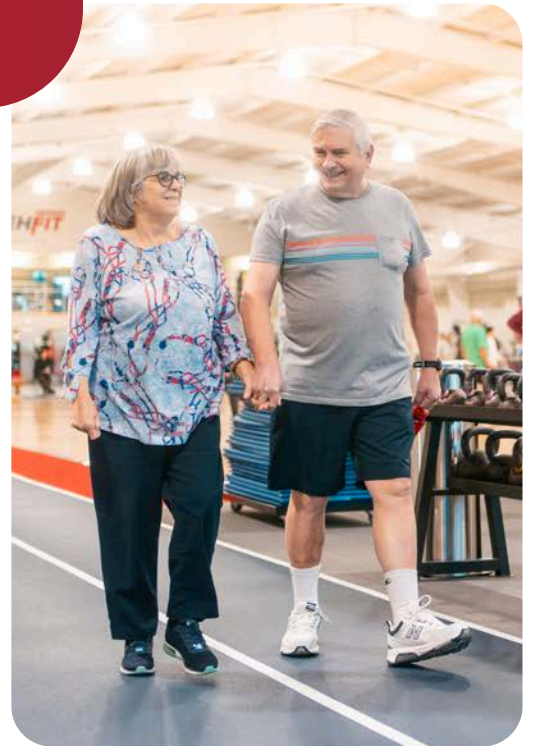


WINTER 2026

PROGRAM GUIDE

BE ACTIVE, LIVE HEALTHY.





WINTER WELLNESS

Skills you can use this season to feel better, every day.

WINTER WELLNESS RESET

Marla Barr, Wellness & Yoga teacher

NEW

Prepare your mind and body for the season ahead with our 3-week Winter Wellness Reset workshop. Explore strategies to stay energized and balanced during the body and mind's natural hibernation period. Each week, we'll cover practical topics including 2026 wellness goal setting, understanding cravings, face yoga and lymphatic massage, preserving your energy, winter mindfulness practices, and the importance of vitamin D. Join us to recharge, reset, and thrive this winter!

MON: 1:00 — 2:00 pm
January 12 - 26

INVESTMENT
\$90

THRIVE IN WINTER

Marla Barr, Wellness & Yoga teacher

NEW

Winter is a time for slowing down and tuning in. In this 3-week Thrive in Winter workshop, we'll explore how to stay well and connected through the colder months. Learn about your wellness love list, how relationships shape your health, mobility for shoulders and arms, the power of hugs, nutrient-dense snacks, and caring for winter skin. Embrace the season with warmth and well-being.

MON: 1:00 — 2:00 pm
February 9 - 23

INVESTMENT
\$90

SLEEP BETTER, FEEL BETTER: PRACTICAL TIPS FOR RESTFUL NIGHTS

Alyssa Bietz, Adult Sleep Consultant

NEW

Struggling to get a good night's sleep? You're not alone! Join Alyssa for a hands-on workshop where you'll uncover what's really keeping you awake—and discover simple, actionable steps to take back control of your sleep.

TUES: 7:00 — 8:00 pm
February 24

INVESTMENT
\$15

SEASONAL RENEWAL

Marla Barr, Wellness & Yoga teacher

NEW

Honour your body's natural rhythms in this 3-week Seasonal Renewal workshop designed to guide your transition from winter to spring. Learn about digestion in spring, balancing cravings, spinal mobility, bedtime wellness routines, and simple hydration habits—all while gently emerging from your winter hibernation. Reconnect, refresh, and renew your wellness this season.

MON: 1:00 - 2:00 pm
March 9-23

INVESTMENT
\$90

FOAM ROLLING

with Christine Johnston Heise, Athletic Therapist

Release tension, improve flexibility, and well-being. Leave feeling ready to use foam rolling in your daily routine.

TUE: 4:30 - 5:30 pm **INVESTMENT**
March 31 \$15

DANCE CLASS

with Erwin and Elenor

NEW

Learn the lively rhythms of Salsa and the smooth flow of the Slow Two-Step in a relaxed and social setting. Enjoy great music, gentle movement, and plenty of laughs as you build confidence and connection on the dance floor. *Please register with a partner.*

SAT: 4:00 - 5:00 pm **INVESTMENT**
February 7 - March 14 \$120 / 6 WEEKS

DOWNSIZING WORKSHOP

with Sara Verwymeren, Three Pines Organizing

Join us for a practical workshop designed to help you navigate the process of downsizing and decluttering. If you're planning a move or simply looking to simplify your space, get helpful strategies, emotional support, and tips to make the process easier.

SAT: 1:00 - 2:00 pm **INVESTMENT**
February 21 \$25

GOLF SWING BASICS

with Barry Gibson, Professional Golfers' Association of Canada

Perfect your golf swing with PGA of Canada Professional Barry Gibson as you master grip, stance, and swing mechanics for a smoother, more consistent game.

SAT: 1:00 - 2:30 pm **INVESTMENT**
January 31 \$35

Expand your skills

CPR/AED LEVEL C

with Katrina Ouellette, Canadian Red Cross

Be prepared to save a life. This comprehensive course teaches participants how to recognize and respond to cardiac and breathing emergencies in adults, children, and infants. Learn the latest CPR techniques and how to use an automated external defibrillator (AED) safely and effectively.

THURS: 9:00 - 12:00 pm **INVESTMENT**
February 5 \$75

TUES: 5:30 - 8:00 pm
February 24

STANDARD FIRST AID

with Katrina Ouellette, Canadian Red Cross

Be ready to respond when it matters most. This comprehensive course provides practical training in recognizing and managing medical emergencies, including wounds, burns, fractures, sudden illnesses, and environmental emergencies. Participants will learn how to assess situations, provide immediate care, and prevent further injury until professional help arrives.

SAT: 9:00 - 4:00 pm **INVESTMENT**
March 14 \$120

LEARN TO SPEAK SPANISH

with Paola, Reh-Fit Fitness Professional

Immerse yourself in language learning to boost mental agility and cultural knowledge through interactive lessons and group activities.

Level 1 **INVESTMENT**
TUES: 3:00 - 4:00 pm \$100 / 8 WEEKS
January 27 - March 17

Level 2
WED: 3:00 - 4:00 pm
January 28 - March 18



Registration Opens

Tuesday, Dec 16 at 6:00 a.m.



FITNESS

Focused movement ensures you feel the results.

BACK CARE BASICS

with **Christine Johnston Heise, Athletic Therapist**

Improve your posture, reduce discomfort, and build strength to support your back in everyday life. Learn the root causes of back pain and key exercises that will help prevent it.

TUE: 4:30 – 5:30 pm
February 3 - February 24

INVESTMENT
\$60 / 4 WEEKS

BONE STRONG

with **Elly Coodin, BoneFit certified Physiotherapist,**

Learn the best approach to exercising safely with osteoporosis or osteopenia. Build strength, improve mobility, and stay active safely.

Fri: 1:15 - 2:15 pm
January 16 - February 6
March 13 - April 10
(no class April 3)

INVESTMENT
\$80 / 4 WEEKS

TOTAL BODY STRETCH

with **Christine Johnston Heise, Athletic Therapist**

Unwind from head to toe in this one-hour guided stretch session. You'll move through a series of gentle, effective stretches designed to release tension, improve flexibility, and enhance mobility. A take-home handout will be provided so you can continue the routine on your own.

TUES: 4:30 - 5:30 pm
January 27

INVESTMENT
\$15

FIT FEET FOUNDATION

with **Christine Johnston Heise, Athletic Therapist**

Your feet are your foundation — let's give them the attention they deserve. Join Christine for a 3-week program designed to improve foot strength, mobility, and function. Whether you're dealing with foot discomfort, looking to enhance balance, or simply want to move better from the ground up, this program will help you build stronger, more resilient feet.

TUE: 4:30 – 5:30 pm
January 6 - January 20

INVESTMENT
\$45 / 3 WEEKS

SHOULDER HEALTH

with **Christine Johnston Heise, Athletic Therapist**

Your shoulders are crucial to your overall health — let's give them the care they deserve. Join our athletic therapist for a 4-week program focused on enhancing shoulder strength, mobility, and function. Whether you're experiencing shoulder discomfort, aiming to improve posture, or simply want to move more freely, this program will help you build stronger, more resilient shoulders.

TUE: 4:30 – 5:30 pm
March 3 - March 24

INVESTMENT
\$60 / 4 WEEKS



“My main goal is to keep healthy. That is what motivates me to come regularly.” – Manjit

Manjit Dhillon has a goal – to push herself to stay mobile, independent, and healthy. In 2024, she visited the Reh-Fit Centre an impressive 255 times, making her one of the top visitors of the year. She’s often found walking laps on the Reh-Fit track — a simple activity that helps her maintain strength and mobility.



SCAN TO READ MANJIT'S STORY

IMPROVE YOUR BALANCE

with **Julianne, Reh-Fit Fitness Professional**

This class meets twice a week to maximize results. Through expert-guided practice, you'll strengthen key muscles that support stability, reduce your risk of falls, and enhance your confidence in everyday movements. Build strength, improve balance and coordination, and develop protective habits that help you maintain independence and avoid injury in daily life.

WED & FRI: 12:00 – 1:00 pm **INVESTMENT**
January 7 - February 13 \$180 / 6 WEEKS
February 25 - April 8
(no class April 3)

HAPPY HIP & KNEE

with **Shauna, Fitness Professional (Tuesdays)**
 with **Kat, Fitness Professional (Wednesdays)**

Improve stability, build strength, and support joint function with targeted exercise. Ideal for pre-surgery preparation, injury prevention, or managing chronic conditions like osteoarthritis.

TUE: 2:45 - 3:45 pm **INVESTMENT**
January 27 - March 3 \$90 / 6 WEEKS

WED: 3:00 - 4:00 pm
January 7 - February 11
February 18 - March 25

MINDFULNESS & BREATH WORKSHOP with Amanda Carson, RSW

In this 90-minute workshop, participants will learn how the breath influences the nervous system and experience a variety of guided breathing techniques designed to calm, energize, or refocus the body and mind. Alongside breathwork, simple and practical mindfulness practices will be introduced to help you develop awareness, reduce stress, and build presence in everyday life. This session is ideal for anyone looking to slow down, reset, and gain practical tools for resilience and inner calm.

SAT: 1:00 – 2:30 pm **INVESTMENT**
February 21 \$35

BLOCK THERAPY

Tammy Gibson, Certified Block Therapy Instructor

Learn deep tissue release and body alignment techniques that target compressed fascia—the connective tissue that supports your muscles and joints. With a therapeutic block placed under specific areas of the body such as the back, hips, or legs, you'll relax and breathe deeply as tension melts away. This practice helps reduce pain, improve posture, and increase mobility. Must be able to get on the floor.

SAT: 1:00 – 2:30 pm **INVESTMENT**
February 7 \$35



MIND-BODY

Mindful movement for a longer, stronger life.

YIN YANG YOGA

with Debbie, Certified Yoga Instructor

Combine Yin yoga's deep stretches with Yang yoga's dynamic sequences, targeting connective tissues and muscles to promote flexibility, balance, and inner peace.

MON: 7:00 – 8:00 pm
January 5 - February 9
February 23 - March 30

INVESTMENT
\$72 / 6 WEEKS

WED: 6:00 – 7:00 pm
January 7 - February 11
February 18 - March 25

GENTLE YOGA

with Leigh, Certified Yoga Instructor (Mondays)
with Debbie, Certified Yoga Instructor (Thursdays)

Focuses on body awareness, proper posture, correct breathing, improving balance, flexibility, and range of motion.

MON: 1:30 – 2:30 pm
January 5 - March 30
(no class February 16)

INVESTMENT
\$144 / 12 WEEKS

THU: 11:00 – 12:00 pm
January 8 - March 26

YOGA FOR HIPS, KNEES & FEET

with Evan, Certified Yoga Instructor

Therapeutic yoga sessions designed to improve strength, mobility, and flexibility in your hips, knees, and feet through gentle movements, myofascial release, and supportive props.

FRI: 9:30 - 10:30 am
January 9 - February 13
February 20 - March 27

INVESTMENT
\$72 / 6 WEEKS

SAT: 12:00 - 1:00 pm
January 10 - February 14
February 21 - March 28

TAI CHI

with Kat, MFC-Certified

Experience the benefits of this ancient practice that involves slow gentle movements, and controlled breathing. Reduce stress and improve your strength, mobility, and balance. No experience needed.

WED: 1:00 – 2:00 pm
January 7 - February 11
February 18 - March 25

INVESTMENT
\$72 / 6 WEEKS

STRENGTH TRAINING

Train now to preserve independence later.

LAUNCH 90

with Will Clarke, CSEP-Certified

NEW

Get started with weekly beginner-friendly workouts, simple nutrition guidance, and progress tracking designed to help you gain confidence, learn the basics, and reach your goals in just 11 weeks. Perfect for those new to fitness or looking to establish healthy habits that last.

MON: 7:00 - 8:00 pm
January 12 - March 30
(no class Feb 16)

INVESTMENT
\$275 / 11 WEEKS

TRANSFORM 90

with Will Clarke, CSEP-Certified

Transform your body and reach your goals with weekly workouts, nutrition guidance, and progress tracking. This 12 week program is ideal for those with experience.

TUE: 12:00 - 1:00 pm
January 6 - March 24

INVESTMENT
\$300 / 12 WEEKS

TEAM POWER

with Will Clarke, CSEP-Certified

High-intensity, functional workouts designed to improve your strength, speed, and endurance. Build muscle, improve performance, and push your limits.

MON: 6:00 - 7:00 pm
January 5 - February 23
(no class Feb 16)
March 2 - April 27

INVESTMENT
\$105 / 7 WEEKS
\$135 / 9 WEEKS

TEAM MOVE

with Kat Rother, MFC-Certified

Guided, moderate-intensity workouts focused on functional fitness—training your body for real-life movement. Build strength in key areas so daily tasks feel easier.

MON: 2:15 - 3:15 pm
January 5 - February 9
February 23 - March 30

INVESTMENT
\$90 / 6 WEEKS

WED: 2:15 - 3:15 pm
January 7 - February 11
February 18 - March 25

STRONGHER

with Julianne, Fitness Professional

This 6-week strength training program designed by and for women will help you build confidence, learn proper technique, and gain strength using free weights and cable machines. Leave feeling strong and empowered to work out on your own.

THU: 5:45 - 6:45 pm
January 8 - February 12
February 26 - April 2

INVESTMENT
\$90 / 6 WEEKS



Want results? Call in the experts.

Visit reh-fit.com to book personal training sessions.



COMPLIMENTARY

MASTER THE BASICS

Ask us about guided orientations to help you get started.

Cardio Basics

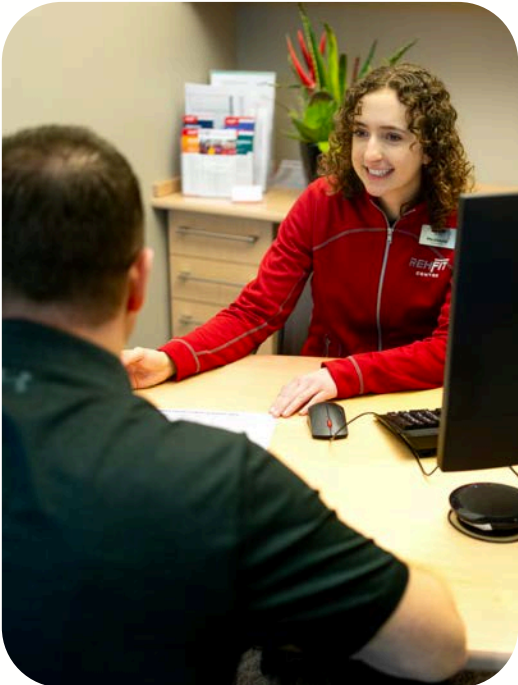
Get familiar with the track, cardio equipment, and group fitness spaces so you can make the most of your workouts. Ask questions, learn directly from our fitness professionals, and start moving with confidence.

Resistance Training

Learn how to safely use six key resistance machines that target all major muscle groups. You'll leave with a simple, effective workout you can repeat twice a week—meeting national strength-training guidelines with ease.

Functional Training

Learn how to use the equipment in the Functional Training Zone safely and effectively. Gain the skills to build strength, mobility, and confidence in your workouts.




Need help choosing a program?

Book **1:1 Coaching**, a 30 minute session included annually with your Re-Fit membership.

- ✓ Identify your goals
- ✓ Program & equipment advice
- ✓ Confidence getting started

Book your orientation today with one of our fitness professionals



Pilates

LEVEL 1

Learn the principles of Pilates to build a strong foundation on which you will develop your repertoire of essential exercises. This slower-paced class is ideal for beginners and anyone looking to refine their technique. You'll also learn how to set up the reformer correctly for your body. Develop strength, balance, and confidence in a supportive environment.

Pilates Reformer Level 1					
DATES	DAY	TIME	INSTRUCTOR	CODE	INVESTMENT
JAN 5 - MAR 30	MONDAYS	10:00 AM	BECKY	PRIA116	\$252
JAN 5 - MAR 30	MONDAYS	1:00 PM	BECKY	PRIA117	\$252
JAN 6 - MAR 31	TUESDAYS	9:00 AM	CARLA	PRIA118	\$273
JAN 6 - MAR 31	TUESDAYS	6:00 PM	ANNA	PRIA119	\$273
JAN 6 - MAR 31	TUESDAYS	7:00 PM	ANNA	PRIA120	\$273
JAN 7 - MAR 25	WEDNESDAYS	11:00 AM	TREASURE	PRIA121	\$252
JAN 8 - MAR 26	THURSDAYS	5:00 PM	TRACEY	PRIA122	\$252
JAN 9 - MAR 27	FRIDAYS	9:00 AM	JO-ANNE	PRIA123	\$252

LEVEL 3

These fast-paced, challenging classes are designed for those who are experienced and confident in Pilates techniques and principles. With a focus on strength, flexibility, and endurance, these advanced classes will elevate your practice. Must have approval from a Reh-Fit Pilates instructor to move to this level.

Pilates Reformer Level 3					
DATES	DAY	TIME	INSTRUCTOR	CODE	INVESTMENT
JAN 6 - MAR 31	TUESDAYS	10:00 AM	CARLA	PIR349	\$273
JAN 8 - MAR 26	THURSDAY	10:00 AM	JO-ANNE	PIR353	\$252

We've simplified how you keep your Pilates spot.

Going forward, if you stay enrolled in the same class for the full session, your spot will automatically be held for you for the next session. Before each new session begins, you'll receive an email reminder with a deadline to confirm whether you'd like to keep your spot. This updated process is designed to reduce registration stress and make it easier **for you to continue in the class you love.**

Registration Opens

Tuesday, Dec 16 at 6:00 am
Online, by phone, or in-person.

LEVEL 2

Take your practice to the next level with moderately paced classes that emphasize form and alignment while providing opportunities to advance your skills. Must have taken Pilates 1 or are experienced and confident in Pilates techniques and principles.

Pilates Reformer Level 2					
DATES	DAY	TIME	INSTRUCTOR	CODE	INVESTMENT
JAN 5 - MAR 30	MONDAYS	11:00 AM	BECKY	PIR2157	\$252
JAN 5 - MAR 30	MONDAYS	6:00 PM	MAUREEN	PIR2160	\$252
JAN 6 - MAR 31	TUESDAYS	11:00 AM	CARLA	PIR2161	\$273
JAN 6 - MAR 31	TUESDAYS	1:00PM	TRACEY	PIR2163	\$273
JAN 8 - MAR 26	THURSDAYS	11:00 AM	JO-ANNE	PIR2171	\$252
JAN 8 - MAR 26	THURSDAYS	12:00 PM	JO-ANNE	PIR2172	\$252
JAN 8 - MAR 26	THURSDAYS	1:00 PM	JO-ANNE	PIR2173	\$252
JAN 8 - MAR 26	THURSDAYS	6:00 PM	TRACEY	PIR2174	\$252
JAN 10 - MAR 28	SATURDAYS	10:00 AM	MAUREEN	PIR2177	\$252

MAT PILATES

with Anna, Pilates Academy International

NEW

Strengthen your core and improve posture, alignment, and body symmetry. Through mindful movement and focused breathing, this class enhances flexibility, mobility, joint health, and balanced muscular strength.

THU: 2:30 – 3:30 pm **INVESTMENT**
Jan 8 - Mar 26 (12 WEEKS) **\$252**

INTRO REFORMER

with Maureen, STOTT Pilates

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.

FRI: 2:30 – 3:30 pm **INVESTMENT**
Jan 9, Feb 6, Mar 6 **\$21 per class**

PILATES HIP & KNEE

with Maureen, STOTT Pilates (Mondays)
with Tracey, STOTT Pilates (Thursdays)
with Treasure, STOTT Pilates (Fridays)

Following Pilates principles, this class is designed for individuals who want to strengthen their hips and knees using a Reformer.

MON: 4:00 – 5:00 pm **INVESTMENT**
Jan 5 - Mar 30 (12 WEEKS) **\$252 / 12 WEEKS**

THU: 4:00 – 5:00 pm
Jan 8 - Mar 26 (12 WEEKS)

FRI: 12:30 – 1:30 pm
Jan 9 - Mar 27 (12 WEEKS)

CARDIO TRAMP

with Jo-Anne, STOTT Pilates

Experience the perfect fusion of Reformer Pilates and cardio with Cardio Tramp, combining strength-building Reformer exercises with energizing trampoline bursts!

FRI: 10:15 – 11:15 am **INVESTMENT**
Jan 9 - Mar 27 (12 WEEKS) **\$252 / 12 WEEKS**



Pickleball

BEGINNER PICKLEBALL CLINIC with Lionel, Certified Coach, Pickleball Manitoba

Learn game rules, proper techniques, and skill development. Perfect for new players or revisiting the basics.

TUE: 6:30 – 8:30 pm **INVESTMENT**
January 20 or March 17 \$30 / ONE SESSION

INTERMEDIATE PICKLEBALL CLINIC with Lionel, Certified Coach, Pickleball Manitoba

Perfect your strokes, strategies, and positioning. Designed for those with experience to advance their game.

TUE: 6:30 – 8:30 pm **INVESTMENT**
February 17 \$30 / ONE SESSION



[VIEW COURT SCHEDULE](#)

Holistic Services

A variety of services all under one roof.

- ✓ Massage Therapy
- ✓ Manual Osteopathy
- ✓ Physiotherapy
- ✓ Athletic Therapy
- ✓ Reflexology
- ✓ Nutrition Services
- ✓ Assisted Stretching
- ✓ Footcare



Book your next wellbeing session

REH-FIT PROGRAM REFUND POLICY

A full refund will be issued if cancellation occurs at least 48 hours before the program start date. Alternatively, fees may be applied to another program. If cancellation occurs with less than 48 hours notice but before the program starts, a full refund will be issued minus a \$20 administration fee, or fees may be applied to another program. No refunds or credits will be given after the program start date, except in cases of medical withdrawal, in which case a refund will be issued less a \$20 administration fee. If the Centre cancels a program, a full refund will be issued. Fees may also be applied to another program or credited to the member's account. Refunds of \$20 or less will automatically be credited to the member's account.



Each gift helps the Foundation assist the Centre by supporting:

Rehabilitation - Your gifts enable us to offer state-of-the-art medical and exercise equipment, ensuring safe and effective workouts for better health.

Prevention - Your gifts fund cutting-edge health and fitness programs, aiding in disease prevention and management, promoting healthier lives.

Accessibility - Your gifts enhance access to memberships and programs, benefiting the wider community by making health resources more accessible.

Research & Education - Your gifts support research studies, enhancing community health, educating those with health challenges, and providing practical experience for students.



**Gifts of all sizes make an impact.
Give today.**

