

We're excited to launch our Winter 2021 season with plenty of programs to cultivate motivation and mindfulness – two things we can all use right about now.

**Registration for members is open now.**  
**Register online at [reh-fit.com/login](http://reh-fit.com/login).**



### GENTLE YOGA

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

**Thursdays** 1:30 – 2:30 pm  
February 18 – March 4  
\$30 • Three-week session  
Instructor: Treasure Waddell

### MAT PILATES

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. This is the perfect complete body workout to do from the comfort of your living room.

**Wednesdays** 9:00 – 10:00 am  
February 17 – March 3  
\$45 • Three-week session  
Instructor: Treasure Waddell

### CLASSIC YOGA

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 those on hand.

**Wednesdays** 1:30 – 3:00 pm  
February 24 – March 10  
\$45 • Three-week session  
Instructor: Tracy Sandmoen

### PRECISION STRETCH

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.

**Saturdays** 11:00 am – 12:00 pm  
February 20 – March 6  
\$30 • Three-week session  
Instructor: Jessica Thomas



### WHAT YOU NEED TO KNOW

All programs will be delivered via Zoom. All sessions require a minimum of six participants to run by 48 hours before program start time. Questions? Give us a call at 204-488-8023.