Exercise Schedule
With Enhanced Member Safety Protocols

June 15 - August 31
Member & Drop-in Weekly Classes
Exercise Schedule classes are free to members:

The following general guidelines remain in effect. Check the legend to find the right fit.

Group exercise guidelines

1. Participants are expected to follow our House Rules for Health (see back page). For complete House Rules and our Enhanced Safety Strategy, visit https://wellnessinstitute.ca/safety-strategy/.

2. Please wipe all props and equipment before and after use. Return all props and equipment to the appropriate places after use.

3. All classes require advanced sign-up online, by phone, or in person. Sign-up opens 7 days prior to the class start. Deadline for sign-up is 15 minutes prior to the class start. Enrolling in back-to-back classes is discouraged.

4. If you are unable to attend a class you have enrolled in, please cancel your enrollment online, by phone, or in person as soon as possible.

5. If you are new to exercise, pregnant, have back problems or any limitations, please let the instructor know before class.

6. Please follow the 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.

7. If you plan to leave a class early, please inform the instructor. To maintain atmosphere for cool-downs, please be as quiet as possible.

8. For your safety, no chewing gum, food or drinks (other than water) are allowed in classes or in the pool area.

9. We encourage you to bring a water bottle to classes. No glass please.

10. Please be respectful towards instructors and fellow participants.

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:

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 5 minutes early to get set up and wipe down your bike. After class, bikes must be wiped down and seat and handle bars raised to the highest position.

For aqua (therapy pool) classes:

1. Please shower before entering the pool. Bathing suits are required and water shoes recommended.

2. From time to time the pool will be closed for repairs or special programs. Check at the Front Desk for closure details and check our pool email group.

3. Non-members are not permitted to join pool classes.

Advance Booking

Visit our website at wellnessinstitute.ca and click Log In in the top menu bar, call 204-632-3900, or visit our front desk.

If you have not received your log in credentials, contact us by email at info@wellnessinstitute.ca, by phone at 204-632-3900, or visit our front desk.

To preview the class schedule on our website, click Today’s Schedule in the top menu bar.

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

Arthritis-friendly, low-impact classes†

Beginner skill level

Intermediate skill level

Advanced skill level

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

† 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.

For non-member guests 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. All classes require advance sign up. No pool use.
Your studio classes

Unless noted, classes are 45 minutes.

Body Blend B I A
Start your day off on the right foot, leaving energized and strong. This invigorating, flowing fusion of Yoga, Stott Pilates and fitness focuses on strength, core, flexibility, balance, mobility and relaxation.

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 interested in looking and feeling strong!

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!

H.I.I.T. I A
This class focuses on High Intensity Interval Training!

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

Interval I A
Get it all in one workout. Heart pounding cardio plus strength! May include BOSU, step, and/or weights. Perfect for those short on time but high on energy.

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!

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, Interval Bootcamp, Latin Mania, Cardio Party and more.

Saturday Class: I A

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

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.

Triumph Challenge I A
Take on the challenge of the week and gain triumphant returns in physical and mental health. May include: HIIT, plyometrics, agility, martial arts and a variety of resistance equipment, all to motivating music.

TRX+ B I A
Class features the TRX Suspension Training System ... plus other equipment to keep it fresh!

Wednesday Class: I A

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

Return to class safely

Help us keep our spaces safe by maintaining 6 feet of distance from others during your exercise and activities in the facility. Follow our House Rules for Health. Check the guidelines under each schedule for specific details. And please be patient with changes. We are in this together and need your help to support a safe environment.

Fitness classes will have limited capacity based on room size. To prevent crowding, a reservation system is in place. When signing up in advance online, by phone, or in person, please be considerate of the limited spots available to members. Sign-up only for classes you plan to attend, don’t book back-to-back classes, and cancel as soon as possible if you are unable to attend so others may use the spot. Don’t attend if you are sick.

Water fountains and bottle refill stations are closed (by public health orders). We encourage you to bring your own water to class (no glass bottles). Bottled water is available by contactless purchase at the front desk.

We encourage members to shower at home. However, members must shower before entering the pool.

We are prepared with a 5-Point Safety Strategy focused on:

Taking Cleanliness to the Next Level
Maintaining Safe Spaces
Protecting Health
Entrance Screening
House Rules for Health

See Studio Schedule on next page for class times.
# Your studio classes

See class descriptions on prior page.

<table>
<thead>
<tr>
<th>Studio</th>
<th>Monday</th>
<th>Tuesday</th>
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</table>
| 6:00   | Interval Bootcamp  
         Rina | Body Flex  
         Wendy | TRX Strength  
         Rina |          |        |          |        |
| 8:00   | TRX Strength  
         Cindy | Pump Fix  
         Shelly | Body Blend  
         Lori | Interval  
         Rina |        |          |        |
| 9:00   | Cardio Combo Challenge  
         Shelly | Body Flex  
         Ricki | Triumph Challenge  
         Shelly | Power Fusion  
         Ricki | H.I.T.  
         Kat | Spice It Up  
         (55 min) Various | Pump Fix  
         (55 min) Wendy |
| 10:15  | Prime Time Cardio  
         Cindy | Posture Perfect  
         Ricki | Prime Time Cardio  
         Gail | Strength & Stretch  
         Gail |        |          |        |
| 11:15  |          |          |          |          | Cardio Quickie  
         (30 min) Gail |        |        |
| 12:05  | Spice it Up  
         Brenda | Power Fusion  
         Brenda | Body Bliss  
         Cheryl | Body Flex  
         Kat | TRX Strength  
         Kat/Ricki |        |        |
| 1:00   | PACE  
         Raul |          |          |          | PACE  
         Raul |        |        |
| 4:30   | Triumph Challenge  
         Shelly | Step Express  
         Various | Pump Fix  
         Cindy | Cardio Fusion  
         (55 min) Brenda |        |          |        |
| 5:30   | Step Express  
         (55 min) Brenda | Body Flex  
         (55 min) Cheryl | Spice It Up  
         Brenda | Step Express  
         (55 min) Brenda |        |          |        |

As part of our 5-Point Safety Strategy:

- Our physically distanced capacity is 14 for studio classes not using TRX. Capacity for TRX classes is 9.
- Participants must sign up online, by phone, or in person in advance to attend.
- Please enter the fitness studio no earlier 5 mins before class starts. If you arrive earlier, follow the social distancing markers on the floor to line up outside of the studio.
- Enter through our regular doors but will exit through the north–side front doors near the bosus.
- When getting equipment, wipe down the equipment before you pick it up and after you return it to its spot.
- When returning equipment to the storage room, maintain proper distancing (6 ft).

All participants must be screened prior to entering the facility to attend class. If the facility capacity is approached, a line will be formed outside the building. Enrolled class participants may have to wait in line. Entry prior to class start is not guaranteed.

No classes: July 1, August 3
Classes and instructors are subject to change without notice.
Some Class Formats Rotate. Check Rotation Dates to Find Today’s Cycling Class Format

<table>
<thead>
<tr>
<th>Cycle</th>
<th>Monday</th>
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<td>1 Strength</td>
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<td>3 All Terrain</td>
<td>2 Lactic Acid Bath</td>
<td>3 Strength</td>
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<td>2 Interval</td>
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<td>3 All Terrain</td>
<td>3 Lactic Acid Bath</td>
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<tr>
<td>8:30</td>
<td>Quick Spin</td>
<td>Quick Spin</td>
<td>Training Ride</td>
<td>Training Ride</td>
<td>Training Ride</td>
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<td></td>
<td>Rina</td>
<td>Lori</td>
<td>Various</td>
<td>Various</td>
<td>Various</td>
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<tr>
<td>12:10</td>
<td>1 Lactic Acid Bath</td>
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<td>All Terrain</td>
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</table>

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**
Experience a ride that takes you on a journey though rolling hills, heart pounding climbs and exhilarating flats.

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

**Lactic Acid Bath**
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**
Join this 30-minute class for a short, fast, high energy workout.

**Strength**
Build power with this hill-climbing workout.

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

**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).

As part of our 5-Point Safety Strategy:
- Our physically distanced capacity is 16.
- Cycling class now takes place on the gym floor.
- Participants must sign up online, by phone, or in person in advance to attend.
- Participants must wipe down the bikes prior to moving them onto designated spots on the floor and after the class ends. If using a Wellness Listen Technology transmitter, you must wipe it down before and after class.
- If you need assistance moving the bike, please ask an instructor or Wellness Consultant. Once the bike is in place, you are required to wipe the bike down again.
- No loaner headphones are available – make sure you bring your own.

All participants must be screened prior to entering the facility to attend class. If the facility capacity is approached, a line will be formed outside the building. Enrolled class participants may have to wait in line. Entry prior to class start is not guaranteed.

**No classes:** July 1, August 3
Classes and instructors are subject to change without notice.
Your yoga classes
Classes require mat work on the floor and are 75 min unless noted.

Hatha Yoga ♥ B I A
Poses combine with breath work and end in relaxation to promote inner and outer balance and flexibility.

Slow Flow ♥ B I A
A slow, but fluid class with functional, easy, accessible sequences that allow time to mindfully explore breath and movement. Mixed levels.

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

Yin Yoga ♥ B I A
Slow, stretchy, soothing yoga. Come to this practice to unwind and release tension... physical, mental or emotional. Cultivate relaxation and learn to self-soothe through asana, meditation and conscious breath work.

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<th>Studio</th>
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<tr>
<td>9:00</td>
<td></td>
<td>Hatha Mixed</td>
<td>Vinyasa Flow</td>
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<td></td>
<td></td>
<td>Katja</td>
<td>Continuing Nicole</td>
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<td>10:30</td>
<td></td>
<td>Slow Flow Mixed</td>
<td>Yin Yoga Beginner</td>
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<td></td>
<td></td>
<td>Katja</td>
<td>Nicole</td>
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<td>5:30</td>
<td>Hatha Mixed</td>
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<td>Susan</td>
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As part of our 5-Point Safety Strategy:
- Our physically distanced capacity is 10. There are markers on the floor to show mat spacing.
- Participants must sign up online, by phone, or in person in advance to attend.
- Please enter the yoga studio no earlier than 5 mins before class starts. If you arrive earlier, follow the social distancing markers on the floor to line up outside of the yoga room.
- At the end of class members are asked to maintain social distancing when exiting the room.
- No equipment, including mats, is available. Participants must bring their own mats.
- Participants are welcome to bring their own props (bolsters, straps, blocks, or blankets), though none are required to participate in class.

All participants must be screened prior to entering the facility to attend class. If the facility capacity is approached, a line will be formed outside the building. Enrolled class participants may have to wait in line. Entry prior to class start is not guaranteed.

No classes: July 1, August 3
Classes and instructors are subject to change without notice.
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.

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

<table>
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<tr>
<th>Aqua</th>
<th>Monday</th>
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<tbody>
<tr>
<td>6:15</td>
<td>Interval Shelly</td>
<td>Tabata Shelly</td>
<td>Interval Andrea</td>
<td></td>
<td>Interval Raul</td>
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<tr>
<td>8:15</td>
<td>Interval Raul</td>
<td>Flex Colleen</td>
<td>Interval Raul</td>
<td>Flex Raul</td>
<td>Interval Ricki</td>
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<td>8:30</td>
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<td>Interval Ricki</td>
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<tr>
<td>9:15</td>
<td>Flex Raul</td>
<td>Interval Colleen</td>
<td>Flex Raul</td>
<td>Interval Raul</td>
<td>Flex Ricki</td>
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<td>Interval Ricki</td>
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<td>11:05</td>
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<td>50/50 Colleen</td>
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<td>Interval Raul</td>
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<td>50/50 Colleen</td>
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<td>Interval Raul</td>
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<td>Pool Closed 1:00pm-2:00pm</td>
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<td>6:00</td>
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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!

Flex B I
Use the resistance of the water for a 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.

As part of our 5-Point Safety Strategy:

- Our physically distanced capacity is 6, for both classes and free time.
- Participants must sign up online, by phone, or in person in advance to attend.
- Please shower before entering the pool.
- No equipment will be used in classes.

All participants must be screened prior to entering the facility to attend class. If the facility capacity is approached, a line will be formed outside the building. Enrolled class participants may have to wait in line. Entry prior to class start is not guaranteed.

No classes: July 1, August 3
Classes and instructors are subject to change without notice.
House Rules for Health

All Wellness Institute members and guests are expected to do their part to promote a safe environment by following these simple safety guidelines.

- Do not visit if you are sick. You won’t be charged a cancellation fee for appointments or classes that you miss due to illness.
- Wipe down equipment before and after use. When using lockers, wipe down locks/keys before and after use.
- All members and guests must participate in a screening prior to entering the facility.
- Sanitize your hands before entering the facility. Wash and sanitize your hands regularly throughout your visit.
- Respect and practice Social Distancing within the facility. Keep 6 feet of space between you and others.
- Refrain from high fives, handshakes and other personal contact.
- Cough or sneeze into your sleeve.
- Be patient and respectful; this is a new and challenging environment for everyone.

Questions? Speak to our staff during your visit, or share your thoughts or concerns by email at info@wellnessinstitute.ca.