception Desk.



Yoga and Mindfulness

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

January 10 – March 21

Instructor: Leigh

\$100 • 10-week session (Reh-Fit members)

\$150 • Non-members (virtual only)

Thursdays 1:30 pm – 2:30 pm

January 13 – March 24

Instructor: Treasure

\$110 • 11-week session (Reh-Fit members)

\$165 • Non-members (virtual only)

RESTORATIVE MINDFULNESS WORKSHOP

In this 90-minute experiential workshop you will relax, restore, and have an opportunity to explore the practices of mindfulness, meditation, and self-directed neuroplasticity. It is within these practices that you will 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, January 22

2:30 – 4:00 pm

\$35 • 90-minute workshop

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



Team Training

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

January 10 – March 21

\$150 • 10-week session

Instructor: Will

**No class Monday, February 21*

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

January 19 – March 23

\$150 • 10-week session

Instructor: Kat

EVENING YOGA

This class focuses on the foundational poses that make up a well-rounded yoga practice, allowing you to move the body, burn off excess energy, enjoy quiet stillness, and wind down to a deeper state of relaxation as you head into your evening.

Thursdays 6:00 pm – 7:00 pm

January 13 – February 17

February 24 – March 31

Instructor: Debbie

\$60 • Six-week session (Reh-Fit members)

MEDITATION WORKSHOP: SELF-CARE

Self-care is so important, but what is it really? In this workshop participants will have the opportunity to learn what self-care is and why it's so important to our mental, emotional and physical health. We will explore various practices including the creation of a self-care checklist, mindfulness meditation and gentle movement. Participants will require a pen and a paper/journal and are encouraged to dress comfortably for this workshop.

Saturday, February 19

2:30 pm – 4:00 pm

\$35 • 90-minute workshop

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

RESTORATIVE SLEEP

Experience mindfulness- and body-based practices that are aimed at setting you up for a restful night of deep sleep. Body-based practices can be done seated on a chair, the floor or lying down.

Saturday, March 19

2:30 pm – 4:00 pm

\$35 • 90-minute workshop

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

HYBRID REGISTERED PROGRAMS

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



REFORMER PILATES 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:15 am Anna	11:15 am Sofia	11:15 am Treasure	11:15 am Sofia	11:15 am Treasure	11:15 am Treasure
			6:15 pm Treasure		

REFORMER PILATES 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 am Sofia	10:05 am Treasure	10:00 am Sofia		9:00 am Treasure
5:00 pm 6:15 pm Sofia	5:00 pm 6:15 pm Sofia	12:30 pm Treasure 5:00 pm* 6:15 pm* Sofia	5:00 pm Treasure		10:05 am Treasure

All Pilates classes begin the week of January 10:

- All Level 1 Reformer Pilates sessions are 5 or 6 weeks in length
- Most Level 2 Reformer Pilates sessions are 10 or 11 weeks in length
- *Please note: These sessions are seven weeks in length

\$75 • Five-week sessions
 \$90 • Six-week sessions
 \$105 • Seven-week sessions
 \$150 • 10-week sessions
 \$165 • 11-week sessions

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

BARRE/REFORMER

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

Mondays 10:00 am – 11:00 am

January 10 – March 21

**No class February 21*

\$150 • 10-week session

Instructor: Anna

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

January 12 – March 23

\$165 • 11-week session (Reh-Fit members)

\$247.50 • Non-members (virtual only)

Instructor: Treasure

INTRO TO REFORMER PILATES *NEW*

Curious about the many benefits of Reformer Pilates? Discover the magic of this world-famous approach to low-impact exercise. These new introductory classes are a great opportunity to try out a class and learn more.

Saturdays 12:30 pm – 1:30 pm

\$15 • 60-minute class

January 15

February 12

March 12

Instructor: Treasure

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

January 14 – March 25

\$165 • 11-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 *NEW*

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.

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.

OPEN COURT

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

Times vary daily; see schedule below

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

Please Note:

- Court sport schedule comes into effect January 1, 2022.
- Limited paddles/racquets available; bringing your own is recommended.
- Reh-Fit supplies outdoor pickleballs only.

COURT SPORTS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:30 – 4:30 pm Competitive Pickleball	2:30 – 4:30 pm Recreational Pickleball	2:30 – 4:30 pm Competitive Pickleball	2:30 – 4:30 pm Recreational Pickleball	2:30 – 4:30 pm Competitive Pickleball	2:30 – 4:30 pm Badminton	2:30 – 4:30 pm Recreational Pickleball
6:30 – 8:30 pm Open Court	4:30 – 8:30 pm Open Court	6:30 – 8:30 pm Open Court	6:30 – 8:30 pm Open Court	6:45 – 8:30 pm Open Court		1:00 – 2:30 pm Open Court

WALKING CLUB

A great way to meet new people! Start on the hardwood floor with a 15-minute stretch break class, go for a walk on the track, and then meet up with fellow members for a coffee at the Café.

Thursdays 1:00 pm

No registration required. Meet on the hardwood floor for Stretch Break at 1:00 pm.

BEGINNER PICKLEBALL CLINIC

Learn how to play pickleball from experienced instructor Lionel Piche from Pickleball Manitoba. Learn the rules of the game, proper techniques, and skill development. This is a perfect opportunity for those who are new to pickleball or for anyone wanting to review the basics.

Saturday, January 22

2:15 – 4:15 pm

\$20 for Reh-Fit Members

Register online or at the Reception Desk.