



TEAM MOVE

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

Wednesdays 2:15 p.m. – 3:15 p.m.

April 5 – May 10

\$90 • six-week session

May 17 – June 28

\$105 • seven-week session

Instructor: Kat

TEAM POWER

Get faster, stronger, and achieve a higher level of fitness through guided high-intensity functional fitness workouts.

Mondays 6:00 p.m. – 7:00 p.m.

April 10 – May 8

\$75 • five-week session

May 15 – June 26 (no class May 22)

\$90 • six-week session

Sundays 10:05 a.m. – 11:05 a.m.

April 16 – May 14

May 28 – June 25

\$75 • five-week session

Instructor: Rachel

IMPROVE YOUR GOLF GAME

A strength and flexibility program that can help you build power and mobility into your game.

Tuesdays 5:00 p.m. – 6:00 p.m.

April 11 – May 16

\$90 • six-week session

Instructor: Reh-Fit Athletic Therapist, Nick

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 p.m. – 4:00 p.m.

April 5 – May 10

May 24 – June 28

\$90 • six-week session

Instructor: Reh-Fit Fitness Professional, Suzy

Tuesdays 1:30 p.m. – 2:30 p.m.

April 25 – May 30

\$90 • six-week session

Instructor: Reh-Fit Fitness Professional, Shauna

KICK START

Are you looking to kick start your fitness journey? Kick Start will guide you through training, inbody, nutrition, flexibility and more!

Wednesdays 6:00 p.m. – 7:00 p.m.

April 12 – May 3

\$100 • four-week session

Instructor: Will

BALLROOM DANCE

Learn to Foxtrot, Waltz, Cha-cha, and Swing. A fun way to build strength, flexibility, and improve your overall fitness level. (Couple registration)

Fridays 3:30 p.m. – 4:30 p.m.

April 14 – May 19

\$90 • Member Couple

instructor: Erwin & Elenor Single



REFORMER PILATES 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 am Anna		11:15 am Treasure	6:15 pm Treasure	11:15 am Treasure	12:30 pm Treasure

REFORMER PILATES 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:15 am Anna	11:15 am Sofia	10:05 am Treasure	11:15 am Sofia		10:00 am Treasure
6:15 pm Sofia		6:15 pm Sofia			11:15 am Treasure
7:30 pm Sofia		7:30 pm Sofia			

All Pilates classes begin the week of April 3

- All Level 1 Reformer Pilates sessions are either five, six, or seven weeks in length.
- All Level 2 Reformer Pilates sessions are either 11, 12, or 13 weeks in length.
- All Level 3 Reformer Pilates sessions are either 12 or 13 weeks in length.

\$75 • five-week sessions

\$90 • six-week sessions

\$105 • seven-week sessions

\$165 • 11-week sessions

\$180 • 12-week sessions

\$195 • 13-week sessions

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

REFORMER PILATES 3

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 pm Sofia	10:00 am Sofia	5:00 pm Sofia	10:00 am Sofia		

INTRO REFORMER

This one hour class will introduce you to the reformer (an incredibly versatile piece of equipment) while showing you how to set up and use the reformer safely.

Saturday, April 1 at 9:00 a.m. – 10:00 a.m.

Saturday, May 6 at 9:00 a.m. – 10:00 a.m.

\$15 • One-day session

Instructor: Treasure

BARRE/REFORMER

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

Thursdays 5:00 p.m. – 6:00 p.m.

April 6 – June 29

\$195 • thirteen-week session

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.

Wednesdays 12:30 p.m. – 1:30 p.m.

April 5 – June 28

\$195 • thirteen-week session

Instructor: Treasure

Fridays 12:30 p.m. – 1:30 p.m.

April 14 – June 30

\$180 • twelve-week session

Instructor: Treasure

REFORMER/ RELEASE

A combination of Pilates Reformer and self-treatment technique to create awareness, rehydrating connective tissue, and decreasing stress.

Tuesdays 12:30 p.m. – 1:30 p.m.

April 4 – June 27

\$195 • thirteen-week session

Instructor: Sofia



Mind/Body

GENTLE YOGA

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

Mondays 1:30 p.m. – 2:30 p.m.

April 3 – June 26 (no class May 22)

\$120 • twelve-week session

Instructor: Leigh

Thursdays 1:30 p.m. – 2:30 p.m.

April 6 – June 29

\$130 • thirteen-week session

Instructor: Treasure

YIN YOGA

Yin Yoga is a slow-paced, therapeutic style of yoga that targets the deep connective tissues, joints, fascia and ligaments in the body through long held postures.

Mondays 7:30 p.m. – 8:30 p.m.

April 3 – May 8

May 15 – June 26 (no class May 22)

\$60 • six-week session

Instructor: Debbie



Workshops

IMPROVE YOUR BALANCE AND PREVENT FALLS

An exercise based balance class for those at moderate-to-high risk for falls. We will go over balance and strengthening exercises as well as review how to get up from the floor.

Tuesday, April 18 – May 9 at 12:15 p.m. – 1:15 p.m.

Tuesday, May 30 – June 20 at 12:15 p.m. – 1:15 p.m.

4 week session

\$80 • members

Instructor: Reh-Fit Fitness Professional, Jen

TAI CHI

Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between the mind and body.

Wednesdays 1:00 p.m. – 2:00 p.m.

April 5 – May 10

\$60 • six-week session

Instructor: Kat

Wednesdays 1:00 p.m. – 2:00 p.m.

May 17 – June 28

\$70 • seven-week session

Instructor: Kat

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.

Wednesdays 9:00 a.m. – 10:00 a.m.

April 5 – June 28

\$195 • thirteen-week session

Instructor: Treasure

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.

Monday, April 3 at 7:00 p.m. – 8:00 p.m.

One day session

\$10 • members

\$15 • non-members

Instructor: Dr. Leanne Florence, ND

HEARTSAVER CPR AED

Heartsaver is the essential CPR and automated external defibrillator (AED) course. Foundational and flexible, Heartsaver provides you with the skills and confidence to respond to a cardiac arrest. Heartsaver is designed for people who don't have medical training but who want to learn how to help someone having a cardiac arrest.

Thursday April 13, 5:00 p.m. – 7:00 p.m.

Wednesday, May 24 1:00 p.m. – 3:00 p.m.

\$75 • Members

Instructor: Patti Berube

RESTORATIVE MINDFULNESS WORKSHOP

In this workshop participants will learn what mindfulness is, how to bring awareness to their breath, body, thoughts and emotions as well as learn and practice tools to support the body in restoration.

Saturday, April 29 at 2:30 p.m. – 4:00 p.m.

One day session

\$35 • members

Instructor: Amanda Carson

Orientations

Orientations are included in a Reh-Fit membership. Sign up at the Reception Desk.

CARDIO BASICS ORIENTATION

This group orientation is designed to help you get started at the Centre. During this orientation, you will become familiar with the fitness area, including the track, cardiovascular equipment, and the group fitness spaces. Cardio Basics is a great opportunity to ask questions and learn about the equipment first-hand from our fitness professionals.

RESISTANCE TRAINING BASICS ORIENTATION

This group orientation is perfect for members new to resistance training! This class will teach you six resistance training machines that will work all the major muscle groups. Doing this workout twice a week will meet the recommendations for strength training according to the Canadian Physical Activity Guidelines.

FUNCTIONAL TRAINING ZONE ORIENTATION

Interested in learning about the Functional Training Zone? Sign up for this group orientation to learn how to use any of the equipment in the area.

Recreation

PICKLEBALL CLINICS

Intermediate: Tuesday, April 18
6:30 p.m. to 8:30 p.m.

Beginner: Tuesday, May 23
6:30 p.m. to 8:30 p.m.

\$25 • one-day session

Instructor: Lionel

PICKLEBALL

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

Recreational

Tuesdays 2:30 p.m. – 4:30 p.m.

Thursdays 6:45 a.m. – 8:45 a.m.

Thursdays 2:30 p.m. – 4:30 p.m.

Fridays 7:00 p.m. – 9:00 p.m.

Sundays 2:30 p.m. – 4:30 p.m.

All four courts may be in use during recreational time.

Competitive

Mondays 2:30 p.m. – 4:30 p.m.

Wednesdays 2:30 p.m. – 4:30 p.m.

Fridays 2:30 p.m. – 4:30 p.m.

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 p.m. – 4:30 p.m.

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.

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