

SPRING 2025

positively healthy

SPRING 2025
WELLNESS INSTITUTE
PROGRAM GUIDE
INSIDE!
➔



Spring forward to a healthier you!



SEVEN OAKS
GENERAL HOSPITAL

thewellness
Institute



Chronic Disease
Innovation Centre



SOGH
FOUNDATION

Spring 2025 Program Guide

We are excited to bring you some new classes, events, and our annual spring favourites. Many of our programs and services are open to everyone. If you're looking for more, you may consider a membership at the Wellness Institute, which gives you full access to all the perks and additional services.

We're happy to help you on your Wellness journey.

Program Registration – Opens Thursday, March 13, 2025

- Registration is required for all programs.
- Register online [HERE](#). If you have never used our online services, contact us at 204-632-3900 for temporary log-in details.
- In-Person at the Wellness Institute, 1075 Leila Avenue, WPG, MB.
- Call 204-632-3900.
- All program fees are subject to G.S.T. except children's programs. Register early to avoid cancelling classes if minimum numbers are not met. All program refunds are subject to a \$25 administration fee. Refunds will only be issued up to one week before the commencement of a program.

A Wellness Institute Membership: An Investment in Health

The Wellness Institute is a world-class certified medical fitness facility designed to help you develop and maintain a healthy lifestyle. **Become a member today.**

A Wellness Institute membership includes:

- Over 100 group fitness classes per week, including Spin, Yoga, Studio, & Aqua
- Warm water therapy pool
- Annual consultation with an exercise professional
- The medical fitness difference: degreed/certified staff
- Full-sized gym floor for volleyball, basketball, pickleball, badminton, etc.
- State-of-the-art cardio & resistance training equipment
- Deluxe locker rooms with a whirlpool and steam room
- Indoor cushioned track

Hours of Operation:

Mon - Thu: 5:00 a.m. - 11:00 p.m.

Fri: 5:00 a.m. - 9:00 p.m.

Sat & Sun: 7:00 a.m. - 7:00 p.m.

Phone: (204)-632-3900

Email: info@wellnessinstitute.ca

Virtual tour or drop-in; we'll happily show you around.





Adult Fitness Programs

Pickleball 101

Curious about pickleball? Join our *Pickleball 101* session, designed for beginners looking to learn the basics of this fast-growing, fun sport. In this introductory class, you'll cover fundamental techniques, rules, and strategies to get you confidently rallying on the court. Perfect for all fitness levels, our skilled instructors will guide you through practice drills and mini-games, ensuring you're ready for match play in no time. Paddle up, meet new friends, and discover why everyone's talking about pickleball!

Day	Date	Time
MON	Ongoing	3:00 - 3:45 p.m.
TUE	Ongoing	6:45 - 7:30 p.m.
FRI	Ongoing	9:30 - 10:15 a.m.

Cost: FREE member/\$20 drop-in fee non-member

Advanced Pickleball Workshop (1.5 hrs.)

Take your pickleball game to the next level. It is designed for seasoned players ready to sharpen their skills, focusing on cover shot selection, court positioning, and strategies for singles and doubles. You'll learn how to read your opponents, control the pace of play, and master high-level shots like spins, lobs, and dinks. We will finish off with some friendly matches, putting your new skills into practice in a fun, competitive setting.

Day	Date	Time
THU	Apr. 10	8:00 - 9:00 p.m.
THU	May 8	8:00 - 9:00 p.m.
THU	Jun. 12	8:00 - 9:00 p.m.

Cost: FREE member/\$20 drop-in fee non-member

Walking Club

Our walking club, led by an experienced Wellness Consultant, offers a fun social environment to connect with others. Stay fit and meet new people—perfect for all fitness levels!

Day	Date	Time
FRI	Ongoing	2:45 p.m.

Cost: FREE member/drop-in fee non-member

Location: Meet at the Track Desk

Commit to Be Fit

Whether starting a new fitness regime or a seasoned member needing renewed motivation, Commit to Be Fit empowers you to unlock your full potential and embrace a healthier, more fulfilling lifestyle. Learn strategies to set realistic goals, overcome barriers, and stay committed to your fitness regime.

Day	Date	Time
THU	Apr. 24	6:45 - 7:45 p.m.
THU	May 22	1:30 - 2:30 p.m.

Cost: FREE

Latin Dancing for Adults – Beginner

Learn to dance with Jedi. This beginner dance class is for people with little or no dance experience. Get ready to learn salsa and bachata techniques and timing. This class is a great way to stay active and connect with others, whether you're participating as a group or on your own. Please wear smooth-soled shoes (no high heels).

Day	Date	Time
MON	Apr. 7 - Jun. 30 (no class on May 19)	8:00 - 9:00 p.m.

Cost: FREE members/drop-in fee non-member

NEW

Line Dancing for Fun and Fitness

Get moving with basic line dancing footwork set to timeless pop, country, and rock hits spanning the 40s through the 80s, offering a fun and energizing cardiovascular workout. Improve coordination, agility, flexibility, and self-confidence while you dance your heart away to the upbeat, motivating, fun music you grew up with. Learn dances composed of various combinations of steps performed in different formations.

Day	Date	Time
WED	Apr. 2 - May 21	3:00 - 4:00 p.m.

Cost: FREE member/drop-in fee non-member

NEW

Drum Dance

Improve your memory, balance, focus, coordination and agility through gentle dance aerobics drumming on a stability ball to hits from the 50s, 60s, 70s, and 80s.

Day	Date	Time
WED	Apr. 2 - May 21	1:00 - 2:00 p.m.

Cost: FREE member/drop-in fee non-member

Take your Workout to the Next Level with our Personalized Services

Personal Training – Great for getting some extra individual assistance and motivation.

[Learn More](#)

Small Group Training – Get expert guidance on training and the motivational camaraderie of a small group. [Learn More](#)





Mind-Body

Suspended in Sound

Experience the gentle fusion of an immersive sound bath and weightless relaxation. During this sound bath experience, you'll be suspended in our aerial hammocks and guided to relax and release stress and tension deeply. No experience is necessary; float through the evening, unwind and let the gentle resonance of the crystal singing bowls support your well-being in this unique aerial sound sanctuary.

Day	Date	Time
WED	Apr. 9	6:45 - 7:45 p.m. OR 8:00 - 9:00 p.m.
WED	Apr. 23	6:45 - 7:45 p.m. OR 8:00 - 9:00 p.m.

Cost: \$35

QiGong

During the 6-week program, you will be led through gentle movements, breath work and meditation; you'll cultivate energy, balance, and inner peace. Perfect for all levels. Explore the ancient art of Qigong and unlock its profound benefits for mind, body and spirit.

Day	Date	Time
TUE	Apr. 22 – May 27 (level 1)	2:00 - 3:00 p.m.

Cost: FREE member/\$72 non-member

Tai Chi Easy

This program will help reduce stress and anxiety, alleviate pain, improve mood and sleep, and enhance balance and stamina.

Day	Date	Time
THU	Apr. 24 – May 29	2:00 - 3:00 p.m.

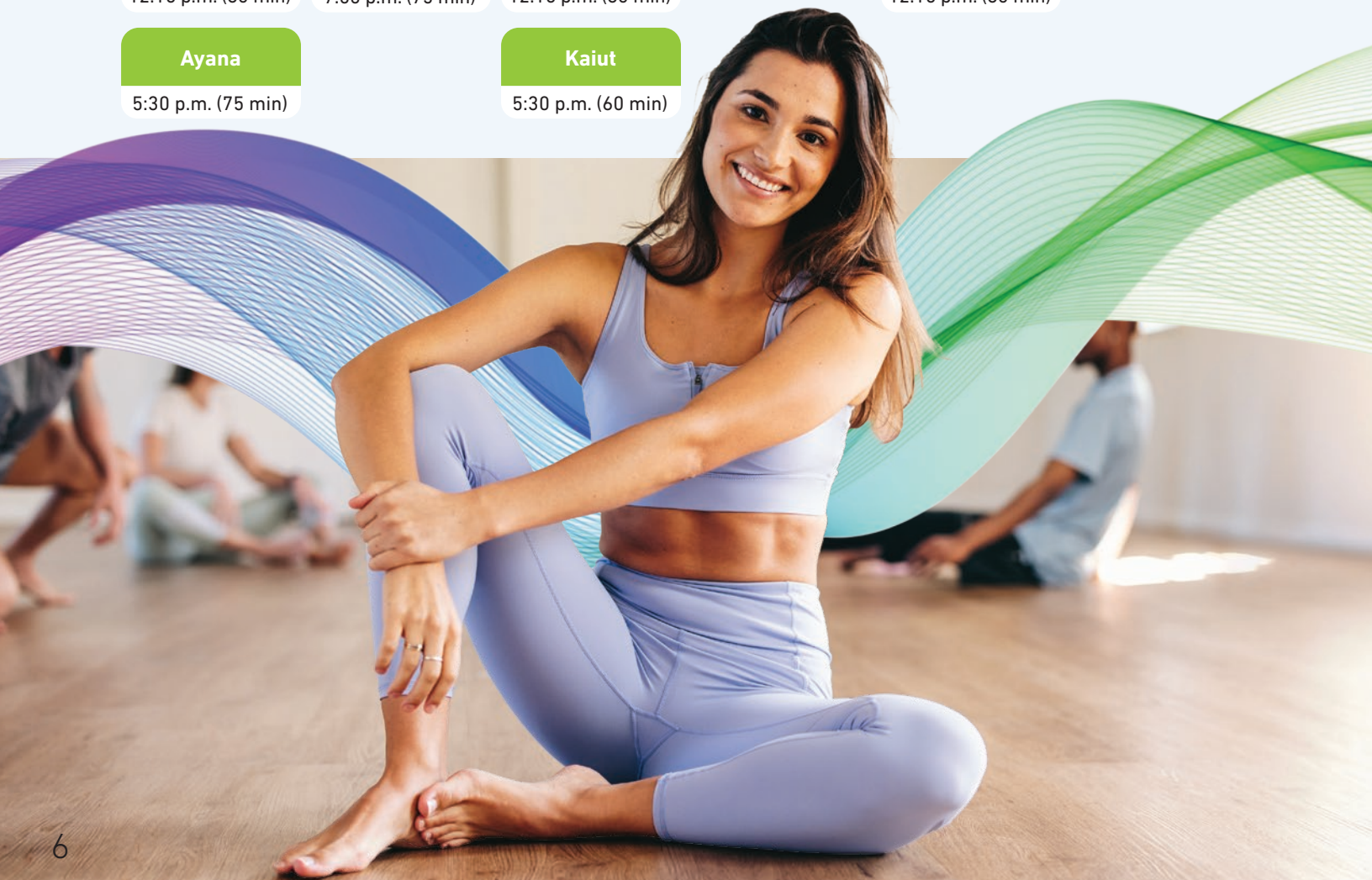
Cost: FREE member/\$72 non-member

Yoga

Free for Wellness members, \$20 drop-in for non-members. Registration is required for all yoga classes. You can sign up 24 hours in advance. Find the most up-to-date weekly class details at [HERE](#).

Yoga Class Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flow Rise & Shine 9:00 a.m. (75 min)	Kaiut 9:00 a.m. (60 min)	Morning Flow 9:00 a.m. (75 min)	Hatha 12:05 p.m. (50 min)	Morning Flow 9:00 a.m. (75 min)	Ayana 9:30 a.m. (75 min)
Gentle Stretch & Relax 10:30 a.m. (75 min)	Vinyasa Flow 12:05 p.m. (50 min)	Yin Restorative 10:30 a.m. (75 min)	Athletic 7:00 p.m. (60 min)	Yin Restorative 10:30 a.m. (75 min)	
Gentle Chair 12:15 p.m. (60 min)	Rest. Moonlight 7:00 p.m. (75 min)	Gentle Chair 12:15 p.m. (60 min)		Gentle Chair 12:15 p.m. (60 min)	
Ayana 5:30 p.m. (75 min)		Kaiut 5:30 p.m. (60 min)			



Flow Rise and Shine

All levels. A melodic meditation with motions designed to cultivate a connection between the breath and body movement.

Gentle Stretch and Relax

Join us for a relaxing yoga class for all levels. Enjoy gentle floor-based postures, myofascial release, meditation, and breath awareness. Yoga props and mats are provided for your convenience.

Gentle Chair

Moving gently through meditative poses and using a chair allows the yoga practice to be accessible, low-impact, and supportive. This practice is beneficial for older adults, as well as those with limited mobility or recovering from an injury.

Ayana

Build strength, mobility and stability.

Kaiut

The Kaiut Yoga Method is a practice for everyone, regardless of flexibility, strength, age, or experience. It uses simple poses to address injuries, chronic pain, and stiffness while helping with stress management. Focusing on the joints instead of muscle stretching promotes freedom of movement and restores natural alignment.

Vinyasa Flow

Flow through a melodic meditation with motions designed to cultivate a connection between the breath and body movement.

Restorative Moonlight

Relax and rejuvenate with this gentle Hatha Yoga class. Focused on floor and wall poses, it's designed for anyone seeking stillness and deeper relaxation through guided breathing exercises. Beginner-friendly participants should be comfortable on their hands and knees, sitting on the floor, and lying on their backs for longer periods.

Morning Flow

The focus will be on fundamentals and breathwork. Engaging the physical body helps release tension and create space, balancing effort and surrender. We will practice slowly with static postures, providing various options for each pose to support your practice.

Yin Restorative

This gentle yet powerful therapeutic practice soothes the nervous system, boosts immune function, and replenishes energy. It combines Yin and restorative yoga postures with breathing and meditation techniques for all ability levels. Yoga props and modifications are available, but participants must be able to practice on a yoga mat, as postures are done close to the floor.

Athletic

Combining functional movement, yoga conditioning for strength, anti-inflammatory Yin Yoga for tissue health, and Restorative Yoga for recovery. You'll also practice breathwork and meditation tailored for active individuals, aiming to enhance your overall athletic performance for your next run, game, or competition.

Hatha

Concentrate on the fundamentals and breathwork. Engaging the body can release tension and create space for relaxation. Balance effort with surrender, and use breath to calm the mind, aligning both body and mind. This practice will focus on static postures, offering options for support.

Studio Classes

Free for Wellness members, \$20 drop-in for non-members. Find the most up-to-date weekly class details at [HERE](#).

Studio Class Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boot Camp 6:00 a.m. (55 min)	Barbell Flex 9:00 a.m. (55 min)	Boot Camp 6:00 a.m. (55 min)	TRX Fit 6:00 a.m. (55 min)	Boot Camp 6:00 a.m. (55 min)	Body Blend 8:00 a.m. (45 min)
Body Blend 8:00 a.m. (55 min)	Posture Perfect 10:15 a.m. (55 min)	Strength Fit 8:00 a.m. (55 min)	Sweat & Sculpt 9:00 a.m. (55 min)	Total Body Circuit 8:00 a.m. (45 min)	AG Fund. Level 2 9:00 a.m. (55 min)
Cardio Combo 9:00 a.m. (55 min)	Cardio Express 11:15 a.m. (30 min)	Boot Camp 9:00 a.m. (55 min)	Strength & Stretch 10:15 a.m. (55 min)	Boot Camp 9:00 a.m. (55 min)	Boot Camp 10:15 a.m. (55 min)
Zumba Gold 10:15 a.m. (55 min)	Zumba 12:05 p.m. (45 min)	Prime Time Cardio 10:15 a.m. (55 min)	Barbell Flex 12:05 p.m. (45 min)	Zumba Gold 10:15 a.m. (55 min)	Sunday
Boot Camp 12:05 p.m. (45 min)	Step Express 4:30 p.m. (55 min)	Balance Workshop 11:30 a.m. (25 min)	PACE 1:15 p.m. (55 min)	Zumba Toning 11:05 p.m. (45 min)	
PACE 1:05 p.m. (55 min)	Strength Fusion 5:30 p.m. (55 min)	Cardio Combo 12:05 p.m. (45 min)	Zumba 4:30 p.m. (55 min)	TRX Fit 12:05 p.m. (45 min)	
TRX Fit 4:30 p.m. (55 min)		Strength Fit 4:30 p.m. (55 min)	VIPR Strong 5:30 p.m. (55 min)	Step Express 5:30 p.m. (55 min)	
Step Express 5:30 p.m. (55 min)		Spice it up 5:30 p.m. (55 min)			
Strong & Calm 6:30 p.m. (55 min)		AG Fund. Level 1 6:30 p.m. (55 min)			



Fusion Classes

Fusion classes combine various fitness styles, such as yoga, Pilates, strength training, and cardio, into one workout, providing a fun and innovative approach to fitness.

Body Blend

A dynamic blend of yoga, Pilates, and fitness to enhance strength, flexibility, balance, and relaxation. This class may use various equipment for added challenge, ensuring you start your day energized and strong.

Cardio Fusion

This dance-based cardio workout combines HiLo with Latin, Pop, African, and Belly dance moves. Let the music move you—suitable for all fitness levels!

Strength Fusion

A blend of traditional strength training with body bars, dumbbells, and balls, combined with Yoga and Pilates-inspired core and balance work. Build strength and lean muscle while lengthening your spine and opening your joints!

Cardio Based Classes

Cardiovascular-based classes focus on improving heart health, endurance and overall fitness through aerobic exercise.

Cardio Combo

This exciting workout is fun and challenging, designed to make you sweat. Complete the challenge with core conditioning and leave refreshed after your stretch.

Step Express

Looking for a fun and challenging step routine? This class will test your coordination, agility, and cardiovascular conditioning with advanced, dynamic choreography (turning and jumping) on the step. It will keep your mind and body active.

Cardio Express

Short on time? Join this 30-minute cardio class that focuses on raising your heart rate with no floor work, just quick warm-up and cool-down to keep you moving!

Active Older Adult Classes

These classes cater to active older adults, enhancing strength, flexibility, balance, and cardiovascular health in a supportive environment.

Posture Perfect

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

Prime Time Cardio

Fitness is ageless! Join our low-impact cardio class to keep your heart healthy. Stretch and Strength—because older is better! Enhance strength, balance, and coordination for greater independence and energy. Enjoy varied equipment and conclude with a stretch.

PACE

Designed for individuals with arthritis or those seeking to improve joint mobility, this program includes range-of-motion exercises, stretching, strength-building, conditioning exercises, and relaxation techniques.

Strength-Based Classes

Resistance training classes aim to build muscle mass, increase strength, and enhance conditioning. They use weights, resistance bands, and bodyweight exercises to target major muscle groups, improve endurance, and boost metabolism.

Barbell Flex

Build muscle strength and tone with a focus on barbell use. The format and exercises remain the same for one month, enabling you to progressively increase weights and enhance your technique for steady progress and effective results.

Strength Fit

Build strength and lean muscle with a class focused on resistance training for firm legs, toned arms, and sculpted abs.

TRX Fit

TRX Fit uses suspension training to enhance strength, balance, flexibility, and core stability. It is suitable for all fitness levels and offers scalable intensity. It may include cardio and other resistance equipment at the instructor's discretion.

Strong & Calm

This total-body workout emphasizes strength through various techniques and equipment, building muscular strength and endurance. It concludes with calming stretches and breathwork.

ViPR Strong

This class combines strength training and functional movement using ViPR weighted tubes. It includes various lifting, shifting, and twisting exercises to enhance agility, coordination, and overall athletic performance while improving strength, mobility, and cardiovascular endurance.

Strength & Cardio-Based Classes

Fitness classes that blend cardio and strength training offer a balanced workout to boost heart health and muscle endurance.

Boot Camp

Boot camp is an intense, high-energy class that combines cardio, strength, and functional exercises. It helps improve endurance, strength, and overall fitness.

TBC - Total Body Circuit

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

Spice it Up

Each class adopts a unique approach to fitness, covering cardio, strength, flexibility, and balance. A monthly poster outside the Fitness studio will highlight the focus for each week.

Sweat & Sculpt

This enjoyable workout combines strength, balance, and low-impact cardio to enhance muscle tone and core support and improve posture, flexibility, and confidence.

Antigravity (AG) Classes

Registration is required for all AG classes.

Antigravity Fundamentals 1

This program is ideal for beginners and those refining their skills. Experience the joy of moving in the AntiGravity Hammock while learning the basics and trying inversions. Classes focus on zero-compression inversions, suspended stretching, and strength exercises to decompress the spine and enhance flexibility. Please arrive 5 minutes early to measure for the correct hammock height.

Antigravity Fundamentals 2

Classes include Zero Compression inversions, suspended stretching and strengthening, and, most importantly, fun. Completion of three AntiGravity Fundamentals 1 classes and comfort with inversions are required.

Antigravity Fundamentals Private Sessions

A full-body workout that enhances flexibility, balance and strength. For more details, call Lori at 204-632-3914.



Zumba Classes

Zumba classes are energetic fitness sessions that blend dance and aerobic exercises with lively music. Instructors will guide you through choreographed moves inspired by salsa, merengue, and other dance styles. Zumba is designed to be fun and accessible for everyone, offering a full-body workout that enhances cardiovascular health, coordination, and endurance.

Zumba

Zumba is a dance fitness class inspired by Latin music and movements. It provides an exciting and effective workout. It combines fast and slow rhythms for cardio and muscle toning in a fun, party-like atmosphere, making it welcoming for non-dancers.

Zumba Gold

Zumba Gold is designed for active older adults and beginners, focusing on easy-to-follow routines. This Latin-inspired dance-fitness program includes Merengue, Salsa, Cumbia, Flamenco, and Tango, ensuring a safe and effective total-body workout for all ages.

Zumba Toning

This program elevates the traditional Zumba® dance-fitness class with an innovative muscle training protocol and lightweight dumbbells. Combining cardio and dynamic resistance exercises enhances overall performance through progressive training. The Latin-inspired dance 'n tone format features diverse rhythms within the same songs, adding extra fun and flavour.

Aqua

Wellness Institute members only. Registration is required for all classes.

Reap the benefits of a warm-water therapy pool while exercising.

Aqua Class Schedule:

All Pool Classes are 45 minutes in length

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AquaFit 6:15 a.m.	AquaFit 6:15 a.m.	AquaFit 6:15 a.m.	AquaFit 6:15 a.m.	AquaFit 6:15 a.m.	AquaFit 8:30 a.m.
AquaFit 7:00 a.m.	AquaFit 8:00 a.m.	AquaFit 8:00 a.m.	AquaFit 8:00 a.m.	AquaFit 7:00 a.m.	AquaFit 9:30 a.m.
AquaFit 8:00 a.m.	AquaFit 9:00 a.m.	AquaFit 9:00 a.m.	AquaFit 9:00 a.m.	AquaFit 8:00 a.m.	Sunday
AquaFit 9:00 a.m.	AquaFit 10:00 a.m.	AquaFit 10:00 a.m.	AquaFit 10:00 a.m.	AquaFit 9:00 a.m.	
AquaFit 10:00 a.m.	Zumba 11:00 a.m.	AquaFit 11:00 a.m.	AquaFit 11:00 a.m.	AquaFit 10:00 a.m.	
AquaFit 11:00 a.m.	Arthritis 1:00 p.m.	AquaFit 12:00 p.m.	Arthritis 12:15 p.m.	AquaFit 11:00 p.m.	
AquaFit 12:00 p.m.	AquaFit 5:30 p.m.	Arthritis 2:15 p.m.	AquaFit 6:15 p.m.	Arthritis 2:15 p.m.	
Arthritis 2:15 p.m.	AquaFit 6:30 p.m.	AquaFit 5:30 p.m.	AquaFit 7:15 p.m.		
AquaFit 5:00 p.m.					
AquaFit 6:00 p.m.					

Aqua Fit

This low-impact workout is fun and invigorating. Designed for all fitness levels, it utilizes water resistance to strengthen muscles and boost cardiovascular health, flexibility, core, and mobility. Classes may incorporate aquatic exercise equipment.

Aqua Arthritis

A refreshing water-resistance workout improves strength, endurance, and range of motion for anyone with restricted mobility.

Aqua Zumba

A water-based workout that blends high-energy Zumba moves with low-impact aqua fitness—adapting the movements of Zumba dance rhythms to the water and using the water to increase aerobic & muscular fitness.



Spin & Barre

Free for Wellness members, \$20 drop-in for non-members. Registration is required for all spin & barre classes.

Find the most up-to-date weekly class details at [HERE](#).

Spin Class Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin & Core 8:00 a.m. (45 min)	Spin Variety 7:00 a.m. (40 min)	Spin & Core 8:00 a.m. (45 min)	Spin Variety 7:00 a.m. (40 min)	Spin Core & Row 8:00 a.m. (45 min)	Training Ride 9:00 a.m. (60 min)
Ride & Row 10:15 a.m. (45 min)	Spin Variety 8:00 a.m. (40 min)	Ride & Row 10:15 a.m. (45 min)	Spin Variety 8:00 a.m. (40 min)		
Ride & Row 6:00 p.m. (45 min)		Spin Variety 6:45 p.m. (45 min)	Training Ride 5:30 p.m. (60 min)		
					Sunday
					Triple R 9:00 a.m. (75 min)

Barre Class Schedule:

Tuesday	Thursday
Barre Star 6:00 p.m. (60 min) <i>Studio C Lower Lvl</i>	Barre Boot Camp 7:00 a.m. (60 min) <i>Pilates Studio</i>



Spin Classes

Variety

This class includes a variety of rides from Interval to LA Bath and Strength. Participants **MUST** bring earphones to plug into our Listen audio system.

Spin & Core

Join this class for a fast, high-energy 30-minute spin followed by 15 minutes of core strengthening and a stretch. Participants **MUST** bring earphones to plug into our Listen audio system.

Spin & Row

Alternate between the heart-pumping and aerobic challenge of the indoor cycle and the benefits of total-body and aerobic conditioning on the rower. This class is designed for all fitness levels. Participants **MUST** bring earphones to plug into our Listen audio system. New participants, please arrive 10 minutes before the class.

Spin, Row & Core

This class combines the benefits of indoor cycling and rowing. Participants will alternate between the heart-pumping and aerobic challenge of the indoor cycle and the benefits of total-body and aerobic conditioning on the rower. They will finish the class with core strengthening and a stretch. Participants **MUST** bring earphones to plug into our Listen audio system. New participants, please arrive 10 minutes before the class.

Training Ride

This one-hour workout consists of flats, hills, sprints and drills. Participants **MUST** bring earphones to plug into our Listen audio system.

Triple R

Cycling combined with the instructor's choice of cardio drills – from race day events to HIIT – keeps your heart rate up and pushes you to reach your goals! Participants **MUST** bring earphones to plug into our Listen audio system.

Barre Classes

Barre Classes

These low-impact, full-body workouts blend ballet, Pilates, yoga, and fitness elements. Exercises are performed at a ballet barre, combined with bodyweight exercises. They may include various fitness equipment to add variety and challenge. Barre classes focus on improving strength, flexibility, balance, and posture.

Barre Star

This ballet-inspired workout, suitable for any skill level, will help you build a strong core and firm glutes while toning hard-to-target muscles in your legs and feet. It will also improve your body awareness, flexibility, balance, and posture in a fun, interactive environment.

Barre Boot Camp

This class combines traditional Barre techniques that tone, tighten, and lengthen with interval training. Barre Boot Camp uses small fitness props like gliders, tubing, and mini stability balls. This athletic-style, full-body workout will complement your training, shake your workouts, and keep your muscles guessing.

Pilates

Join us in our newly renovated, spacious & bright studio. Membership is not required.

We offer STOTT Reformer for all experience levels and have various sessional and drop-in class options. Commit to a multi-week session or attend one of our drop-in classes. Our sessional rates vary depending on sessional length. Our drop-in packages cost \$25 for a single drop-in, \$112.50 for a five-pack, and \$190 for a ten-pack.

New to Pilates? We require you to take one introductory class before joining a beginner drop-in: [Intro drop-in class](#).

We also book private classes and groups. For more details, visit [Wellness Institute Pilates](#).

[Sign up today.](#)

Pilates Class Schedule:



Drop-in class



Sessional class

*Sessional classes begin April 7

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The RCC 9:30 - 10:30 a.m.	Beginner 7:00 - 8:00 a.m.	Athletic 9:30 - 10:30 a.m.	Mat Mixel Level 9:30 - 10:30 a.m.	Beginner 8:00 - 9:00 a.m.	Athletic 9:15 - 10:15 a.m.
Cont. Level 2 10:45 - 11:45 a.m.	Intro 9:15 - 10:15 a.m.	Cont. Level 1 10:45 - 11:45 a.m.	The RCC 10:45 - 11:45 a.m.	Cont. Level 1 9:15 - 10:15 a.m.	Advanced 10:30 - 11:30 a.m.
Reformer Beginner 12:00 - 1:00 p.m.*	Cont. Level 2 10:30 - 11:30 a.m.	Intermediate 5:15 - 6:15 p.m.	Athletic 12:05 - 12:50 p.m.		Cont. Level 1 11:45 - 12:45 p.m.
Cont. Level 1 5:30 - 6:30 p.m.*	Athletic 12:05 - 12:50 p.m.	Intro 7:00 - 8:00 p.m. <i>April 2, 16, 30 May 14, 28 June 11, 25</i>	Cont. Level 2 5:30 - 6:30 p.m.		
Cont. Level 2 6:45 - 7:45 p.m.	Beginner 4:15 - 5:15 p.m.		Power Mix (NEW) 6:30 - 7:30 p.m.		
	Cont. Level 1 5:30 - 6:30 p.m.				
	Beginner 6:45 - 7:45 p.m.				
					Sunday
					Cont. Level 1 9:00 - 10:00 a.m.
					Beginner 10:15 - 11:15 a.m.
					Intro 11:30 - 12:30 p.m. <i>April 13, 27 May 11, 25 June 8, 22</i>

Intro Drop-In

This is a prerequisite for anyone new to the Reformer; you must take one introductory class before joining a Beginner drop-in class.

Reformer Beginner Drop-In

Experience Stott Pilates with a full-body workout that highlights its five fundamental principles. Ideal for beginners and those with physical restrictions, it aims to improve alignment, balance, and breath control.

Reformer Continuing Level 1 Drop In

Ideal for those who have completed a Stott Pilates beginner reformer class but are still mastering the essentials, as well as individuals with a strong athletic background with no prior experience.

Reformer Continuing Level 2

For those with experience with Reformer work who want to continue building on their strength and skills. Must be proficient at this level before venturing onto an intermediate-level class.

Reformer Continuing Intermediate

You've mastered Cont. Level 2 and are ready to move on. Specially designed equipment accommodates your abilities for a dynamic full-body challenge!

Reformer Continuing Advanced

You've mastered the intermediate level and are ready to move on. This class offers a challenging and dynamic workout designed for seasoned practitioners that pushes the boundaries of strength, flexibility, and precision.

Reformer Athletic Drop-In

Do lunges, planks and pushups sound familiar to you? Try these and other familiar exercises on the gliding surface of the reformer, and you will have a full-body challenge you have never experienced! This is quickly becoming a fan favourite! An athletic or fitness background with no or very few physical limitations is required to keep up with this challenging workout. Previous Pilates experience is NOT required.

Reformer Chair Cadillac Circuit

Expand your Pilates skills with the Chair. This circuit-style class will include time on the Reformer and/or Cadillac for a challenging full-body workout. Participants must have a solid understanding of the STOTT Pilates Reformer repertoire since instruction is often divided amongst multiple stations.

Reformer Power Mix (NEW) Drop-In

Enhance your Pilates training with this dynamic combination of exercises on the Reformer, Cadillac frame, and Stability Chair. You'll enjoy this mix of strength training, flexibility work, and Cardio Tramp intervals that will elevate your fitness to new heights! Participants should have minimal physical limitations and a background in athletics or fitness to keep up with this challenging workout. Previous Pilates experience is not required.

Mat Mixed Level

Mat Pilates focuses on core strength and full-body flexibility. Adjusting your movements can enhance core stabilization, achieve a flatter stomach, and reduce back pain. With this practice, you can feel stronger and look better.

Taking Charge of Your Health

Cognitive Behaviour Therapy with Mindfulness (CBTm)

This program will help you build resilience and improve your mental health. It will cover sleep, assertiveness, self-compassion, problem-solving, and coping with stress.

Day	Date	Time
WED	Apr. 2 - 30	10:00 - 11:30 a.m.

Cost: FREE

Urban Poling

Learn to use Nordic Poles properly. This full-body workout enhances walking and improves cardiovascular fitness, muscular strength, and overall health. Be prepared to be outside, weather permitting. Meet in room 4, and poles will be provided.

Day	Date	Time
TUE	May 13	10:00 a.m. - 11:00 a.m.

Cost: FREE

Stress Management

Learn strategies to manage your stress better in this informative session.

Day	Date	Time
MON	Apr. 28	10:00 - 11:00 a.m.

Cost: FREE

Nutrition: Nourishing Choices

Growing your Green Thumb: An Introduction to Vegetable Gardening

Join members from the Seven Oaks Community Garden as they walk you through some basics to help you build confidence in growing vegetables on your patio or small corner of your yard. Like any good gardening class, expect to get your hands dirty and go home with something.

Day	Date	Time
SAT	Apr. 12	10:00 - 11:30 a.m.

Cost: \$10

Time-Saving Strategies for Healthy Eating

In today's busy world, it can feel like there's never enough time to prioritize health. But with a few simple, time-saving strategies, you can lead a healthier lifestyle without feeling overwhelmed.

Day	Date	Time
THU	May 29	2:30 - 3:30 p.m.

Cost: FREE

Mindful Eating

This presentation offers simple yet powerful strategies for slowing down, savouring every bite, and nurturing your body with intention.

Day	Date	Time
THU	Apr. 24	2:30 - 3:30 p.m.

Cost: FREE

Jigsaw Jamboree

Don't miss the chance to test your teamwork and puzzle-solving abilities in the ultimate 500-piece jigsaw challenge. Get your team of four ready and sign up for the Team Jigsaw Jamboree today!

Day	Date	Time
FRI	May 2	6:30 - 9:00 p.m.

Cost: \$40 per Team of 4





Health Specialty Programs: Chronic Disease

Weight Loss & Risk Reduction Clinic

A 6-month medically supervised lifestyle & medication* program designed to support clients in reducing metabolic risk and improving health outcomes. Supported by a multidisciplinary team of healthcare professionals, the Weight Loss and Risk Reduction Clinic provides clients with the tools, strategies & accountability to help clients reach their health goals. Our approach is multifaceted and individualized, ensuring your program is tailored to you, addressing your specific goals & barriers to weight loss & health risk reduction.

For more information, visit the [Wellness Institute Weight Loss Clinic](#), call 204 -632-3910, or email weightlossclinic@wellnessinstitute.ca

thewellness
Institute | clinic



*eligibility for medication prescription is based upon physician assessment

Reclaiming Your Health: Sustainable Weight Loss Strategies

Join Clinical Exercise Physiologist Allister McNabb to discuss the scientific and behavioural components of sustainable weight loss and long-term body composition maintenance. Expect to learn more about the reality of weight loss and what you can do to get started on your journey to better health.

Day	Date	Time
TUE	Apr. 15	7:00 - 8:00 p.m.

Cost: FREE

NeuroFit

This exercise program is for individuals with neurological conditions such as Parkinson's, stroke, MS, etc. Exercise promotes improved mobility, cognitive function, and overall well-being, enhancing quality of life and functional independence. This program starts with an individualized physiotherapist assessment and an 8-week, twice-weekly exercise program delivered by a kinesiologist.

Register online for the physiotherapy assessment. [Book Now](#) or call 204-632-3910. Following the assessment, program start dates will be provided.

Day	Time
MON	3:00 - 4:00 p.m. with continuous intake
WED	3:00 - 4:00 p.m. with continuous intake

Cost: \$98 physio assessment + \$170 8-week session

Good Life with Arthritis (GLA: D®)

The GLA:D Program for hip and knee osteoarthritis includes education and neuromuscular exercise programs conducted twice a week for seven weeks. Participants will learn how to control movement and proper posture, build muscular strength through functional exercises, and apply these exercises to everyday life.

Register online for the the physiotherapy assessment. [Book Now](#) or call 204-632-3910.

Day	Time
TUE	3:00 - 4:00 p.m. with continuous intake
THU	3:00 - 4:00 p.m. with continuous intake

Cost: \$98 physio assessment + \$290 7-week session

Arthritis & Exercise

Physical activity is known to have benefits for people with arthritis. Exercise can decrease pain and can enhance quality of life. Learn what arthritis is, how exercises can help manage arthritis, and why it can help decrease pain.

Day	Date	Time
THU	May 1	1:00 - 2:00 p.m.

Cost: FREE

Back Exercise Program

GLA:D BACK is an evidence-based treatment program for individuals with persistent and/or recurrent back pain that negatively affects their everyday life and function. The purpose of GLA:D Back is to help participants manage their back pain themselves through a well-described and structured course of treatment. The program runs twice a week for nine weeks and is led by a physiotherapist. Classes and assessments can be directly billed to private insurance.

Register online for the the physiotherapy assessment.

[Book Now](#) or call 204-632-3910.

Day	Time
MON	6:00 - 7:00 p.m.
WED	6:00 - 7:00 p.m.

Cost: \$98 physio assessment + \$540 9-week session

Rethinking Posture & Pain

Do you experience daily discomfort or pain and curse it on "poor posture"? It may be a little more complex than we previously thought. We'll teach you a new way to think about posture and how to manage your pain.

Day	Date	Time
TUE	Apr. 8	11:00 - 12:00 p.m.

Cost: FREE

Joint Replacement Post-Surgical Exercise Program

Have you had a recent hip or knee replacement? This class is for people recovering post-surgery, who often have unique requirements and require adapted programs, treatment, or even direct supervision during

exercise. A post-surgical exercise program led by a physiotherapist will increase the range of motion and improve strength and mobility in daily living.

This program is covered by private insurance and/or Manitoba Health for the assessment and up to six one-on-one sessions or ten classes.

To register for the physio online assessment, **Book Now** or call 204-632-3910.

Day	Time
MON	3:00 - 4:00 p.m. with continuous intake
WED	3:00 - 4:00 p.m. with continuous intake

Cost: Assessment: \$98

Individual treatment: \$81/session

Group treatment class fee: \$42/class

No set treatment window length

Cardiac Rehabilitation

If you're recovering from a heart attack or live with a heart condition, cardiac rehab can improve your health and promote longevity. Choose from at-home or in-person options to fit your schedule.

CLICK HERE for more information or call 204-632-3907.

Pulmonary Rehabilitation

If you live with a respiratory condition, pulmonary rehab can help you build exercise tolerance, reduce shortness of breath, and improve your quality of life. Our 8-week program, covered by Manitoba Health, equips you with a better understanding of your condition and the tools to manage your symptoms.

CLICK HERE for more information or call 204-632-3907

Minds in Motion®

This 8-week program, in partnership with the Alzheimer's Society of Manitoba, is for people with early to moderate signs of dementia. It includes a chair fitness class followed by engaging activities and conversations. Participants must attend with a caregiver.

Day	Date	Time
WED	Apr. 16 - Jun. 4	1:30 - 3:30 p.m.

Cost: \$65/pair

Yoga & Cancer Program



An 8-week program for patients undergoing cancer treatment or completing treatment within the last year. Learn how to calm your mind, release tension from the body, breathe and do gentle stretching and relaxation—provided in partnership with Cancer Care Manitoba.

For more information and to register, call:

Patient & Family Support Services at CancerCare;
204-787-2109

Chronic Disease Self-Management Programs

All 4 programs are free to attend. For more information about class times and to register, call 204-632-3922 or email dziemanski@sogh.mb.ca

1. Total Brain Health®

This 6-week program is an interactive and fun way to engage your mind and build better brain health.

2. Memory and Aging Program®

This 3-week educational memory intervention program is aimed at older adults experiencing regular age-related memory changes.

3. Get Better Together

Get Better Together is a six-week program designed to help people with ongoing health conditions better manage their health. It is suitable for any health condition, including arthritis, asthma, anxiety, and diabetes.

4. Powerful Tools for Caregivers®

This 6-week program is designed to help caregivers thrive as they care for others. Caregivers can be those caring for an adult, such as a relative or friend, or a child with special needs.

Older Adult Programs

Mature Drivers

Attend this session to learn defensive driving techniques, enhance your driving skills, update your knowledge of traffic laws and road safety rules, and discuss whether you can compensate for any changes that may occur in hearing, vision, flexibility, and reaction time.

Day	Date	Time
TUE	Apr. 22	10:00 a.m. - 12:00 p.m.

Cost: FREE

Personal Safety

Equip yourself with the essential skills to recognize, prevent, and respond to potential risks in daily life. Build confidence and empower you to make informed decisions about your safety and well-being.

Day	Date	Time
TUE	May 6	10:00 - 11:00 a.m.

Cost: FREE

Dying with Dignity (DWD): Advanced Health Care Planning

DWD Canada is a charitable human rights organization whose mission is to ensure Canadians have access to quality end-of-life choices and care through advocacy and public education. The presentation will cover topics such as how to complete a Manitoba Health Directive, aspects to consider regarding the types of care a person wishes to receive when they cannot speak for themselves, and what to consider when selecting a health proxy.

Day	Date	Time
TUE	Apr. 15	10:00 a.m. - 12:00 p.m.

Cost: FREE

Living Well with Pain

You'll learn physical and mental strategies to improve daily living in this 2-session class.

Day	Date	Time
THU	Apr. 10 & Apr. 17	1:30 - 3:30 p.m.

Cost: FREE



Pre-School, Kids & Youth

Wee Swim (6 months - 2.5 years)

Parents and Tots will enjoy our warm-water pool, with a focus on movement, fun, and gaining comfort in the water.

Day	Date	Time
THU	Apr. 10 - May 29	4:50 - 5:20 p.m.
SAT	Apr. 12 - May 31	10:30 - 11:00 a.m.
SAT	Apr. 12 - May 31	11:10 - 11:40 a.m.
SUN	Apr. 13 - Jun. 8	11:10 - 11:40 a.m.

Cost: \$120

no class Apr. 20

Gym & Swim (2 - 3 years and 4 - 6 years)

A semi-structured program is an hour of fun for you and your child, starting with gym activities and finishing with swimming in our warm water pool.

Day	Date	Time
THU	Apr. 10 - May 29	4:45 - 5:45 p.m. (2-3 y)
FRI	Apr. 11 - June 6	5:30 - 6:30 p.m. (2-3 y)
SUN	Apr. 13 - June 8	10:00 - 11:00 a.m. (4-6 y)

Cost: \$144 *no classes Apr. 18 (2-3 y), Apr. 20 (4-6 y)*

NEW

Zumbini (2.5 - 4 years)

An early childhood education program designed by Zumba to get your kids an active start in physical literacy. Dance and music are per Manitoba guidelines for preschool education. Bond with your child, get fit, stay active, and make new friends with this fun music-dance class designed for the whole family!

Day	Date	Time
WED	Apr. 2 - May 7	2:15 - 3:00 p.m.

Cost: \$72

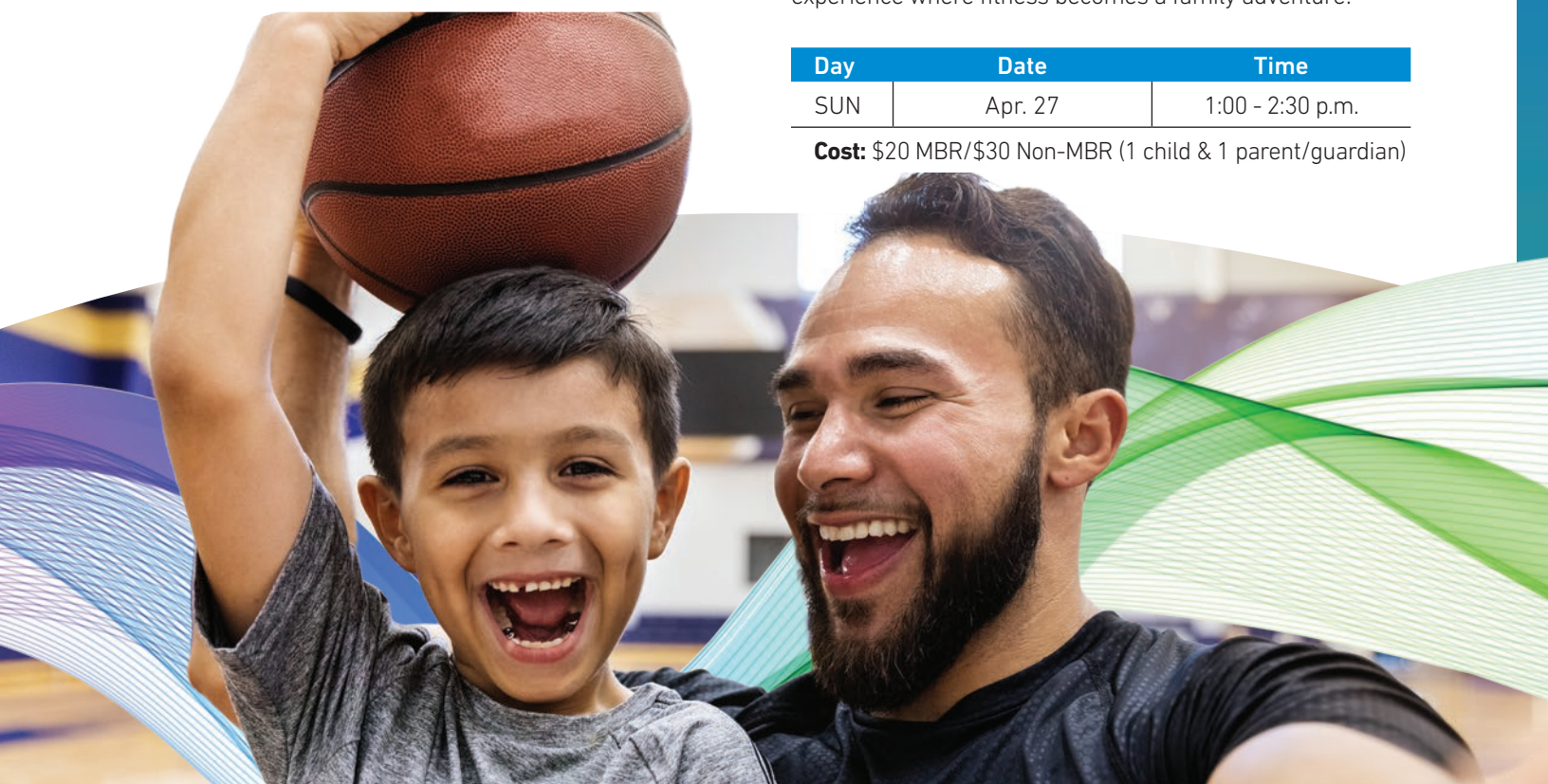
NEW

Family Fun & Fitness (5 - 12 years)

Family Fun & Fitness is an action-packed event for parents and kids to move, play, and stay active together! This 1.5-hour session combines circuit training, sports-inspired games, and yoga, creating the perfect mix of fitness and fun for all ages. Join us for an energetic, laughter-filled experience where fitness becomes a family adventure!

Day	Date	Time
SUN	Apr. 27	1:00 - 2:30 p.m.

Cost: \$20 MBR/\$30 Non-MBR (1 child & 1 parent/guardian)



Our Clinic takes a comprehensive approach to health. Our wellness services are designed to help you relieve pain, recover from an injury, and lead a healthier life. We work closely with you to develop treatment plans tailored to your unique needs and lifestyle. For more information about all the programs and services, including physiotherapy, chiropractic, psychology, and massage, visit us [online](#) or call 204-632-3910.

Here are a few of our Highlighted Services:

Massage Therapy

Our registered massage therapists use the latest techniques to help you relieve muscle tension, reduce stress, and alleviate persistent pain. [Book Here](#) for an appointment or call 204-632-3910.

Chiropractic Services

Restore your body's optimal alignment through expert care. Our chiropractors are trained in various clinical methods, including active release techniques, manipulation, acupuncture, soft tissue techniques, and rehabilitation exercises. [Book Here](#) for an appointment or call 204-632-3910.



Nutrition Services

Our registered dietitians provide medical nutrition therapy that promotes healthy eating and well-being and helps individuals manage various health conditions. Nutrition counselling is provided for:

- Diabetes and pre-diabetes
- Health disease
- High blood pressure and/or high cholesterol
- Cancer
- Osteoporosis
- Digestive issues
- Geriatric nutrition
- Sports and high-performance nutrition

Nutrition counselling may be covered by private health insurance. [Book Here](#) for an appointment or call 204-632-3910.

Foot Care

Recommended for those with diabetes, circulation concerns, disabilities and anyone with difficulty caring for their feet. Treatments include:

- Professional care of nails, corns callouses
- Assessment of foot health circulation. Sensation, swelling, foot mobility
- Risk for development of foot ulcers

Foot care may be covered by private health insurance. [Book Here](#) for an appointment or call 204-632-3910.



Women's Health

Women on Weights: WOW!

Strength training is an integral part of a healthy lifestyle for women of all ages and stages of life. Resistance training can strengthen your muscles, bones, and metabolic systems and boost your psychological well-being.

WOW! – Practical Strength Series

Join Lori Orchard for this 6-week exercise program for perimenopausal and postmenopausal women. It includes full-body workouts using free weights, machines, bodyweight exercises, and tubing. Participants will gain comfort in the weight room and learn to perform resistance training exercises safely and effectively. While we recommend the Women on Weights Foundation workshop, it is not a prerequisite for participation.

Day	Date	Time
WED	Apr. 2 - May 7	6:30 - 8:00 p.m.
THU	Apr. 3 - May 8	1:30 - 3:00 p.m.
WED	May 14 - Jun. 18	6:30 - 8:00 p.m.
THU	May 15 - Jun. 19	1:30 - 3:00 p.m.

Cost: \$150

NEW

Food for Strength: Mastering Menopause Nutrition

Join our Registered Dietitian for a nutrition workshop for the peri and postmenopausal women participating in the Women on Weights (WOW) practical series. During this 1-hour workshop, you will learn how to fuel your body with the proper nutrients for this natural yet challenging phase of life. We will discuss practical tips to help you optimize your bone health and promote the growth and maintenance of your lean muscle.

Day	Date	Time
WED	May 14	6:30 - 7:30 p.m.
WED	Jun. 25	6:30 - 7:30 p.m.

Cost: \$20 (choose one date)

Explore the Pelvic Floor

Did you know that urinary incontinence affects up to 1/3 of adult women between the ages of 30-60 years old? Pelvic floor dysfunction is a common yet often under-discussed issue that can significantly impact quality of life. Join Lisa Gibson, our pelvic health Physiotherapist, and explore how the pelvic floor supports internal organs and how these muscles control urinary and bowel function. You'll learn how to recognize symptoms of pelvic dysfunction and discover how physiotherapy treatment and exercise can help manage symptoms and improve quality of life.

Day	Date	Time
TUE	Apr. 15	6:30 - 7:30 p.m.

Cost: FREE

Explore Your Floor: A Pelvic Floor Exercise Program

Join us for a six-week exercise program designed to strengthen and support your pelvic floor. Beneficial for adults of all ages, including pre-and postpartum.

Learn how to engage important muscles within your pelvis during exercises designed to strengthen your pelvic floor. This program is designed to improve symptoms such as back/pelvic pain, urinary incontinence or urgency, diastasis recti, and prolapse. Connect with others facing similar challenges in a supportive environment and prioritize your health for a better quality of life.

Pre-requisite: Pelvic floor physiotherapy assessment.

Day	Date	Time
TUE	Mar. 18 - Apr. 22	5:30 - 6:15 p.m.
TUE	May 13 - Jun. 17	5:30 - 6:15 p.m.

Cost: \$129

Pelvic Floor Physiotherapy

It helps improve symptoms associated with dysfunction in the pelvic floor muscles. These symptoms usually impact activities of daily living, and they can also cause emotional distress. You may benefit from pelvic floor physiotherapy if you have:

- Urinary or fecal leakage (incontinence)
- Urinate very frequently and experience a strong urge to urinate
- Abdominal weakness or 'separation' (diastasis recti)
- Experienced changes after being pregnant
- A heavy feeling between your legs (prolapse)
- Back or pelvic injuries that cause pain

For more information on Pelvic Floor Physiotherapy, [Pelvic Floor Physiotherapy - The Wellness Institute](#)





Create your lasting legacy at Seven Oaks General Hospital

Whether you are a former patient or your loved one received care from our hospital, a donor-advised fund gives you the unique opportunity to leave a legacy gift that will change lives.

With a donor-advised fund, you and your family have an easy, cost-effective way to support the innovative care, research and wellness activities of Seven Oaks. Donor-advised funds feature the following benefits:

- Easy setup, with none of the administrative responsibilities or costs usually associated with creating and maintaining a private foundation (i.e., legal, accounting)
- The opportunity to name the foundation account
- Access to various investment funds, which have the ability to grow tax-free
- The ability to donate non-cash assets such as stocks, mutual funds, and life insurance policies

- Granting flexibility each year, or the option to set a fixed grant amount
- An immediate charitable tax receipt for the entire gift made
- The option to designate a successor who will manage the annual grants after death

Establishing your own fund is a simple and elegant way to extend giving beyond your lifetime and make a powerful impact on the health of our patients and community.

For more information on donor-advised funds, speak with your financial advisor or call Trevor Krahn, the Executive Director at the Seven Oaks General Hospital Foundation, at **204-632-3316**.





A Wellness Institute Membership: An investment in health

Join a community of people reaching their health goals in a world-class facility with expert support.

**positively
healthy**

