

 **Fitness**

TEAM MOVE

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

February 22 – March 22

\$75 • five-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.

January 2 – March 20 (no class February 20)

\$165 • eleven-week session

Instructor: Will

Sundays 10:15 a.m. – 11:15 a.m.

February 12 – March 19

\$90 • six-week session

Instructor: Rachel



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 7:20 p.m. – 8:20 p.m.

February 13 – March 20 (no class February 20)

\$50 • five-week session

Instructor: Debbie

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 11 – March 22

\$165 • eleven-week session

\$220 • non-members (virtual only)

Instructor: Treasure

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.

February 22 – March 22

\$75 • five-week session

Instructor: Suzy

Tuesdays 1:30 p.m. – 2:30p.m.

January 31 – March 7

\$90 • six-week session

Instructor: Shauna

Tuesdays 1:30 p.m. – 2:30p.m.

March 14 – April 18

\$90 • six-week session

Instructor: Shauna

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 9 – March 20 (no class February 20)

\$100 • ten-week session

\$150 • non-members (virtual only)

Instructor: Leigh

Thursdays 1:30 pm – 2:30 pm

January 12 – March 23

\$110 • eleven-week session

\$165 • Non-members (virtual only)

Instructor: Treasure



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	Saturday
11:15 am Anna	10:00 am Carla	10:05 am Treasure	10:00 am Carla	10:00 am Treasure
5:00 pm Anna	11:15 am Carla	5:00 pm Carla	11:15 am Carla	11:15 am Treasure
		6:15 pm Carla		
		7:30 PM Carla		

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, March 18 at 9:00 am – 10:00 am

\$15 • One-day session
Instructor: Treasure

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.

February 22 – March 22
\$50 • five-week session
Instructor: Kat

All Pilates classes begin the week of January 9

- All Level 1 Reformer Pilates sessions are either four, five or six, weeks in length.
- All Level 2 Reformer Pilates sessions are either 10 or 11 weeks in length.

\$60 • four-week sessions

\$75 • five-week sessions

\$90 • six-week sessions

\$150 • 10-week sessions

\$165 • 11-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.

Wednesdays 12:30 p.m. – 1:30 p.m.

January 11 – March 22
\$165 • eleven-week session
Instructor: Treasure

Fridays 12:30 p.m. – 1:30 p.m.

January 13 – March 24
\$165 • eleven-week 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.

January 12 – March 23
\$165 • eleven-week session
instructor: Treasure



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, February 28 – March 21 at 1:00 p.m.

4 week session

\$80 • members

\$100 • non-members

Instructor: Reh-Fit Fitness Professional



Orientations

CARDIO BASICS ORIENTATION

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

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.

NUTRITION 101

Nutrition 101 is a free group session, included in membership that allows you to learn the basics of nutrition.

Wednesday, March 1 at 6:00 p.m. – 7:00 p.m.

Thursday, March 2 at 10:00 a.m. – 11:00 a.m.

Complimentary to members

Instructor: Reh-Fit Dietitian



Recreation

PICKLEBALL CLINICS

Beginner: Tuesday, February 14
6:30 p.m. to 8:30 p.m.

Beginner: Tuesday, March 21
6:30 p.m. to 8:30 p.m.

Intermediate: Tuesday, February 21
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.

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 p.m. – 4:30 p.m.

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



Education

FALL PREVENTION

Staying on Your Feet, Taking Steps to Prevent Falls

Tuesday, February 21 at 2:00 p.m.

Free • open to everyone

Instructor: Reh-Fit Fitness Professional, Jen (CEP)

DIABETES SERIES-THREE PART

Part 1: What is Diabetes?

Part 2: Managing Diabetes with Food and Medication

Part 3: How do Exercise and Emotions Affect my Diabetes?

Tuesday, March 14 - 28 at 6:00 p.m.

Free • open to everyone

Instructor: Reh-Fit Nurse, Talia

PROSTATE CANCER AND YOU

One in nine men will develop prostate cancer in their lifetime. In this presentation by directors of The Manitoba Prostate Cancer Support Group, you will learn about the warning signs of prostate cancer, detection of the disease, available treatments, how to reduce the risk posed by this disease and prostate cancer survivors will outline their prostate cancer journey.

Thursday, March 16 at 7:00 p.m.

Free • open to everyone

Instructor: Manitoba Prostate Cancer Support Group

