

FALL 2025

positively healthy



Fall into wellness: discover, move, thrive

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.

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SEVEN OAKS
GENERAL HOSPITAL

thewellness
Institute



Chronic Disease
Innovation Centre



SOGH
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NEW

Food for Strength: Mastering Menopause Nutrition

Join our Registered Dietitian for a nutrition workshop for the peri and postmenopausal women. Open to all, ideal for those 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	Oct. 22	6:30 - 7:30 p.m.

Cost: \$20

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
MON	Sep. 15	6:00 - 6:45 p.m.

Cost: FREE

NEW

Stress & Urge Incontinence

Learn practical tips for managing urinary leakage caused by coughing, sneezing, activity and discuss habits to resolve frequent visits to the washroom.

Day	Date	Time
MON	Oct. 20	6:00 - 7:00 p.m.

Cost: \$10

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	Sep. 16 - Oct. 28	5:30 - 6:15 p.m.
TUE	Nov. 4 - Dec. 16	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](#)



Message from the Board Chairs

Together, we present our Positively Healthy fall issue featuring the Wellness Institute program guide as well as news, stories and collaborations from across the Seven Oaks Hospital Health Campus.



Tim Feduniw
*Chair,
SOGH Board of Trustees*

As Chair of the SOGH Board of Trustees, I'm excited to share this fall issue, including an article demonstrating the important work being done by our Renal Health Program amid growing need in our province. The area of kidney health is one that really exemplifies the ways our campus brings together expertise to not only deliver comprehensive care for our patients living with kidney disease, but to collaborate on important research with the CDIC and deliver medical fitness support at the Wellness Institute.

While this feature provides a great example of some of the synergies within the pillars of our campus, there is more to be done. We are continuing to further work to formalize and refine the Seven Oaks Hospital Health Campus brand and story, which we are excited to announce to the community soon.

Across all program areas, the SOGH Board of Trustees continues to work with the Winnipeg Region Health Authority to improve patient outcomes and experience.



Cynthia Carr
*Board Chair,
Chronic Disease Innovation
Centre (CDIC)*

Chronic Disease Innovation Centre (CDIC) continues our ongoing work in research and innovation activities that improve patient care and healthcare delivery. Our amazing team works not only with academic, industry, patient, and public sector partners to create impact, but with teams across our own campus.

This issue, we are excited to announce that we've been awarded a Community Grant from the Winnipeg Foundation for the next steps in *Piloting a Healthy Aging Cohort in Manitoba*, a project being run as a joint effort between the CDIC, the Wellness Institute, our Foundation, and an advisory group of Wellness Institute members. By establishing a comprehensive healthy aging cohort, the project will extend our understanding of the relationships between lifestyle, health and medical fitness membership over time.



Stuart Greenfield
*Board Chair,
SOGH Foundation*

As the proud fundraising arm of Seven Oaks General Hospital (SOGH), the Wellness Institute, and the CDIC, the Foundation is focused on enhancing the ways we support our campus – ensuring our contributions are timely, strategic, and impactful for patients, staff, and programs.

In this issue, we are pleased to feature the incredible generosity of one of our recent supporters, the Dyck Family Foundation. A family and organization whose values align well with our own when it comes to community health and well-being, they purchased of a set of much-needed spin bikes that have already made an incredible impact for the community.

On behalf of the entire Board, I want to extend a sincere thank you to the Dyck Family Foundation, as well as each and every donor, partner, and supporter. Your generosity helps us do more – for our hospital, our campus, and our community. We are deeply grateful for your support.

Women's Health

NEW

A Women's Wellness Workshop: Boost Your Mood, Move Your Body

Take charge of your emotional well-being with this empowering workshop focused on practical ways to manage mood and reduce stress. Discover simple strategies to achieve a more balanced, calm, and in-control state.

Then, let it all out with Drums Alive – a fun, energizing cardio workout using rhythm and movement to release tension and boost your mood. Leave feeling lighter, stronger, and ready to take on your day.

Day	Date	Time
TUE	Nov. 4	6:00 - 8:30 p.m.

Cost: \$45

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.

Day	Date	Time
WED	Sep. 17 - Oct. 22	6:30 - 7:30 p.m.
THU	Sep. 11 - Oct. 16	2:00 - 3:00 p.m.
WED	Oct. 29 - Dec. 3	6:30 - 7:30 p.m.

Cost: \$150



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. [Click here to book](#) 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. [Click here to book](#) 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. [Click here to book](#) an appointment or call 204-632-3910.

Nutrition Services

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

- Diabetes and pre-diabetes
- Heart 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. [Click here to book](#) an appointment or call 204-632-3910.

Nike’s Journey

Finding a path to lasting weight loss at the Wellness Institute

For Nike, the decision to embark on a weight loss journey began with a lot of reflection and research. Her lifestyle change was not about taking drastic measures. It was about finding a path she could stay on for the long term, driven by a desire to head off health issues and be there for her son.

“I have a young son and he is in all of it. I didn’t have an active childhood, and I wanted to be that active parent,” explained Nike, “to be present.”

Having experienced lifelong weight issues and some health complications, she felt, “Either I do something now or I don’t, and there’s going to be something that happens where you can’t turn back.”

After looking into wide-ranging options, Nike found herself drawn to The Wellness Institute’s Weight Loss & Risk Reduction Clinic. The comprehensive approach, which includes access to dietitians, exercise professionals, and doctors, resonated with her. She valued the program’s focus on sustainable adjustments rather than drastic diets or hours at the gym.

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	Sep. 18 - Nov. 20	4:50 - 5:20 p.m.
SAT	Sep. 20 - Nov. 22	10:30 - 11:00 a.m.
SAT	Sep. 20 - Nov. 22	11:10 - 11:40 a.m.
SUN	Sep. 21 - Nov. 23	11:10 - 11:40 a.m.

Cost: \$110

Gym & Swim (2 - 3 years & 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
FRI	Sep. 19 - Nov. 28	5:30 - 6:30 p.m. (2-3 y)
FRI	Sep. 19 - Nov. 28	6:00 - 7:00 p.m. (4-6 y)
SUN	Sep. 21 - Nov. 23	10:00 - 11:00 a.m. (2-3 y)

Cost: \$144 no classes October 31st.

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	Nov. 30	10:30 - 12:00 p.m.

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

➞ *“Either I do something now or I don’t, and there’s going to be something that happens where you can’t turn back.”*

“This program probably creates the least amount of resistance to losing weight because you’re not pulling the pin and throwing a green grenade on your life,” she explains, speaking to the ability to personalize the program with changes that fit within your situation. “It’s about finding that balance.”

The structure provided by the six-month commitment would become a framework for many positive changes: physical, mental and social.

Through the core program plus three months of maintenance support, Nike lost just over 60 pounds at a healthy rate of 1.7 pounds per week. Putting her achievement in perspective, she laughs, “Every time I carry my toddler up the stairs, he’s 40 (pounds)!”

As Nike continues on her weight loss journey, she feels equipped with the tools and support she needs. She has learned to identify barriers and adapt her exercise routine to continue her progress. Mentally, the program helped her find greater self-compassion and a non-judgmental approach to her choices.

Support from the Wellness Institute’s staff – Brennan, Jill, and Dr. Saunders – has been crucial. For Nike, the medical intervention offered surprising validation. Speaking with a doctor who acknowledged the complex factors that influence weight beyond the usual “calories in and calories out” mantra was refreshing. It set the tone for a program that was accepting and empowering. Appointments with staff became a “safe place” to discuss challenges without judgment and to find solutions that respected her circumstances.

From this safe place, Nike found motivation in making positive changes for herself and seeing personal successes.

“The results are the motivation,” she says, describing the impact of recognizing personal successes along the way, such as improved A1C levels or wearing a “gorgeous shirt” that is now a little big.

Still, Nike acknowledges that finding balance between lifestyle changes, work, and family life was sometimes tricky. Being honest about both her obstacles and strengths is something Nike encourages. She reminds us that weight loss is a “long game” and setbacks are normal.

For anyone looking to start their own journey with The Wellness Institute’s Weight Loss & Risk Reduction Clinic, she says “it’s the best chance you have of achieving success.”

The Wellness Institute’s **Weight Loss & Risk Reduction Clinic** provides a personalized and supportive environment for achieving sustainable health transformations. **See page 28 in this guide.**



Putting a Fresh Spin on Wellness

Dyck Family Foundation donation brings new fitness equipment to the Wellness Institute

A meaningful donation from the Dyck Family Foundation will make a difference for people working towards better wellbeing at the Wellness Institute. The gift of spin bikes through the Seven Oaks Hospital Foundation was motivated by the Dyck family's interest in promoting health and by personal experiences with cardiovascular issues within their own family.

"Preventative maintenance or upkeep – cardiac problems or not – is a huge part of wellness as far as we're concerned," explained Ryan Dyck, spokesperson from the family. "It's something that we definitely wanted to look at, and to contribute in a way where it can make more of an immediate impact on people."

As a leader in lifestyle medicine, the Wellness Institute is committed to both preventative health and the management of chronic conditions. By supporting the medical fitness facility and its programs, the Dyck Family Foundation's contribution will continue to help keep people active for their health and recovery.

Because the bikes offer a low-impact exercise where participants control the intensity and resistance, spin classes allow a wide range of people to build cardiovascular fitness and strength in the legs, core, and upper body. The new spin bikes will enable more people to take part in indoor cycling classes, both by increasing class capacity and accessibility.

According to Lori Orchard, Coordinator of Fitness Programs at the Wellness Institute, "The new bikes have better adjustments, allowing participants to tailor their bikes to suit them better. This makes for a much more comfortable ride. We are also able to accommodate people who may not have taken part in the classes before. These new bikes make the class accessible to more people."

The updated equipment also removes challenges in the group exercise experience so participants can focus on their ride and connecting with others in the class. Since participants will each view the same type of monitors, instructors are able to offer a more cohesive class, providing consistent coaching to everyone.

"We're grateful to the Dyck Family Foundation for their support," said Trevor Krahn, Chief Executive Officer of Seven Oaks General Hospital Foundation. "It's an investment that will be put to use immediately to support many different wellness journeys."

By supporting the Seven Oaks General Hospital Health Campus, donations of all sizes impact the health of our community, contributing towards improvements in prevention, lifestyle support, recovery, patient care and research.



Older Adult Programs

Active Aging Day: Celebrate in Style!

We're doing things a little differently this year: fuel your body, mind and stride. For the first time, enjoy a sit-down 3-course meal while being inspired by a dynamic keynote speaker about healthy aging. You'll get moving with a guided stretch session to leave you feeling invigorated from head to toe. Followed by a refreshing outdoor walk, weather permitting, with or without urban poles.

It will be a fun-filled, feel-good event you won't want to miss – pre-registration required.

Day	Date	Time
TUE	Oct. 7	9:30 a.m. - 1:00 p.m.

Cost: \$30

Falls Prevention Class – with My Health Team

Join our interactive falls prevention class designed to help you stay safe, strong and independent. In this multidisciplinary program, you'll meet with a pharmacist, dietitian, occupational therapist and physiotherapist in a supportive group setting. Discover how medication, nutrition, strength, balance, and home safety all contribute to preventing falls.

Day	Date	Time
TUE	Oct. 21	9:30 - 11:30 a.m.

Cost: FREE
Maximum of 10 people.

Support Services for Older Adults: Thriving Together

Healthy aging is about living well and staying connected in your community. This session offers an insightful overview of community-based programs and services designed to support older adults in maintaining independence, wellness, and meaningful engagement. Join us to learn about resources available to help everyone thrive at every stage of life.

Day	Date	Time
THU	Oct. 16	2:00 - 3:00 p.m.

Cost: FREE

Falls Prevention Session – with Victoria Lifeline

Falls become more common – and more dangerous as we age, but it doesn't need to be a "normal part of aging." Join a certified fall prevention educator for a practical session on the simple steps you can take to stay safe and independent as you age. From hydration and nutrition to home safety and the importance of regular health checkups, learn realistic strategies to help reduce your risk of falling and improve your overall well-being.

Day	Date	Time
THU	Oct. 30	10:00 - 11:30 a.m.

Cost: FREE

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	Oct. 15 - Dec. 3	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 & 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.



➞ “Preventative maintenance or upkeep – cardiac problems or not – is a huge part of wellness as far as we’re concerned.”

Advancing Healthy Aging Research on Campus

Taking the next steps in understanding the relationship between medical fitness, lifestyle and health

Piloting a Healthy Aging Cohort in Manitoba is a pilot project designed to follow a set group of Wellness Institute members over an extended period as they age. Called a longitudinal study, the design looks to create a deeper understanding of the long-term relationship between attending the Wellness Institute, lifestyle, and health.

Currently, less than half of Canadians aged 65+ (41.9%) rate their health as excellent or very good and only 33% of those aged 60-79 meet the Canadian guidelines for moderate-to-vigorous activity. Research in healthy aging furthers knowledge around positive health behaviours, which may help inform future strategies for preventative health and encourage greater participation in physical activity.



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 followed by 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

GLA:D® Back

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

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





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

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Institute | clinic



*eligibility for medication prescription is based upon physician assessment

"A main principle of the Wellness Institute model is to improve health through evidence-based programming," says Jill Desilets, Manager of Operations. "The information gained from the study will be used for future program development and to ensure that we are addressing the key health needs of our members."

The project is being run in collaboration between the Chronic Disease Innovation Centre (CDIC), the Wellness Institute, Seven Oaks Hospital Foundation, and an advisory group of members from the Wellness Institute. It is led by Principal Investigator, Dr. Claudio Rigatto, MD, MSc, from the CDIC.

Piloting a Healthy Aging Cohort in Manitoba is a follow-up to the *Association of Membership at a Medical Fitness Facility with Adverse Health Outcomes* study which found that attendance at a medical fitness facility reduced hospitalizations by 13% and risk of death by 60% over 10 years. This pilot will go further by collecting more detailed attendance data, as well as the type of activities done by participating members. In addition, it will collect data not available in the previous study.

The research team will collect data on a comprehensive range of factors to establish health over time and control for the effects of individual lifestyle behaviours on health outcomes. This data includes medical fitness facility usage, sleep, stress, diet, physical activity, smoking, alcohol use, frailty, cardiometabolic measures of health, body composition, social determinants of health, and well-being.

Phase 1 of the project involved the set-up, development, and testing of the baseline visit and data collection with a cohort of 20 participating Wellness Institute members. Through this phase, researchers were able to optimize study methods and implement lessons learned before expanding the size of the participating member cohort.

The second phase will start in August 2025 and looks to recruit another 80 Wellness Institute members and collect year 1 data for the initial participants. The study team is recruiting current members who are at least 30 years old. All participants will receive a copy of their results, including ambulatory blood pressure reports, DEXA (body composition and bone density measurement) reports, and lab results.

The data from the pilot project will be used to support grant applications to further develop and follow the cohort.

"The long-term plan is to establish one of the most comprehensive prospective healthy aging cohorts in Manitoba," says Dr. Rigatto. "We'd like to develop a cohort of 1000 Wellness Institute members and follow them for at least 10 years."

Funding for the pilot phase has already been secured through Mitacs Accelerate, the Seven Oaks General Hospital Foundation, as well as from a Community Grant from The Winnipeg Foundation.

➞ "A main principle of the Wellness Institute model is to improve health through evidence-based programming."

Interested in being a part of this research?

Contact Kathy Cherepak at kcherepak@sogh.mb.ca or 204-632-3541 to learn more about participating in the project.

Focused on the Right Care at the Right Time

The Renal Health Program takes a holistic view amid the growing need for kidney care

The Renal Health Program at Seven Oaks Hospital opened in January 2002 with just 10 beds for dialysis. Since that time, it has expanded in both capacity and methods of treatment (or modalities) to meet the growing needs of the community with best practices.

Today, the program is one of the most comprehensive in western Canada, supporting those living with kidney disease across their full journey. From early education to a full range of treatments options, all services are available within one building. This continuity increases the convenience and comfort for patients while reducing wait times for new treatment starts.

Hemodialysis patients dialyze between three to six times each week at one of Seven Oaks five In-centre Hemodialysis units. Together, the units now offer 61 beds running three shifts per day, Monday to Saturday. The program also offers a range of home dialysis modalities, including home hemodialysis and peritoneal dialysis, which empowers patients and families to manage their treatment more independently. These options provide greater flexibility and convenience, allowing individuals to tailor their therapy to fit their lifestyle. Studies have shown that home modalities can lead to better health outcomes, increased quality of life, and improved overall well-being. SOGH supports patients in achieving optimal health through personalized and autonomous dialysis care in their home environment.

The program's Multi-Care Kidney Clinic provides assessment, education, treatment, monitoring, dialysis planning, and follow-up care on an outpatient basis. Telehealth may be used to support patients in remote communities, if required. Early education for kidney disease patients helps provide information on preventing progression of the disease and empowers patients to make an informed decision regarding their treatment options.

Other services offered by the Renal Health Program include Renal Exercise (Biking) program that helps in-centre dialysis patients maintain strength and stamina.

Throughout their journey, patients are supported by a multi-disciplinary team which may include nephrologists, nurses, health care aides, dialysis aides, unit clerks, nursing assistants, pharmacists, dietitians, social workers, occupational therapists, kinesiologists and a wound care consultant. This breadth of support helps address not only the treatment itself, but the lifestyle changes and other impacts arising from the diagnosis and treatment.

According to Ronnie Mendoza, Director of Health Services at SOGH, "Whatever treatment path a patient is on, the team at the Renal Health Program are focused on delivering the right care at the right place and the right time. Our approach is really holistic, focusing not just the physical ailments, but psychosocial aspects as well."

Although the program has grown and developed considerably over the years, the need is great and continues to grow. Manitoba has the highest rates of kidney disease in Canada with 7,623 adults being treated for kidney disease and 1,854 receiving life-sustaining dialysis. As many as 1 in 10 Manitoba adults have some amount of kidney disease.

While early diagnosis and treatment may help prevent or delay the progression of kidney disease and need for dialysis or transplant, a person can lose as much as 80% of their kidney function before any symptoms are even felt.

Collaboration through the health campus model strives to help ensure the best possible future for patients, whenever they are diagnosed. Nephrologists from the Renal Health Program at Seven Oaks work with the Chronic Disease Innovation Centre (CDIC) to advance research to improve health outcomes, advance quality of care, and find ways to slow the progression of kidney disease.

Mental Health – Looking After Yourself

This presentation will provide practical tools and strategies for looking after your mental well-being, both day-to-day and in times of stress.

Day	Date	Time
WED	Oct. 22	10:00 - 11:00 a.m.

Cost: FREE

NEW

Sound Bath Experience

Join Brie Henderson in this healing sound bath. Blending crystal quartz bowls, Tibetan singing bowls, tingsha bells, chakra tuning forks, chimes, and ocean drums, this therapeutic healing experience is designed to nourish the four body systems: physical, mental, emotional, and spiritual.

Day	Date	Time
THU	Oct. 2	7:00 - 8:30 p.m.

Cost: \$40

NEW

Sage Bundle Workshop with Sage + Sparrow

Come join Laura from Sage + Sparrow to make a beautiful sage bundle with florals and healing crystals. Treat yourself this holiday season, or gift it to someone on your list! The bundles are designed to encourage mindfulness, slow you down, and ground your energy. They are meant to be burnt, or can also be used simply as a decorative item or aromatherapy agent.

Day	Date	Time
THU	Dec. 4	6:30 - 8:00 p.m.

Cost: \$50

NEW

The Art of Rest: Sleep, Stillness & Self-Regulation for Mind-Body Renewal

Join an evidence-based workshop focused on intentional rest to help regulate your nervous system, enhance sleep quality, and reconnect with your body's natural rhythms. Ideal for those facing burnout, sleep issues, or sensory overload—especially caregivers and professionals. Learn practical tools through sleep science, mindfulness, and restorative yoga.

You'll be provided with insights on sleep, stress, and circadian rhythms, along with tools for creating a sleep-supportive environment and techniques for emotional regulation. Take away a personalized bedtime routine and a "Sleep Sanctuary Checklist", gaining a better insight into your sleep challenges, tools for daily stress reduction, and a compassionate understanding of rest as essential.

Day	Date	Time
SAT	Nov. 22	10:00 a.m. - 1:30 p.m.

Cost: \$99

Includes a 45-minute guided restorative yoga and mindfulness session.

Facilitator:
Katja Holzhei, Certified Yoga & Mindfulness Teacher / ICF-accredited Somatic, Holistic & Relational Skills, Trauma Coach / Somatic Trauma Therapy Practitioner.

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.

NEW

Pelvic Floor & Core on the Reformer

Pelvic floor reformer classes are designed to address a range of pelvic floor-related issues, such as urinary incontinence, pelvic pain and dysfunction, and core weakness. The Pilates reformer, with its springs and carriage, provides controlled resistance to help individuals strengthen and stabilize the pelvic floor muscles.

NEW

Hip & Knee Restoration on the Reformer

This reformer Pilates class is ideal for individuals seeking to build core strength, improve balance, and enhance overall conditioning at a pace that prioritizes comfort and control. A special focus is placed on increasing strength and mobility in the hips and knees.

This class is particularly suited for those who:

- Are preparing for hip or knee surgery and wish to build strength in advance
- Have completed physiotherapy following hip or knee surgery and want to continue progressing
- Are managing hip or knee conditions, such as osteoarthritis

With guided support and a targeted approach, this program helps promote long-term joint health and functional movement.

Taking Charge of Your Health

Diabetes Education Series

This two-part diabetes series is presented by the WRHA My Health Team. Part 1 – The dietician and pharmacist will present essential information on how to manage diabetes and maintain a healthy diet. Part 2 – The physiotherapist and occupational therapist will present information on how physical activity can help to manage your diabetes and improve your well-being. You will learn steps to get started with a routine and stick with it.

Day	Date	Time
TUE	Nov. 18 & 25	1:30 - 3:30 p.m.

Cost: FREE

Living Better

A program offered in partnership with Seven Oaks Healthy Living to help you learn strategies for healthy living and improving mental well-being. The program includes cooking demonstrations, giveaways and a yoga session.

Day	Date	Time
THU	Oct. 23 - Nov. 27	9:30 - 11:30 a.m.

Cost: FREE

Maximum of 12 people. Registration via email ayonda@sogh.mb.ca

Learn about the New Winnipeg Primary Transit Network

Come and learn about the Primary Transit Network and its feeder routes that have replaced the city of Winnipeg’s previous transit system. The Winnipeg Transit travel training team will be available to help you navigate Winnipeg’s new bus network.

Day	Date	Time
TUE	Sep. 16	1:30 - 2:30 p.m.

Cost: FREE



This collaboration was key in the development of the Kidney Failure Risk Equation which uses easily obtainable health information to determine a patient’s risk of kidney failure requiring dialysis or transplant.

The health campus model also means people living with kidney disease have onsite access to KidneyFit, a free, three-step program offering exercise and education with the support of the Wellness Institute medical fitness facility staff.

By the numbers....

+600%

The number of beds for In-centre Hemodialysis at Seven Oaks has grown over 600% since 2002 to 61 beds. The program also supports 110 Home Hemodialysis patients.

7,623

7,623 adults in Manitoba are being treated for kidney disease. Of these, 1,854 receive life-sustaining dialysis. These numbers are expected to grow.

71%

71% of Canadians waiting for an organ transplant are waiting for a kidney... even though only 3% of people with kidney disease ever experience kidney failure.

23.05.2025

On May 23, the World Health Assembly adopted its first resolution focused solely on kidney health, strengthening the recognition of kidney disease as a growing public health crisis.

Fall 2025 Program Guide

We are excited to bring you some new classes, events, and our annual fall 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, August 21, 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.

(204)-632-3900

info@wellnessinstitute.ca

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



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 (The RCC)

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 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.

NEW

Reformer/Hammock Challenge

This unique class combines an Athletic workout on the Pilates Reformer with strength conditioning, flexibility work and fascial release using the Harrison Hammock system. This class provides a challenging full-body workout and stretch, and *may* include inversion training on the hammock. No prior Pilates experience is required; however, it is recommended that participants have a strong background in strength training and no significant mobility limitations.

Pilates program descriptions continued on next page.

Pilates

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

We offer STOTT Reformer for all experience levels. 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. This schedule may not be current, find the most up-to-date weekly class details [HERE](#).

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](#).



Pilates Class Schedule:



Sessional class



Drop-in class

*Sessional classes begin September 8

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The RCC 9:30 - 10:30 p.m. <i>Sep. 15 - Nov. 10</i>	Beginner 7:00 - 8:00 a.m.	Athletic 9:30 - 10:30 a.m.	Mat Mixel Level 9:30 - 10:30 a.m. <i>Sep. 25 - Dec. 11</i>	Beginner 8:00 - 9:00 a.m.	Beginner 8:00 - 9:00 a.m.
Cont. Level 1 10:45 - 11:45 a.m.	Cont. Level 2 10:30 - 11:30 a.m. <i>Sep. 9 - Nov. 25</i>	Cont. Level 1 10:45 - 11:45 a.m.	Power Mix 10:45 - 11:45 a.m.	Cont. Level 1 9:15 - 10:15 a.m.	Athletic 9:15 - 10:15 a.m.
Beginner 12:00 - 1:00 p.m.	Athletic 12:05 - 12:50 p.m.	Beginner 12:00 - 1:00 p.m.	Athletic 12:05 - 12:50 p.m.	Beginner 10:45 - 11:45 a.m.	Advanced 10:30 - 11:30 a.m. <i>Sep. 13 - Nov. 29</i>
Athletic 5:30 - 6:30 p.m.	Hip & Knee 4:15 - 5:15 p.m. <i>Begins Oct. 7</i>	Pelvic Floor & Core on Reformer 4:15 - 5:00 p.m. <i>Sep. 17 - Oct. 22</i>	Cont. Level 1 5:30 - 6:30 p.m.	Beginner 4:30 - 5:30 p.m.	Cont. Level 1 11:45 - 12:45 p.m.
Cont. Level 2 6:45 - 7:45 a.m. <i>Sep. 8 - Dec. 1</i>	Cont. Level 1 5:30 - 6:30 p.m.	Intermediate 5:15 - 6:15 p.m. <i>Sep. 10 - Nov. 26</i>	Power Mix 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>Sep. 14, 28 Oct. 12, 26, Nov. 9, 23, Dec. 7, 21</i>	
		Reformer/Hammock 6:45 - 7:45 p.m.			
		Beginner 6:45 - 7:45 p.m.			
		Intro 8:00 - 9:00 p.m. <i>Sep. 3, 17 Oct. 1, 15, 29 Nov. 12, 26 Dec. 10</i>			

Adult Fitness Programs

Pickleball 101 & Pickleball 102 (Intermediate) NEW

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.

Join our *Pickleball 102* session, ready to take your pickleball game to the next level? Our Intermediate pickleball class is designed for players who have mastered the basics and want to build confidence with more advanced techniques and strategies. Elevate your skills, stay active, and keep the fun going on the court!

Day	Date	Time
MON	Ongoing	3:00 - 3:45 p.m.
TUE	Ongoing	6:45 - 7:30 p.m.
FRI	Ongoing	10:30 - 11:15 a.m.

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

Advanced Pickleball Workshop (1 hr.)

Take your pickleball game to the next level, 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	Sep. 18	8:00 - 9:00 p.m.
THU	Oct. 16	8:00 - 9:00 p.m.
THU	Nov. 20	8:00 - 9:00 p.m.
THU	Dec. 18	8:00 - 9:00 p.m.

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

Importance of Recovery

Recovery is a crucial but often overlooked component of any fitness or wellness journey. Join us to explore why recovery matters and the vital role adequate rest plays in improving performance, preventing injury, and supporting overall well-being. Learn about various types of recovery, recognize signs of inadequate recovery, and develop practical strategies to help you bounce back stronger. Join us to discover how prioritizing recovery can be your ultimate performance booster!

Day	Date	Time
TUE	Sep. 23	1:15 - 2:15 p.m.
THU	Oct. 23	6:45 - 7:45 p.m.

Cost: \$10

Walking Club

Our walking club, led by an experienced Wellness Consultant, offers a fun and 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/\$20 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
FRI	Oct. 10	1:15 - 2:15 p.m.
THU	Nov. 13	6:45 - 7:45 p.m.

Cost: FREE

Drums Alive

You will have the most fun getting fit! The great mix of pulsating rhythms, dynamic movements, and motivating music is guaranteed to lift your spirits and leave your worries behind while you engage in this one-of-a-kind experience.

Day	Date	Time
TUE	Oct. 7 - 28	6:30 - 7:30 p.m.

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

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 be active and come together or as a single. Please wear smooth-soled shoes (no high heels).

Day	Date	Time
MON	Sep. 15 - Nov. 10 <i>(no classes on Oct. 13)</i>	8:00 - 9:00 p.m.

Cost: FREE members/\$20 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](#)



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.



Aqua

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

Reap the benefits of a warm-water therapy pool while exercising. This schedule may not be current, find the most up-to-date weekly class details [HERE](#).

Aqua Class Schedule:

All Pool Classes are 45 minutes in length

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

NEW

Intro to Antigravity

Curious about AntiGravity? This class is the perfect way to dip your toes in! Learn the fundamentals, explore basic movements in the hammock, and discover how this fun, low-impact workout can support strength, flexibility, and relaxation. No experience necessary – bring an open mind and a sense of adventure!

Day	Date	Time
WED	Sep. 3	6:30 - 7:30 p.m.
SAT	Sep. 6	9:00 - 10:00 a.m.

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

Antigravity

In this class, you will use an AntiGravity Hammock to support you through various exercises, experiencing the power, excitement, and pure joy of moving freely through open space. AntiGravity Fundamentals decompresses the spine and improves strength and flexibility. You'll become familiar with the AntiGravity Hammock and experience the new sensation of inversions and flying, incorporating zero-compression inversions, suspended stretching, and strengthening.

Day	Date	Time
WED	Sep. 10 - Oct. 29	6:30 - 7:30 p.m.
SAT	Sep. 13 - Nov. 1	9:00 - 10:00 a.m.
WED	Nov. 5 - Dec. 17*	6:30 - 7:30 p.m.
SAT	Nov. 8 - Dec. 20*	9:00 - 10:00 a.m.

Cost: \$80/\$70*

AntiGravity Fundamentals & Private Sessions

A full-body workout that enhances flexibility, balance and strength. For more details on AntiGravity Fundamentals, call Lori at **204-632-3914**. For private sessions, [Private Antigravity classes](#).

Mind-Body

Block Therapy

Block Therapy is a practice of fascia release that can replicate the results of deep tissue massage. It is a brilliantly designed method of self-care that may reduce tightness and pain. Over time, participants may experience gains in posture, flexibility, and core strength.

Day	Date	Time
WED	Oct. 1 - 29	7:00 - 8:15 p.m.
THU	Nov. 1 - 29	11:00 - 12:15 p.m.

Cost: \$115

QiGong

During this 6-week program, you'll be guided through gentle movements, breathwork, and meditation, cultivating energy, balance, and inner peace. Perfect for all levels. Discover the ancient art of Qigong and unlock its profound benefits for the mind, body, and spirit.

Day	Date	Time
THU	Sep. 4 - Oct. 16 (no class on Oct. 2)	2:30 - 3:30 p.m.

Cost: FREE member/\$72 non-member

Tai Chi - Beijing 10 Form - A Beginner's Path

The Beijing 10 Form is a simplified version of Yang style Tai Chi. Designed for beginners, it emphasizes relaxation, balance, and coordination in a short, easy-to-learn routine. The fixed step structure (standing in one place or seated), makes it ideal for practicing in small spaces and helps students focus on alignment and body awareness without complex footwork. Though compact, this form reflects the flowing, gentle nature of Yang style, making it a practical introduction to Tai Chi. As well as supporting accessibility and ease of learning, the Beijing 10 Form lays a solid foundation for deeper study of Tai Chi principles and longer forms.

Day	Date	Time
THU	Oct. 23 - Nov. 27	2:00 - 3:00 p.m.

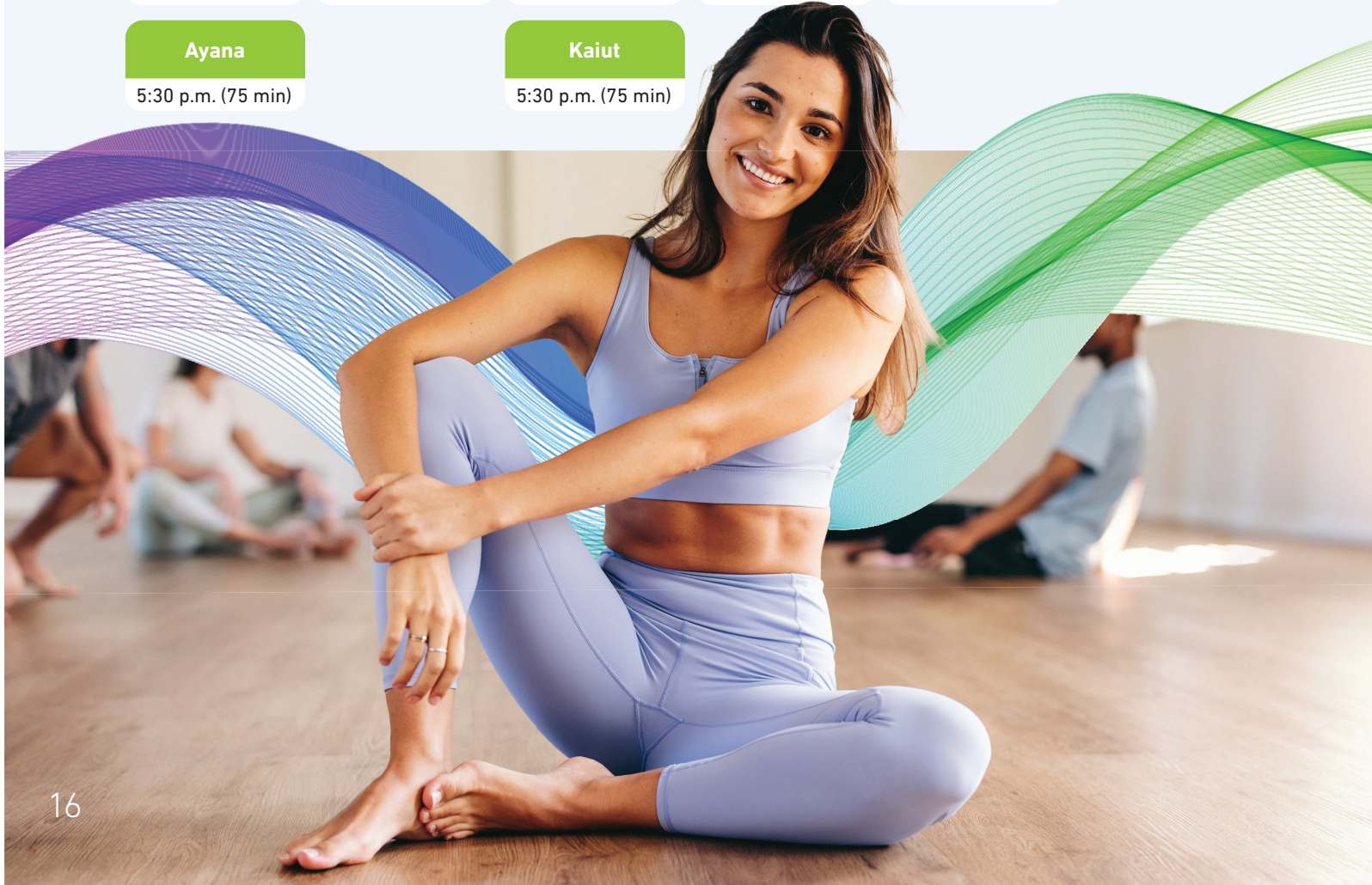
Cost: FREE member/\$72 non-member

Yoga

Free for Wellness members, \$20 drop-in for non-members. Registration is required for all yoga classes. Sign up opens 24 hours in advance for members, same day for drop-ins. This schedule may not be current, find the most up-to-date weekly class details [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. (60 min)	Morning Flow 9:00 a.m. (75 min)	Kaiut 9:30 a.m. (60 min)
Gentle Stretch & Relax 10:30 a.m. (75 min)	Vinyasa Flow 12:05 p.m. (60 min)	Restorative 10:30 a.m. (75 min)	Athletic 6:00 p.m. (60 min)	Restorative 10:30 a.m. (75 min)	
Gentle Chair 12:15 p.m. (60 min)	Restorative Moonlight 7:00 p.m. (60 min)	Gentle Chair 12:15 p.m. (60 min)	Yin Yoga Meditation 7:15 p.m. (60 min)	Gentle Chair 12:15 p.m. (60 min)	
Ayana 5:30 p.m. (75 min)		Kaiut 5:30 p.m. (75 min)			



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.

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

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

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

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 improve flexibility. Please arrive 5 minutes early to measure for the correct hammock height.

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

Ayana Yoga integrates physical postures, breathwork, and mindfulness practices to promote overall well-being. This helps to 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 beginner-friendly 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.

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.

Yin Yoga Meditation

Through long-held passive shapes, intentional breath work and guided meditation, you'll gently explore the therapeutic power of stillness and an introspective practice. Inspired by the principles of Traditional Chinese Medicine and backed by modern science, each session is designed to support the health of your connective tissues, regulate the nervous system, and create spaciousness in both body and mind.

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. This schedule may not be current, find the most up-to-date weekly class details [HERE](#).

Studio Class Schedule:

*Sessional class: check for dates.

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)	AntiGravity* 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)	Drum Dance 12:05 p.m. (60 min)	PACE 1:15 p.m. (55 min)	Zumba Toning 11:05 p.m. (45 min)	
PACE 1:05 p.m. (55 min)	TRX Fit 5:30 p.m. (55 min)	Line Dancing 1:15 p.m. (60 min)	Cardio Fusion 4:30 p.m. (55 min)	TRX Fit 12:05 p.m. (45 min)	
TRX Fit 4:30 p.m. (55 min)	Drums Alive 6:30 p.m. (60 min) <i>Oct. 7 - 28</i>	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)	Boot Camp 7:00 p.m. (55 min)		
Strong & Calm 6:30 p.m. (70 min)		AntiGravity* 6:30 p.m. (60 min)			
Latin Dance 8:00 p.m. (60 min) <i>Sep. 15 - Nov. 10</i>					

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!

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.

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

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, with this fun and challenging step routine.

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!

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.