

# Exercise Schedule

Spring/Summer 2018



thewellness  
Institute

April 2 – September 2  
Member & Drop-in Weekly Classes

## Exercise Schedule classes are free to members.

Check the legend at the bottom of the page to find the right fit. For more options, browse or register for seasonal programs on our website!

### Group exercise guidelines

- 1 For your safety and as a courtesy to others, please arrive on time. Late arrivals may be turned away. Please do not enter a class beyond five minutes after the scheduled start time. Participants may not join any class after the warm-up period.
- 2 Please return all props and equipment to the appropriate places after use.
- 3 Some of our classes, marked ✓, require sign-up to attend. Sign-up begins one hour before each class at the Front Desk. Each person must register for him or herself in person, no exceptions.
- 4 If you are new to exercise, pregnant, have back problems or any limitations, please let the instructor know before class.
- 5 Please follow instructor's direction. Classes are a group activity, however, you control the intensity of your own workout. Classes may be adapted to all levels and modifications are welcome. If you have any concerns, inform the instructor prior to the class.
- 6 If you plan to leave a class early, please inform the instructor.
- 7 For your safety, no chewing gum, food or drinks (other than water) are allowed in classes or in the pool area.
- 8 We encourage you to bring a water bottle to classes. No glass please.
- 9 Please be respectful towards instructors and fellow participants.
- 10 Selected classes marked Ⓡ require pre-registration for the season as they are open to non-members. Please register at the Front Desk, 204-632-3900 or using your member log in at our website or on our app.
- 11 Classes and instructors are subject to change without notice.



### For studio classes:

- 1 Studio use is reserved for activities under staff supervision.
- 2 Indoor, athletic shoes only.
- 3 Equipment is for class use only and may not be removed from the studio.

### For cycling classes: limit of 16 participants

- 1 Participants MUST bring their own headphones, a water bottle (no glass) and a towel. Bike shorts and stiff soled shoes are recommended.
- 2 Please arrive 10 minutes early to get set up. After class, bikes must be wiped down.

### For aqua (therapy pool) classes: limit of 19 participants

- 1 Signing up for two classes during the sign-up period is not permitted.
- 2 Taking back-to-back classes is not recommended. Participants may take a second consecutive class only if there are open spots after the warm-up AND the Instructor feels it will not be disruptive to participants.
- 2 Please shower before entering the pool. Bathing suits are required and water shoes recommended.
- 3 From time to time the pool will be closed for repairs or special programs. Please check the digital sign at the Front Desk for closures.
- 4 Non-members are not permitted to join pool classes.

\* Excludes Group Training. Charges may apply for Select-Time members to attend classes outside Select-Time hours.

### For our non-member guests:

When paying a drop-in fee or attending with a member on a Guest Day, you may attend studio, cycling or mind/body classes at no added cost. Classes are first come first serve, unless sign-up or pre-registration is required. To try a class marked **R**, please check with the instructor prior to the class.



Sign-up at Front Desk



Pre-register for the season



Suitable for Cardiac Rehab\*  
Beginner skill level and 55+



Beginner skill level



Intermediate skill level



Advanced skill level

\* Suitable for Cardiac Rehabilitation Program members and individuals with high blood pressure (must have physician approval prior to pool use).

## Your studio classes

Studio classes are designed for a range of fitness levels. Unless otherwise noted, classes are 55 minutes.

### Abs of Iron & Buns of Steel **B I A**

Improve your posture, have better back health and look great! Discover exciting new ways to develop strength in your torso and legs.

### Back to Basics /Combo Basics **♥ B I**

New to exercise or getting back after a break? This intro class gets you into a fun routine. Try popular styles such as low impact, step and weights or the "combo" class for a great mix.

### Body Bliss **B I A**

Would you like a massage for the mind and body? This blissful blend of strengthening exercises, basic yoga poses and Pilates core work flows together seamlessly to a finale of deep relaxation.

### Body Flex **B I A**

Get shapely shoulders, tighter abs and stronger legs. This group weight lifting class is perfect for anyone interesting in looking and feeling strong!

### Bounce **♥ B I**

Do you remember how much fun you had playing with a ball as a child? Up the fun factor with this cardio and core training class. Class includes a balance component for core strength, posture, agility and coordination.

### Cardio Combo Challenge **I A**

This exciting challenge will make you sweat while a variety of formats keeps things fun. Formats may include step, hi/lo, boxing and cardio-ball. Complete the challenge with core conditioning and leave refreshed after a relaxing stretch.

### Cardio Fusion **B I A**

Experience hypnotic drums, earthy rhythms and energy-driving moves. Rhythmic patterns improve physical and mental awareness. The fun finishes with yoga-inspired core training.

### Cardio Quickie **B I A**

In a rush? This 30-minute class is cardio only. A quick warm-up and cool down let you focus on getting your heart rate up and body moving. No floor work ... this session keeps you on your feet!

### Circuit **B I A**

This station-to-station workout may include BOSU, steps, weights or tubing. Get it all in one class: heart-pounding cardio plus a strength workout! Perfect for those short on time but high on energy!

### H.I.I.T. **♥ I A**

High Intensity Interval Training (H.I.I.T.) includes styles such as Tabata and Fartlek for bouts of anaerobic exercises alternating with active recovery. Short, high-energy intervals assist in weight loss, fat burning and athletic performance.

### Interval Bootcamp **I A**

This will definitely get your day started! Alternate between military-type drills and resistance training for a great calorie burn!

### Live Longer, Stronger **♥ B I**

Activities range from low impact aerobics and strength training to yoga/Pilates inspired stretching. Try new kinds of equipment while gaining confidence. Great for beginners of all ages! Classes include floor work.

### PACE™ **♥ B I**

Exercises are designed for those with arthritis to maintain or improve joint mobility, endurance, balance and coordination.

### Power Fusion **B I A**

Revitalize yourself using an exciting variety of resistance and balance equipment which may include: TRX, ViPR, dumbbells, body bars, tubing, Bender and stability balls, and more!

### Posture Perfect **B I**

This strength training class targets mainly the lower body, mid-back and core muscles to improve posture. Leave feeling stronger and taller!

### Pump Fix **♥ B I A**

Get your fix for firm legs, toned arms and sculpted abs. Class is 100% dedicated to muscle work. Build your strength and metabolism by making resistance training part of your routine.

### **Prime Time Cardio ♥ B I**

For those young at heart who wish to keep their hearts young, this low impact class is easy to follow. Fitness improves regardless of age.

### **Spice it Up! B I A**

Changing formats keep things fun! Posted schedule may feature Kickbox, Bounce, Interval Bootcamp, Latin Mania, Cardio Party and more.

### **Step Express I A**

Advanced choreography (turning and jumping) keeps the mind and body active. Step it up by adding more risers.

Step Express+: 75 minutes.

### **Strength & Stretch ♥ B**

Older is better! Live independently longer. Improve strength, balance and coordination to give you more energy. Use a variety of equipment and finish with a stretch.

### **Tough Enough I A**

Work and play hard without choreography. Sport and power drills, plyometrics, agility, martial arts, speed training and core work.

### **TRX+ B I A**

This class features the TRX Suspension Training System ... plus! Extras may include strength boosting moves with the ViPR, sandbells, dumbbells and more.

### **TRX Strength B I A**

A resistance workout on the TRX Suspension Training System. Engage your core and build balance, flexibility and strength using your body weight, gravity and a variety of exercises.

### **TRX/ViPR Cardio Blend B I A**

TRX and ViPR plus cardio equals a complete workout, but add a blend of strength and cardio equipment and you'll keep coming back for more!

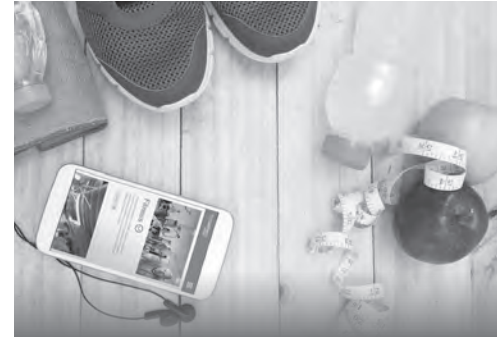
### **ViPR Circuit B I A**

The circuit workout you love featuring the ViPR. Cardio, strength and loaded movement training combine for full body benefits.

### **ViPR Strong B I A**

A resistance training experience using the ViPR to improve strength, coordination, core stability, and athletic movement.

**For Pilates classes, choose  
Sign Up on our website and  
view Adult Fitness  
[wellnessinstitute.ca](http://wellnessinstitute.ca)**



## **Just Starting a Fitness Routine?**

**The FitWell program will help you get started, get motivated and get results!**

Start with a personal health screening and exercise prescription, then stay on form and on track in group classes with an exercise specialist.

**\$65** for members

6:45 pm on Mondays, starting Apr 30

Registration required

Classes and instructors are subject to change without notice.

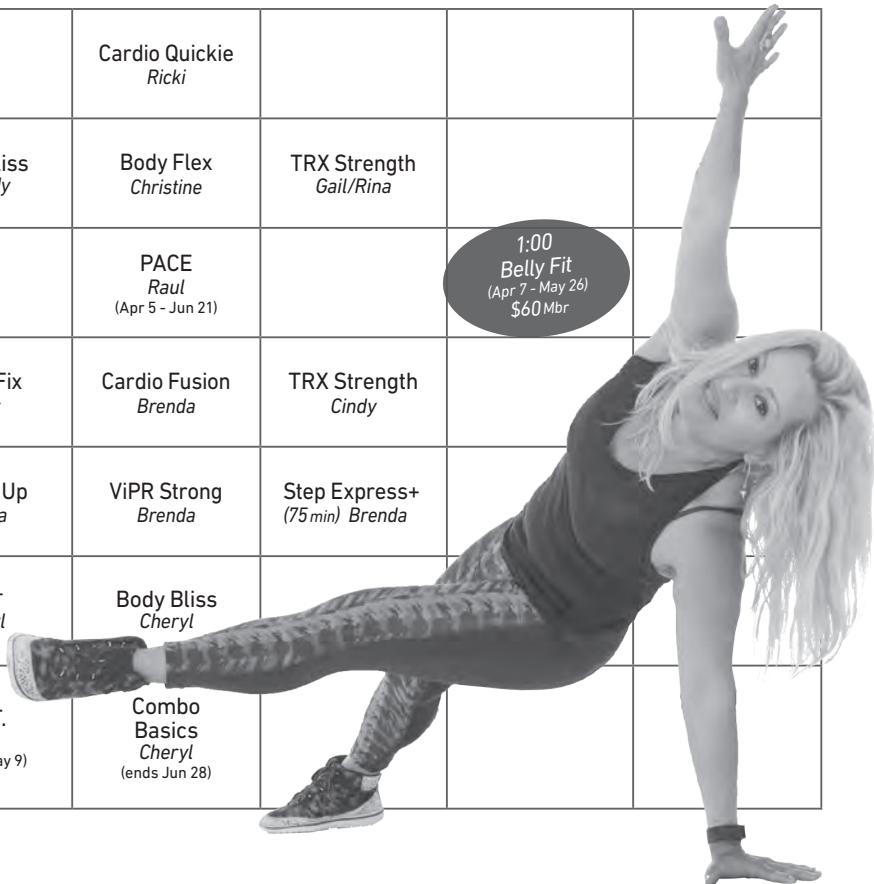
## Your studio classes

See the prior page for class descriptions, sign-up requirements and levels.

Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Interval Bootcamp <i>Rina</i>	Body Flex <i>Wendy</i>		TRX Strength <i>Rina</i>	ViPR-Circuit <i>Wendy</i> (ends Jun 22)		
8:00	TRX Strength <i>Cindy</i>		Pump Fix <i>Shelly</i>		Circuit <i>Rina</i>		
9:00	Cardio Combo Challenge <i>Shelly</i>	Body Flex <i>Ricki</i>	H.I.I.T. <i>Shelly</i>	Power Fusion <i>Ricki</i>	Spice It Up <i>Cassidy</i>	Spice It Up <i>Various</i>	
9:30							Cardio Combo Challenge <i>Wendy</i>
10:20	Prime Time Cardio <i>Cindy</i>	Posture Perfect <i>Ricki</i>	Prime Time Cardio <i>Raul</i>	Strength & Stretch <i>Ricki</i>	Bounce <i>Ricki</i>		
10:30						TRX/ViPR Blend <i>Wendy/Shelly</i> (ends Jun 30)	Pump Fix <i>Wendy</i>

11:30		Cardio Quickie <i>Cassidy</i>		Cardio Quickie <i>Ricki</i>			
12:05	Spice it Up <i>Cassidy</i>	Power Fusion <i>Cassidy</i>	Body Bliss <i>Cassidy</i>	Body Flex <i>Christine</i>	TRX Strength <i>Gail/Rina</i>		
1:00	PACE <i>Raul</i> (Apr 2 - Jun 25) (Jul 9 - Aug 27)	Live Longer, Stronger <i>Rhonda</i> (Apr 3 - Jun 19)		PACE <i>Raul</i> (Apr 5 - Jun 21)		1:00 Belly Fit (Apr 7 - May 26) \$60 Mbr	
4:30	TRX/ViPR Cardio Blend <i>Christine</i>	Step Express <i>Shelly</i>	Pump Fix <i>Cindy</i>	Cardio Fusion <i>Brenda</i>	TRX Strength <i>Cindy</i>		
5:30	Step Express <i>Brenda</i>	Body Flex <i>Cheryl</i>	Spice It Up <i>Brenda</i>	ViPR Strong <i>Brenda</i>	Step Express+ (75 min) <i>Brenda</i>		
6:30	Abs of Iron & Buns of Steel <i>Brenda</i>	Back to Basics (High/Lo) <i>Shirley</i>	TRX+ <i>Cheryl</i>	Body Bliss <i>Cheryl</i>			
7:30	Tough Enough <i>Mimi</i> (Apr 2 - Jun 11)	Pump Fix <i>Mimi</i> (ends May 1)	H.I.I.T. <i>Edith</i> (Apr 4 - May 9)	Combo Basics <i>Cheryl</i> (ends Jun 28)			

7:30  
Drums Alive  
(Jun 5 - Jun 26)  
\$30 Mbr



**No classes:** May 21, July 1, August 6, September 3  
Classes and instructors are subject to change without notice.

## Your cycling classes

Cycling is for everyone! Beginners and athletes can participate in the same class and challenge themselves at their own fitness level. You control the tension on your bike!

### All Terrain ✓ B I

Experience a ride that takes you on a journey through rolling hills, heart pounding climbs and exhilarating flats. (All Terrain+ is 55 min)

### Interval ✓ B I

Hang on tight for flats and hills, acceleration drills and jumps with recovery time between.

### Lactic Acid Bath ✓ I A

Use intervals to target an important element in cardiovascular performance – the lactate threshold. Burn hundreds of calories in 40 minutes! Previous experience suggested.

### Quick Spin ✓ ♥ B I

Join this 30-minute class for a short, fast, high energy workout.

### Ride & Resist ✓ B I A

This 50-minute class is packed with the cycling experience you've always enjoyed plus intervals of resistance tubing for a total body workout.

### Strength ✓ B I A

Build power with this hill-climbing workout.

### Training Ride ✓ B I A

This one-hour workout consists of flats, hills, sprints and drills.

### Triple "R" ✓ B I A

Ride, Run, Relax – Combine a great ride with intervals of running or walking and finish with an extended stretch. 75-minutes.

### Check dates for the 3 rotations

Some class formats alternate.

### Listen With the Spin Class App

Download MYE App Audio for iPhone or Android. Change the WiFi to "Wellness Spin WiFi" then open the app. Tap "Spin Class" to hear the instructor (bring headphones).

## Check Rotation Dates to Find Today's Cycling Class Format

**1** Apr 2-15; May 14-27; Jun 25-Jul 8; Aug 7-19    **2** Apr 16-Apr 29; May 28-Jun10; Jul 09-27; Aug 20-Sep 2  
**3** Apr 30-May 13, Jun 11-24; Jul 22-Aug 5

Cycle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00			1 Strength 2 Interval 3 All Terrain <i>Wendy</i>		1 Interval 2 Lactic Acid Bath 3 Strength <i>Rina</i>		
7:00		1 Interval 2 Lactic Acid Bath 3 Strength <i>Murray</i>		1 Strength 2 Interval 3 Lactic Acid Bath <i>Murray</i>			



8:00		1 Lactic Acid Bath 2 Strength 3 Interval <i>Murray</i>		1 Interval 2 Lactic Acid Bath 3 Strength <i>Murray</i>			
8:30						Training Ride <i>Various</i>	
9:00							Triple "R" <i>Various</i> (ends Jun 17)
9:45						Quick Spin <i>Various</i> (ends Jun 16)	
10:15			All Terrain <i>Lesley</i>				
12:10	1 Lactic Acid Bath 2 Strength 3 Interval <i>Ricki</i>				All Terrain <i>Lesley/Shelly</i>		
4:30	All Terrain+ <i>Karen</i>		1 Interval 2 Strength 3 Lactic Acid Bath <i>Christine</i>				
5:35	1 Lactic Acid Bath 2 Interval 3 Strength <i>Christine</i>	Training Ride <i>Wendy</i>	1 Strength 2 Lactic Acid Bath 3 Interval <i>Christine</i>	Training Ride <i>Murray</i>			
6:45			1 Strength 2 Interval 3 Lactic Acid Bath/ Ride & Resist <i>Brenda</i> (ends Jun 27)				



**No classes:** May 21, July 1, August 6, September 3

## Your mind/body classes

Build focus and reduce stress while benefitting from physical movement.

Classes are held in the yoga studio, require mat work on the floor and are 75min unless noted.

### Astanga Yoga ✓ I A

A continuing level class that flows through a set sequence of poses. See progress as you practice the primary series. Yoga experience needed.

### Ayana Yoga ✓ ♥ B I A

Ayana uses props (provided) to add support and encourage proper alignment throughout your practice. Build strength, mobility and stability.

### Hatha Yoga ✓ ♥ B I A

Poses combine with breath work and end in relaxation to promote inner and outer balance and flexibility. Yin yoga is a slower-paced style with poses that are held to deepen the stretch.

### Karate Ⓡ B I A

This martial art promotes fitness through blocks, punches, strikes and kicks. Beginner and Continuing levels available.

### Vinyasa Flow ✓ ♥ B I A

Flow through a melodic meditation with motions designed to cultivate a connection between the breath and the movement of the body. Beginner, Continuing and Mixed levels.

### Yoga & Ball Therapy ✓ ♥ B I A

Combining Hatha poses, breath work, relaxation techniques and meditation with ball work. Reduce aches and pains; improve balance and well-being.

### Yoga Flow ✓ ♥ B I A

Flowing yoga postures likened to moving meditation. Mixed level.

### Yoga for Seniors ✓ ♥ B

No mat work; no stress on knees or wrists. Using a chair to aid with poses, build strength and flexibility.

### Yin Yang ✓ ♥ B I A

Start with strengthening yang postures and end holding longer yin postures to release connective tissue and strengthen bones. All levels.

Mind/Body	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30						Ayana Mixed Darcy (Apr 7 - Jun 23)	
9:00	Ayana Mixed Darcy (Apr 2 - Jun 18)		Vinyasa Flow Continuing Nicole (Apr 4 - Jun 20)	9:15 Pilates Mat Intermediate (Apr 12 - Jun 14) \$85 Mbr	Vinyasa Flow Mixed Nicole (Apr 6 - Jun 22)		
9:30			9:30 Pilates Mat Beg/Cont (Apr 11 - Jun 13) \$85 Mbr			Karate Continuing 60min - East Gym (Apr 7 - Jun 9)	

10:15				Hatha (Yin) Mixed Kirti Kaur (Apr 5 - Jun 7)			
10:30	Ayana Beginner Darcy (Apr 2 - Jun 18)		Vinyasa Flow Beginner Nicole (Apr 4 - Jun 20)		Vinyasa Flow Beginner Nicole (Apr 6 - Jun 22)		
12:00			Yoga for Seniors Rhonda - 60min (Apr 4 - Jun 20)				
12:05		Yoga Flow Katja - 50min (Apr 3 - Jun 19)	Try Body Bliss in our Fitness Studio Now				
5:15	Ayana Beginner Darcy (Apr 2 - Jun 18)	5:30 Pilates Mat & Roll Method (Apr 3 - Jun 19) \$102 Mbr	Hatha (Yin) Mixed Kirti Kaur (Apr 4 - Jun 6)	Astanga Continuing Phillip (Apr 5 - Jun 21)			
6:00				Try Body Bliss in our Fitness Studio at 6:30			
6:45	Ayana Continuing Darcy (Apr 2 - Jun 18)		Yoga & Ball Therapy Kirti Kaur (Apr 4 - Jun 6)	Yin Yang Beginner Phillip (Apr 5 - Jun 21)	<h2>Stott Pilates</h2> <h3>Reformer and Mat Classes for Beginners and Beyond...</h3> <p>Mat classes build full body toning and flexibility, core conditioning and stabilization. Reformer equipment can add resistance or provide support. Registration required. More class options are available.</p>		
7:00		Karate Beginner 60min - Rm 4 (Apr 3 - Jun 5)					
7:15		Hatha Beginner Katja (Apr 3 - Jun 19)					

**No classes: May 21, July 1, August 6, September 3**

Classes and instructors are subject to change without notice.

## Your summer yoga classes

Summer schedule starts July 9. See prior page for additional descriptions.

Astanga Yoga ✓ I A

Hatha Yoga ✓ ♥ B I A

Vinyasa ✓ ♥ B I A

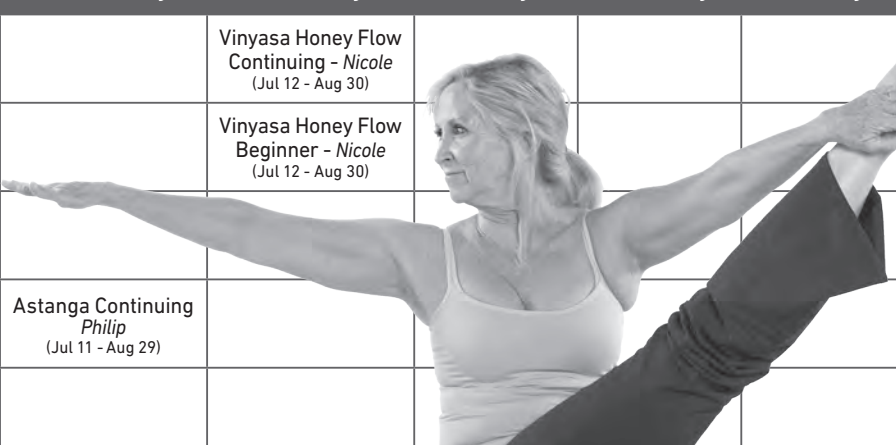
Match movement to breath. Mix flow sequences, held poses, restorative/yin yoga and meditation mix for a perfect pause. Choose Beginner or Continuing classes. Modifications offered.

Vinyasa Honey Flow ✓ ♥ B I A

This soothing class is meditation-in-motion to the rhythmic connection of breath and body. Melodic sequences mix flow and stillness. Create space and enjoy the rewards of rich honey on and off the mat.

Vinyasa Flow ✓ ♥ B I A

Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00		Vinyasa Continuing <i>Katja</i> (Jul 10 - Aug 28)		Vinyasa Honey Flow Continuing - <i>Nicole</i> (Jul 12 - Aug 30)			
10:30		Vinyasa Beginner <i>Katja</i> (Jul 10 - Aug 28)		Vinyasa Honey Flow Beginner - <i>Nicole</i> (Jul 12 - Aug 30)			
12:05		Vinyasa Flow <i>Katja</i> - 50min (Jul 10 - Aug 28)					
5:00			Astanga Continuing <i>Philip</i> (Jul 11 - Aug 29)				
5:30	Astanga Continuing <i>Philip</i> (Jul 9 - Aug 27)						
6:30			Astanga Beginner <i>Philip</i> (Jul 11 - Aug 29)				
7:00	Hatha Beginner <i>Philip</i> (Jul 9 - Aug 27)						



**No summer classes:**  
July 1, August 6, September 3

Most classes require mat work on the floor. Classes are 75min unless noted. Classes and instructors subject to change without notice.

## Your free pool times ♥ B I

Up to 19 people can enjoy the use of our warm water therapy pool during these selected free times. Times are subject to change due to special closures or events. Changes will be posted at the front desk.

Cardiac Rehabilitation Program members and individuals with high blood pressure must have physician approval prior to pool use. Pool use is for members only.

Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AM Free Time</b>	5:30am–6:00am	7:00am–8:15am	5:30am–6:00am	7:00am–8:15am	5:30am–6:00am		7:00am–8:30am
	9:00am–9:15am	10:00am–10:30am	9:00am–9:15am	10:00am–10:30am	7:00am–8:15am	7:00am–8:25am	9:15am–9:25am
	10:00am–10:15am	11:15am–11:30am	10:00am–10:15am	11:15am–11:30am	9:00am–9:15am	10:15am–12:00pm	10:15am–10:30am
					10:00am–10:15am		
<b>PM Free Time</b>	12:45pm–1:00pm		12:45pm–1:00pm		12:45pm–1:00pm		
	2:00pm–2:15pm	1:00pm–1:15pm	2:00pm–2:15pm		2:00pm–2:15pm		
	3:00pm–5:00pm	2:00pm–4:15pm	3:00pm–5:00pm	1:00pm–4:45pm	3:00pm–5:00pm	1:00pm–6:45pm	12:45pm–6:45pm
	5:45pm–6:00pm	8:00pm–10:45pm	5:45pm–6:00pm	8:05pm–10:45pm	6:30pm–7:00pm		
	7:15pm–10:45pm		7:30pm–10:45pm		7:45pm–8:45pm		

## Your aqua classes

Enjoy these 45-minute non-impact classes in our warm therapy pool.

### Arthritis ✓♥BI

Improve strength, endurance and range of motion. For anyone with restricted mobility.

### Aqua Yoga ✓♥BI

With more buoyancy, find more flexibility while including strength and balance work.

### Bootcamp ✓IA

This fast-paced class combines cardio and resistance training in a more challenging workout.

### Tabata Bootcamp ✓IA

This class mixes intervals of work and rest for a challenging workout.

### Flex ✓♥BI

Use resistance equipment and the resistance of the water for a great strength training effect.

### Interval ✓♥BI

Intervals for cardio, strength and flexibility with a relaxing cool down.

### Interval Stretch ✓♥BI

Intervals of higher intensity cardio, strength and flexibility mix with stretches, balance work, relaxation and deep breathing.

### Stretch & Flex ✓♥BI

Slow movements focus on stretching, balance, relaxation, stability and deep breathing.

### 50/50 ✓♥BIA

Half cardio, half resistance training to build strength for daily life.

Aqua	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	Interval <i>Michelle</i>	Interval <i>Michelle</i>	Interval <i>Bahia</i>	Interval <i>Raul</i>	Interval <i>Raul</i>		
8:15	Interval <i>Raul</i>	Tabata Bootcamp <i>Shelly</i>	Interval <i>Raul</i>	Flex <i>Raul</i>	Interval <i>Ricki</i>		8:30 Aqua Zumba (Apr 8- May 13) \$48
8:30						Flex <i>Michelle/Ricki</i>	
9:15	Flex <i>Raul</i>	Tabata Bootcamp <i>Shelly</i>	Flex <i>Raul</i>	Interval <i>Raul</i>	Flex <i>Ricki</i>		
9:30						Interval <i>Michelle/Ricki</i>	Interval <i>Cristian</i>
10:15	Interval <i>Shelly</i>		Interval <i>Cristian</i>		Interval <i>Rhonda</i>		
10:30		Tabata Bootcamp <i>Shelly</i>		Interval <i>Raul</i>			Interval <i>Cristian</i>

Cardiac Rehabilitation Program members and individuals with high blood pressure must have physician approval prior to pool use. Pool use is for members only.

11:05	Interval Stretch <i>Ricki</i>		Flex <i>Cristian</i>		50/50 <i>Rhonda</i>		
11:30		Interval <i>Shelly</i>		Flex <i>Raul</i>			11:30 Wee Swim (Apr 8 - Jun 10) \$70
12:00	Interval <i>Raul</i>		Interval <i>Raul</i>		50/50 <i>Rhonda</i>	12:00 Wee Swim (Apr 7 - Jun 9) \$70	12:00 Wee Swim (Apr 8 - Jun 10) \$70
12:15		Arthritis <i>Cristian</i>		Arthritis <i>Raul</i>		12:30 Wee Swim (Apr 7 - Jun 9) \$70	
1:15	Pool Closed 1:00pm-2:00pm	Interval <i>Cristian</i>	Pool Closed 1:00pm-2:00pm		Pool Closed 1:00pm-2:00pm		
2:15	Arthritis <i>Raul</i>		Arthritis <i>Raul</i>		Arthritis <i>Raul</i>		
4:30		Aqua Yoga <i>Cristian</i> (Apr 3 - Jun 5)		4:50 Wee Swim (Apr 5 - Jun 7) \$70			
5:00	Interval <i>Raul</i>		Interval <i>Various</i>		5:00 Aqua Zumba (Apr 6 - May 11) \$48		
5:30		Bootcamp <i>Bahia</i>		Interval <i>Michelle</i>		5:30 Gym & Swim (Apr 6 - Jun 8) \$90	<b>Special Closures:</b> Camp Use: Tuesday-Friday, Jul 3 - Aug 31, 3:00-4:00pm  <b>No Classes:</b> May 21, July 1, August 6, September 3
6:00	Interval <i>Raul</i>		Interval <i>Cassidy/Shelly</i>				
6:15		Interval <i>Bahia</i>		Flex <i>Michelle</i>		6:30 Gym & Swim (Apr 6 - Jun 8) \$90	
6:45			Interval <i>Cassidy/Shelly</i> (ends Jun 27)				
7:00		Interval <i>Bahia</i>					

Please see prior page for free pool times. Not all spaces between classes reflect open times for use.

## Your gym activities

Set up for basketball in West Gym and badminton in East Gym, unless noted.

### Equipment Orientation **B I A**

Separate small group into sessions for cardio, and resistance machines. See Front Desk or sign up online (Weekly Classes).

### Badminton/Pickleball - East Gym

45-minute court times are available for singles or doubles play. Participants may book one slot per day, up to 24-hours in advance. Members can book a court at Front Desk, online, by app, or by phone. Non-members can request a booking in person (account required). More on booking online or with the app at [wellnessinstitute.ca/court-bookings/](http://wellnessinstitute.ca/court-bookings/).

### Intramurals (Adult) **B I A**

No sign-up. Just come ready to play. Equipment sign-outs at the Locker Desk or Front Desk.

### Stretch Breaks **B I A**

Join a Wellness Consultant for a group stretch before your workout. Breaks will be relocated when they overlap other West Gym programs.

**Activities are in West Gym unless noted. Empty slots are open gym. Programs in grey require registration.**

GYM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00						<b>CLOSED</b> (See Facility Hours on Back Cover)	
5:30							
6:00	Group Training				Group Training		
6:30							
7:00							
7:30						<b>FFF Team E</b> West Gym; 7:30-9:00am (Apr 21 - Jun 23)	
8:00							
8:30						<b>Group Training</b> West Gym; 7:45-10:00am	
9:00	Stretch Break		Stretch Break		Stretch Break		
9:30		Group Training		Group Training		<b>Adult Karate</b> East Gym; 9:30-10:30am (Apr 7 - Jun 9)	
10:00	Strength & Stretch	Strength & Stretch	Strength & Stretch	Strength & Stretch	Strength & Stretch		
10:30						<b>Youth Karate</b> (Apr 7 - Jun 9)	
11:00	Stretch Break	Stretch Break	Stretch Break	Stretch Break	Stretch Break		



11:30						Kids Karate (Apr 7 - Jun 9)	
12:00	Group Training		Group Training		Group Training		
12:30							
1:00	Stretch Break	Stretch Break	Mini Soccer (Apr 4 - May 23)	Stretch Break	Stretch Break		
1:30							
2:00	Stretch Break	Stretch Break	Stretch Break	Stretch Break	Stretch Break		
2:30							
3:00							
3:30							
4:00							
4:30							
5:00	Stretch Break	Stretch Break	Stretch Break		Stretch Break		
5:30	FFF Team A (Apr 16 - Jun 18)	Group Training	FFF Team C (Apr 18 - Jun 20)	Group Training	Gym & Swim (Apr 6 - Jun 8)		
6:00							
6:30							
7:00	FFF Team B (Apr 16 - Jun 18)	Group Training	FFF Team D (Apr 18 - Jun 20)	Group Training			
7:30							
8:00							
8:30	Intramural Floor Hockey	*East Gym* Intramural Badminton	Intramural Soccer	Intramural Basketball			
9:00							
9:30							
10:00							
10:30							

New? Book an Equipment Orientation

Weekday Stretch Breaks - 6:15, 7:15 - locations as announced

**Special Closures:**  
**Camp Use:** Jul 3 - Aug 31,  
10:00 am - 12:00 pm  
**Look for these closures posted by Front Desk:**  
**Birthday Parties:** West Gym;  
**Other Events:** As Posted

CLOSED

## Get in the Zone with Group Training

Join certified Group Trainers in our newly-designed Training Zone and get results. Sessions combine professional training techniques, state-of-the-art equipment and technology to help you target your ideal workout intensity!



### Monthly Unlimited

\$169<sup>00</sup> /MONTH

Members only

### 3-Class Pack

\$62<sup>00</sup> /GUEST

\$50<sup>00</sup> /MEMBER

### 10-Class Pack

\$180<sup>00</sup> /GUEST

\$150<sup>00</sup> /MEMBER

### 25-Class Pack

\$430<sup>00</sup> /GUEST

\$360<sup>00</sup> /MEMBER

### Drop-In

\$22<sup>00</sup> /GUEST

\$18<sup>00</sup> /MEMBER

## ✓ I A Group Training


### Start with a Group Training Package

You must have a valid package and book your session prior to attending.

Classes and instructors subject to change without notice. Packages (except for Monthly Unlimited) valid for 1 year. GST applies. Group Training uses heart rate monitoring. Compatible monitors are available for purchase or on a trial basis. Booked sessions will be automatically refunded to your package only if cancellation is made prior to class start.

### Book with our app, website or at front desk

After logging in, choose 'Classes' on the app or 'Today's Schedule' on the website. Select the 'Group Training' category and a date to find a session. An email will confirm your booking. Workout results will be emailed to you after the session.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Group Training <i>Amy</i>				Group Training <i>Ruel</i>		
7:45						Group Training <i>Ashley</i>	
9:00						Group Training <i>Ashley</i>	
9:15		Group Training <i>Alyzza</i>		Group Training <i>Howie</i>			
12:00	Group Training <i>Adrian</i>		Group Training <i>Ashley</i>		Group Training <i>Ruel</i>		
5:30		Group Training <i>Darren</i>		Group Training <i>Darren</i>			 <p><b>No Sessions:</b> May 21, August 6, September 3</p>
7:00		Group Training <i>Karson</i>		Group Training <i>Karson</i>			

## Other services for you *Plus applicable taxes ... Rates are subject to change.*

### Personal Training: 204-632-3900

#### One-on-one

1 Session	\$55
5 Sessions	\$250
10 Sessions	\$450

#### Couples

1 Session	\$85
5 Sessions	\$370
10 Sessions	\$690

### Massage Therapy:

204-632-3900 or book online

Non-member/Member Rate

#### Massage

30 Minute Treatment	\$47.25/\$42
45 Minute Treatment	\$57.50 /\$52.50
60 Minute Treatment	\$76/\$71
75 Minute Treatment	\$92.75/\$86
90 Minute Treatment	\$110/\$103

## Hours

Monday-Thursday: 5:00 am-11:00 pm

Friday: 5:00 am-9:00 pm

Saturday-Sunday: 7:00 am-7:00 pm

### Rehabilitation & Sports Injury Clinic: 204-632-3910

Appointments times are available:

Monday – Thursday: 7:30<sup>am</sup>-7:00<sup>pm</sup>

Fridays: 7:30<sup>am</sup>-4:00<sup>pm</sup>

#### Physiotherapy Services

Physiotherapy Assessment	\$72
Physiotherapy Treatment	\$59.50

#### Chiropractic Services

Chiropractic Assessment	\$72
Chiropractic Treatment	\$40
Acupuncture Treatment	\$58.50
Active Release Treatment	\$58.50

#### Athletic Therapy Services

Athletic Therapy Assessment	\$72
Athletic Therapy Treatment	\$59.50

#### Foot Care Services

Foot Care Assessment	\$67.50
Foot Care Treatment	\$50

#### Neurological Physiotherapy, Post Hip Replacement Rehab and Post Knee Replacement Knee Classes available

*Direct billing to: Manitoba Blue Cross, Manitoba  
Public Insurance, Workers Compensation Board.*

### Nutrition & Weight Loss Coaching: 204-632-3910

Book with our Registered Dietitian

1 Session	\$95
5 Session Package (5 <sup>th</sup> free)	\$295
30 Minute Follow-up	\$65

*Partly covered by most private health insurance plans.*

### Nutrigenomix Personalized Nutrition: 204-632-3910

Book with our Registered Dietitian

Includes Consultation + Testing \$499

*Partly covered by most private health insurance plans.*

### InBody Body Composition Analysis: 204-632-3900

Non-member/Member Rate

1 Session	\$50/\$25
2 Sessions (before & after pack)	\$80/\$40

### Kids' Corner:

204-632-3913 or book online

Babysitting: First Child per hour	\$3.50
Additional Children per hour	\$2.50