

Fall 2022 Registered Programs

Registration for members opens Tuesday, August 23.

Fitness

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.

September 14 – October 26

\$105 • seven-week session

November 2 – December 21

\$120 • eight-week session

Instructor: Kat

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.

September 14 – October 26

November 9 – December 21

\$105 • Seven-week session

Instructor: Suzy

Mind/Body

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

September 12 – December 19 (no class October 10)

\$140 • fourteen-week session

\$210 • non-members (virtual only)

Instructor: Leigh

Thursdays 1:30 pm – 2:30 pm

September 15 – December 22

\$150 • fifteen-week session

\$225 • Non-members (virtual only)

Instructor: Treasure

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.

September 12 – October 31 (no class October 10)

November 7 – December 19

\$105 • seven-week session

Instructor: Will

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 p.m. – 1:30 p.m.

September 16 – December 23 (no classes September 30 and November 11)

\$195 • Thirteen-week session

Instructor: Treasure

Wednesdays 12:30 p.m. – 1:30 p.m.

September 14 – October 26

\$105 • seven-week session

Instructor: Treasure

November 2 – December 21

\$120 • eight-week session

Instructor: Treasure

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

September 14 – December 21

\$225 • fifteen-week session

\$300 • non-members (virtual only)

Instructor: Treasure



REFORMER PILATES 1

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

REFORMER PILATES 2

| Monday | Tuesday | Wednesday | Thursday | Saturday |
|-----------------------|-------------------------|------------------------|-------------------------|----------------------|
| 11:15 am Anna | 10:00 am Sofia/Carla | 10:05 am Treasure | 10:00 am Sofia/Carla | 8:45 am Treasure |
| 5:00 pm Sofia/Anna | 11:15 am Sofia/Carla | 5:00 pm Sofia/Carla | 11:15 am Sofia/Carla | 10:00 am Treasure |
| 6:15 pm Sofia/Anna | | 6:15 pm Sofia/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 October 15 from 12:30 p.m. – 1:30 p.m.
Saturday November 12 from 12:30 p.m. – 1:30 p.m.
\$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.
September 14 – October 26
\$70 • seven-week session

November 2 – December 21
\$80 • eight-week session
Instructor: Kat

All Pilates classes begin the week of September 12

- All Level 1 Reformer Pilates sessions are either six, seven, or eight weeks in length.
- All Level 2 Reformer Pilates sessions are either 13, 14, or 15 weeks in length.

\$90 • six-week sessions
\$105 • seven-week sessions
\$120 • eight-week sessions

\$195 • 13-week sessions
\$210 • 14-week sessions
\$225 • 15-week sessions

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

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.
September 15 – December 22
\$225 • fifteen-week session

CHAIR YOGA- NEW!

Chair yoga is a gentle practice in which postures are performed while seated and/or with the aid of a chair.

Mondays 2:45 p.m. – 3:45 p.m.
November 7 – December 19
\$70 • seven-week session

YIN YOGA- NEW!

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.
September 19 – October 31 (no class October 10)
November 14 – December 19
\$60 • six-week session
Instructor: Debbie

WORKSHOPS

Registration for workshops starts August 23, 2022. Register online through your member account or visit or call our reception desk at 204-488-8023. Space is limited.

RESTORATIVE SLEEP WORKSHOP

Experience mindfulness and body-based practices that are aimed at setting you up for a restful night of deep sleep.

Saturday November 19 from 2:30 p.m. to 4:00 p.m.

\$35 • members

\$50 • non-members

Instructor: Amanda

21-DAY SUGAR CLEANSE

Packaged convenience foods such as 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! This program will equip you with the knowledge and a plan to execute a 21-day sugar-free challenge.

Mondays, 7:00 p.m.

November 7 – November 28

\$40 • members

\$55 • non-members

Instructor: Dr. Leanne Florence



PICKLEBALL CLINICS

Beginner: Tuesday November 29
6:30 p.m. to 8:30 p.m.

Intermediate: Tuesday October 25
6:30 p.m. to 8:30 p.m.

\$25 • one-day session

Instructor: Lionel

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.

PICKLEBALL

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

Recreational

Tuesdays 2:30 p.m. – 4:30 p.m.

Thursdays 2:30 p.m. – 4:30 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.



Education

EDUCATION

Registration for education series starts August 23, 2022. Register online through your member account or visit or call our reception desk at 204-488-8023. Space is limited.

FALL PREVENTION

Staying on Your Feet, Taking Steps to Prevent Falls

Wednesday, November 9 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?

Tuesdays at 6:30 p.m. November 15, 22, and 29.

Free • open to everyone

Instructor: Reh-Fit Nurse, Talia

FALL HOURS

Fall hours are effective September 6, 2022

Monday - Friday: 6:00 a.m. - 10:00 p.m.

Saturday: 7:00 a.m. - 7:00 p.m.

Sunday: 7:00 a.m. - 5:00 p.m.



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.

Program Insert: Updated: October 12, 2022