



Exercise Schedule

Spring/Summer 2019



thewellness
Institute

April 1 – September 1
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, please enter quietly and set up near the edge of class. 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. To maintain atmosphere for cool-downs, please be as quiet as possible.
- 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 and seat and handle bars raised to the highest position.

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 **R** Pre-register for the season  Suitable for Cardiac Rehab,* Beginner skill level, and 55+  Arthritis-friendly, low-impact classes† **B** Beginner skill level **I** Intermediate skill level **A** Advanced skill level

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

† For those with arthritis, the joints affected, the mobility you have and your fitness may affect which classes are most suitable for you.

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 **♥ B I**

New to exercise or getting back after a break? This intro class gets you into a fun low impact routine.

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.

Saturday Class: I A 85 minutes

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.

Wednesday Class: I A Newcomers are welcome but this class is more advanced.

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.



Discover More Fitness Options

Register for programs including
Bellyfit, Block Therapy,
Drums Alive, ELDOA, and
Fitter.Firmer.Faster.

Classes start mid-January!

Additional fees apply. Programs are not included with membership.

wellnessinstitute.ca/program-registration

For Pilates classes, choose Sign Up on our website and view Adult Fitness

Classes and instructors are subject to change without notice.

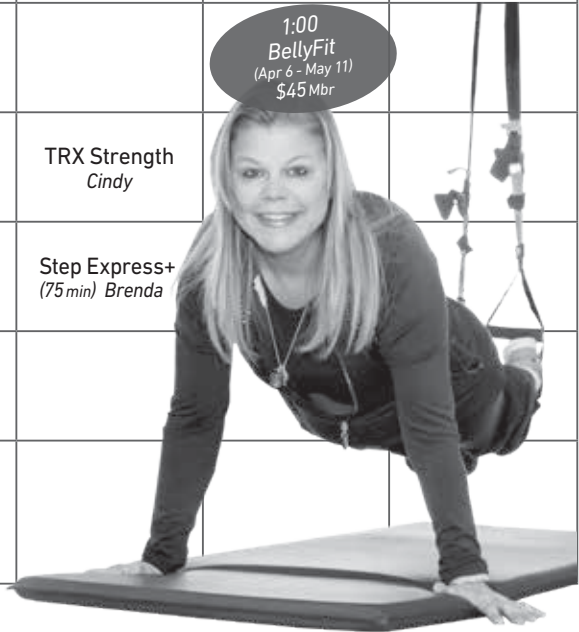
Your studio classes

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>		
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 (85min) Various	
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>Gail</i>	Strength & Stretch <i>Gail</i>	Bounce <i>Gail/Ricki</i>		
10:30						TRX/ViPR Blend <i>Wendy</i> (ends Jun 22)	Pump Fix <i>Wendy</i>

11:30		Cardio Quickie <i>Cassidy</i>		Cardio Quickie <i>Gail</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>Rina/Ricki</i>		
1:00	PACE <i>Raul</i>	Live Longer, Stronger <i>Rhonda</i> (ends Jun 18)		PACE <i>Raul</i> (Jan 10 - Mar 28)		1:00 BellyFit (Apr 6 - May 11) \$45 Mbr	
4:30	TRX/ViPR Cardio Blend <i>Christine</i>	Step Express <i>Shelly/Cheryl</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/Low) <i>Shirley</i>	TRX+ <i>Cheryl</i>	Body Bliss <i>Cheryl</i>			
7:30	Tough Enough <i>Mimi</i> (ends May 27)	Pump Fix <i>Mimi</i> (ends May 28)	H.I.I.T. <i>Edith</i> (ends May 29)	Circuit <i>Cheryl</i> (ends May 30)			

7:30
Drums Alive
(Jun 4 - 25)
\$30 Mbr



No classes: April 21, May 20, July 1, August 5, September 2 **Closed:** April 19
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 Jan 2-13; Feb 11-24; Mar 25-31 2 Jan 14-27; Feb 25-Mar 10
3 Jan 28-Feb 10; Mar 11-24**

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 16)
9:45						Quick Spin <i>Various</i> (ends Jun 15)	
10:15			All Terrain <i>Rina</i>				
12:10	1 Lactic Acid Bath 2 Strength 3 Interval <i>Rina/Shelly</i>				All Terrain <i>Shelly</i> (ends Jun 28)		
4:30	All Terrain+ <i>Caitlin</i>		Strength <i>Christine</i> (ends Jun 26)				
5:35	Interval <i>Christine/Caitlin</i>	Training Ride <i>Wendy</i> (ends Jun 25)	Lactic Acid Bath <i>Christine</i> (ends Jun 26)	Training Ride <i>Murray</i>			
6:45			1 Strength 2 Interval 3 Lactic Acid Bath/ Ride & Resist <i>Brenda</i> (ends Jun 26)				

Free Time Users:

In order to be respectful of participants and instructors, bikes may be used up to 15 minutes prior to and 15 minutes after any scheduled classes.

No classes: April 21, May 20, July 1, August 5, September 2 **Closed:** April 19
Classes and instructors are subject to change without notice.

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 75 min 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.

Flow & Align **♥ B I A**

Align the body with the use of props and fluid movement. This dynamic class will encourage deep tissue stretching, mobility and strength to help balance the body. All levels welcome.

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.

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 Flow **♥ B I A**

Flowing yoga postures likened to moving meditation. Mixed level.

Yoga for Seniors **♥ 🧘 B I**

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

Mind/Body	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30						Flow & Align <i>Antia</i> (Apr 6 - Jun 22)	
9:00	Ayana Mixed <i>Darcy</i> (Apr 1 - Jun 17)		Vinyasa Flow Continuing <i>Nicole</i> (Apr 3 - Jun 19)		Vinyasa Flow Mixed <i>Nicole</i> (Apr 5 - Jun 21)		
9:30			9:30 Pilates Mat Beginner (Apr 10 - Jun 26) \$102 Mbr			Karate Continuing 60min - East Gym (Apr 6 - Jun 8)	

10:30	Ayana Beginner <i>Darcy</i> (Apr 1 - Jun 17)		Vinyasa Flow Beginner <i>Nicole</i> (Apr 3 - Jun 19)	Hatha (Yin) Mixed <i>Kirti Kaur</i> (Apr 4 - Jun 6)	Vinyasa Flow Beginner <i>Nicole</i> (Apr 5 - Jun 21)	
12:00			Yoga for Seniors <i>Rhonda - 60min</i> (Apr 3 - Jun 19)			
12:05		Yoga Flow <i>Katja - 50min</i> (Apr 2 - Jun 18)	Try Body Bliss <i>in our Fitness Studio Now</i>			
1:00				1:00-2:00 Rehab Restorative Program <i>(Clinic Use)</i>	Yoga for Seniors <i>Rhonda - 60min</i> (Apr 5 - Jun 21)	
5:15	Ayana Beginner <i>Darcy</i> (Apr 1 - Jun 17)	6:00 ELDOA <i>(Apr 9 - May 28)</i> \$104 Mbr	Hatha (Yin) Mixed <i>Kirti Kaur</i> (Apr 3 - Jun 5)	Astanga Continuing <i>Philip</i> (Apr 4 - Jun 20)		
6:45	Ayana Continuing <i>Darcy</i> (Apr 1 - Jun 17)			Try Body Bliss <i>in our Fitness Studio at 6:30</i>		
7:00		Karate Beginner <i>60min - Rm 4</i> (Apr 2 - Jun 4)		6:45 Pilates Mat Myofascial Mixed <i>(Apr 11 - Jun 20)</i> \$94 Mbr		
7:15		Hatha Beginner <i>Katja</i> (Apr 2 - Jun 18)		7:00 Block Therapy <i>(Apr 18 - May 2)</i> \$35 Mbr		

Add the Benefits of Pilates to your Practice

Mat classes offer full body **toning** and **flexibility**, **core training** and **stabilization**. Reformer equipment can add resistance for an added challenge or provide support as you safely build strength and mobility.

Registration required. Full class options at our website.

No classes: April 21, May 20, July 1 **Closed:** April 19 **Summer yoga starts:** July 2 (schedule on the following page)
Classes and instructors are subject to change without notice.

Your summer yoga classes

Summer schedule starts **July 2**. 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**

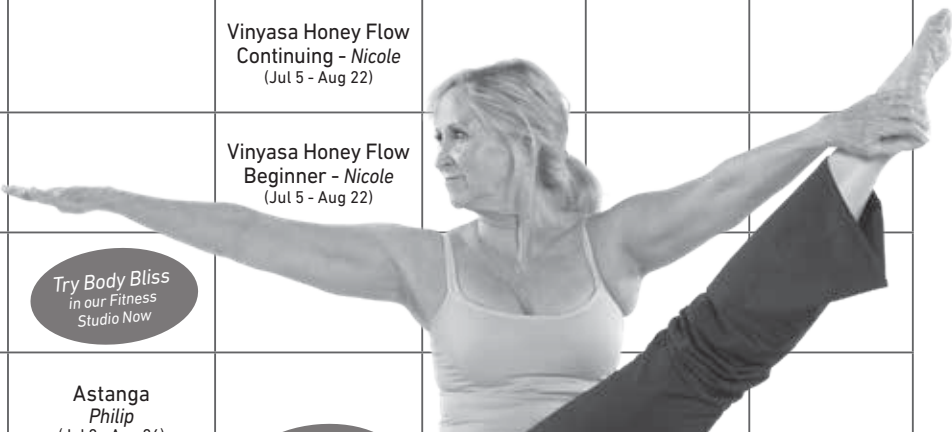
Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00		Vinyasa Continuing <i>Katja</i> (Jul 2 - Aug 27)		Vinyasa Honey Flow Continuing - <i>Nicole</i> (Jul 5 - Aug 22)			
10:30		Vinyasa Beginner <i>Katja</i> (Jul 2 - Aug 27)		Vinyasa Honey Flow Beginner - <i>Nicole</i> (Jul 5 - Aug 22)			
12:05		Vinyasa Flow <i>Katja</i> - 50min (Jul 2 - Aug 27)	Try Body Bliss in our Fitness Studio Now				
5:45	Hatha Mixed <i>Philip</i> (Jul 8 - Aug 26)		Astanga <i>Philip</i> (Jul 8 - Aug 26)				

Try Body Bliss
in our Fitness
Studio at 6:30

No summer classes:

July 1, August 5, September 2

Most classes require mat work on the floor. Classes are 75 min 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
AM Free Time	5:00am–6:00am	5:00am–6:00am	5:00am–6:00am	5:00am–6:00am	5:00am–6:00am		
	7:00am–8:00am	7:00am–8:15am	7:00am–8:00am	7:00am–8:15am	7:00am–8:15am	7:00am–8:20am	7:00am–8:15am
	9:00am–9:15am	9:00am–9:15am	9:00am–9:15am	10:00am–10:30am	9:00am–9:15am	10:15am–12:00pm	9:15am–9:25am
	10:00am–10:15am	10:00am–10:30am	10:00am–10:15am	11:15am–11:30am	10:00am–10:15am		
		11:15am–11:30am					
PM Free Time	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	1:00pm–6:45pm	12:45pm–6:45pm
	3:00pm–5:00pm	2:00pm–5:15pm	3:00pm–5:30pm	1:00pm–4:45pm	3:00pm–5:00pm		
	5:45pm–6:00pm	7:45pm–10:45pm	6:15pm–6:30pm	7:05pm–10:45pm	7:45pm–8:45pm		
	6:45pm–10:45pm		7:15pm–10:45pm				
						Special Closures: Camp Use: Monday-Friday, Jul 2 - Aug 30, 3:00-4:00pm	

Your aqua classes

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

Arthritis **B I**

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

Tabata **I A**

Tabata uses 8 rounds of a 4-minute cycle that alternates 20 sec of all-out effort with 10 sec of recovery. Includes other forms of intervals and is designed to challenge experience aqua participants with speed, strength and jumping exercises. Lots of splashing! Try 4x4 for more intervals!

Flex **B I**

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

Interval **B I**

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

50/50 **B I A**

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

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

Aqua	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	Interval Michelle	Tabata Michelle	Interval Bahia	Tabata 4x4 Raul	Interval Raul		
8:15	Interval Raul	Interval Michelle	Interval Raul	Flex Raul	Interval Ricki		
8:30						Tabata Michelle/Ricki	
9:15	Flex Raul	Interval Shelly	Flex Raul	Interval Raul	Flex Ricki		
9:30						Interval Michelle/Ricki	Interval Ricki
10:15	Interval Shelly		Interval Raul		Interval Rhonda/Casie		
10:30		Tabata Shelly		Interval Raul			Interval Ricki
11:05	Interval Ricki		Flex Raul		50/50 Rhonda/Casie		

11:30		Interval <i>Shelly</i>		Flex <i>Raul</i>			11:30 Wee Swim (Apr 7 - Jun 23) \$70
12:00	Interval <i>Raul</i>		Interval <i>Raul</i>		50/50 <i>Rhonda/Casie</i>	12:00 Wee Swim (Apr 6 - Jun 15) \$70	12:00 Wee Swim (Apr 7 - Jun 23) \$70
12:15		Arthritis <i>Raul</i>		Arthritis <i>Raul</i>		12:30 Wee Swim (Apr 6 - Jun 15) \$70	
1:15	Pool Closed 1:00pm-2:00pm	Interval <i>Raul</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>		
5:00	Interval <i>Raul</i>			4:50 Wee Swim (Apr 11 - Jun 13) \$70			
5:30		Interval <i>Bahia</i>	Interval <i>Cassidy</i>	Tabata <i>Michelle</i>	5:30 Gym & Swim (Apr 5 - Jun 14) \$90		
6:00	Interval <i>Raul</i>						
6:15		Interval <i>Bahia</i>		Tabata 4x4 <i>Michelle</i>			
6:30			Interval <i>Cassidy</i>		6:45 Gym & Swim (Apr 5 - Jun 14) \$90		
7:00		Interval <i>Bahia</i> (ends Jun 25)					



Special Closures:
Camp Use: Monday-Friday,
Jul 2 - Aug 30, 3:00-4:00pm

No classes: April 21, May 20, July 1, August 5, September 2 **Closed:** April 19
See prior page for free pool times (not all spaces above reflect open times). Classes and instructors are subject to change without notice.

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/.

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						CLOSED (See Facility Hours on Back Cover)	
5:30							
6:00			Group Training		Group Training		
6:30							
7:00							
7:30						FFF Team D 7:30-9:00am (Apr 20 - Jun 22)	
8:00							
8:30						Group Training 7:45-10:00am (Apr 6 - Jun 29)	
9:00	<i>Stretch Break</i>		<i>Stretch Break</i>		<i>Stretch Break</i>		
9:30		Group Training		Group Training		Adult Karate East Gym; 9:30-10:30am (Apr 6 - Jun 8)	
10:00	<i>Strength & Stretch</i>	<i>Strength & Stretch</i>	<i>Strength & Stretch</i>	<i>Strength & Stretch</i>	<i>Strength & Stretch</i>		
10:30						Youth Karate (Apr 6 - Jun 8)	
11:00	<i>Stretch Break</i>	<i>Stretch Break</i>	<i>Stretch Break</i>	<i>Stretch Break</i>	<i>Stretch Break</i>		

11:30						Kids Karate (Apr 6 - Jun 8)
12:00	Group Training		Group Training		Group Training	
12:30						
1:00	Stretch Break	Stretch Break	Mini Soccer (Apr 10 - Jun 6)	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						
5:30		Group Training		Group Training	Gym & Swim (Apr 5 - Jun 14)	
6:00	Group Training (Apr 1, Apr 8, Jun 24 - Aug 26)					FFF Team B (Apr 17 - Jun 19)
6:30						
7:00		Group Training		Group Training		
7:30	FFF Team A (Apr 15 - Jun 17)				FFF Team C (Apr 17 - Jun 19)	
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



Special Closures:
Camp Use: Jul 2 - Aug 30,
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 our certified Trainers and get results.

Burn calories even after the workout ends. We combine professional training techniques and equipment with heart-rate monitoring so you get the most out of every session!



Monthly Unlimited

\$169⁰⁰ /MONTH

Members only

3-Class Pack

\$62⁰⁰ /GUEST

\$50⁰⁰ /MEMBER

10-Class Pack

\$180⁰⁰ /GUEST

\$150⁰⁰ /MEMBER

25-Class Pack

\$430⁰⁰ /GUEST

\$360⁰⁰ /MEMBER

Drop-In

\$22⁰⁰ /GUEST

\$18⁰⁰ /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 are subject to change without notice. Packs (except Monthly Unlimited) are valid for 1 year. GST applies. Compatible heart-rate monitors are available for purchase or on a trial basis.

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>Alyzza/Jeremy</i> (ends Jun 29)	
9:00						Group Training <i>Alyzza/Jeremy</i> (ends Jun 29)	
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>No Sessions: April 21, May 20, July 1, August 5, September 2</p> <p>Closed: April 19</p>
6:00	Group Training <i>Jeremy</i> (Apr 1, Apr 8, Jun 24-Aug 26)						
7:00		Group Training <i>Karson</i>		Group Training <i>Karson</i>			

Classes and instructors are subject to change without notice.

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

Personal Training:

204-632-3900

Intro to Personal Training

30 min Consultation & Session \$75

Continuing Training Packages

30 min/60 min Sessions

3 Sessions \$99/\$165

5 Sessions (with pre & post InBody) \$160/\$260

10 Sessions (with pre & post InBody) \$300/\$480

Single session rate available for returning clients.

1-month Exercise Program option, \$50 with any package.

Massage Therapy:

204-632-3900 or book online

Non-member/Member Rate

30 min Treatment \$49/\$44.50

45 min Treatment \$61/\$55.50

60 min Treatment \$78.50/\$74.50

75 min Treatment \$95/\$90

90 min Treatment \$113.50/\$108

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: 7:30am-7:00pm

Fridays: 7:30am-4:00pm

Physiotherapy Services

Physiotherapy Assessment \$75

Physiotherapy Treatment \$60

Acupuncture Treatment \$78

Chiropractic Services

Chiropractic Assessment \$75

Chiropractic Treatment* \$45

Acupuncture Treatment* \$68

Athletic Therapy Services

Athletic Therapy Assessment \$75

Athletic Therapy Treatment \$60

Foot Care Services

Foot Care Assessment \$68

Foot Care Treatment \$50

Psychology, Neurological Physiotherapy, Post Hip Replacement Rehab and Post Knee Replacement Classes are also available

*Direct billing to: Manitoba Blue Cross, Manitoba Public Insurance, Workers Compensation Board. *First seven chiropractic treatments are offered at a subsidized rate.*

Nutrition Coaching:

204-632-3910 to book with Registered Dietitian

Coaching

60 min Session \$99

5-Pack (5 sessions + check-ins) \$495

Meal Planning Services

Package A \$185

Includes coaching session + 5-7 day meal plan + 3-month online meal planning platform subscription

Package B \$325

Add support to Package A with three 5-7 day meal plans + monthly check-ins + a follow-up coaching session

Nutrigenomix Personalized Nutrition

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 \$55/\$30

2 Sessions (before & after pack) \$90/\$50

Kids' Corner Babysitting:

204-632-3913 or book online

First Child per hour \$4

Additional Children per hour \$3