

2026

MEMBERSHIP PROGRAM GUIDE

thewellness
Institute

A wide-angle photograph of a large, modern indoor wellness facility. On the left, a person is running on a blue track. In the center and right, there's a gym area with various exercise machines and a basketball court where a few people are playing. The ceiling is high with exposed wooden beams and large blue banners hanging from it. The overall atmosphere is bright and active.

Welcome to the Wellness Institute at Seven Oaks Hospital — where health, movement, and community come together.

As a medically informed fitness and wellness centre, we combine exercise, clinical expertise, and lifestyle-focused wellness services to support people of all ages, abilities, and health backgrounds. Our safe, evidence-informed programs are designed to help you improve and maintain your health in meaningful, sustainable ways.

MEMBERSHIP BENEFITS

- State-of-the-art strength and cardio equipment
- Indoor walking and running track
- Full-court gymnasium for racquet sports, basketball, and volleyball
- 120+ weekly group fitness classes, including studio, yoga, spin, and aqua classes
- Warm-water therapy pool
- Deluxe locker rooms with a steam room and whirlpool
- Complimentary fitness assessment and personalized exercise program
- Complimentary scheduled guest access days
- Two annual complimentary guest passes
- Complimentary introductory Pilates class
- Discounted personal training starter package



WE'RE OPEN:

Monday – Thursday | 5 am – 11 pm

Friday | 5 am – 9 pm

Saturday & Sunday | 7 am – 7 pm



Visit the website for the most up-to-date schedule and holiday hours.

2026 HOLIDAY HOURS OF OPERATION

New Year's Day

Thursday, January 1 CLOSED

Louis Riel Day

Monday, February 16 8am – 5pm *

Good Friday

Friday, April 3 CLOSED

Easter

Sunday, April 5 8am – 5pm *

Victoria Day

Monday, May 18 8am – 5pm *

Canada Day

Wednesday, July 1 8am – 5pm *

Terry Fox Day

Monday, August 3 8am – 5pm *

Labour Day

Monday, September 7 8am – 5pm *

National Day of Truth and Reconciliation

Wednesday, September 30 CLOSED

Thanksgiving

Monday, October 12 8am – 5pm *

Remembrance Day

Wednesday, November 11 CLOSED

Christmas Eve

Thursday, December 24 5am – 4pm

Christmas Day

Friday, December 25 CLOSED

Boxing Day

Saturday, December 26 8am – 5pm *

New Years' Eve

Thursday, December 31 5am – 4pm

*** No Classes**

MEMBER INFORMATION

Member E-News

Members who provide an email address at sign-up are automatically subscribed to receive updates on programs, classes, announcements, challenges, tournaments, and events. Member information is kept confidential and will not be shared with other organizations. If you are not receiving our emails, please see our front desk staff to add an email to your account.

Guest Passes

Members receive two complimentary guest passes per year on the anniversary of their join date. Members may also bring one friend or family member free of charge on our monthly guest days. To enjoy guest day visits, guests must be accompanied by a member at all times. Additional guests visits are available by paying the drop-in fee. Guests must be at least 16 years of age and present a valid photo ID. Due to provincial bylaws, pool access is limited to members and special programs only; drop-in guests are not permitted.

GUEST DAYS 2026

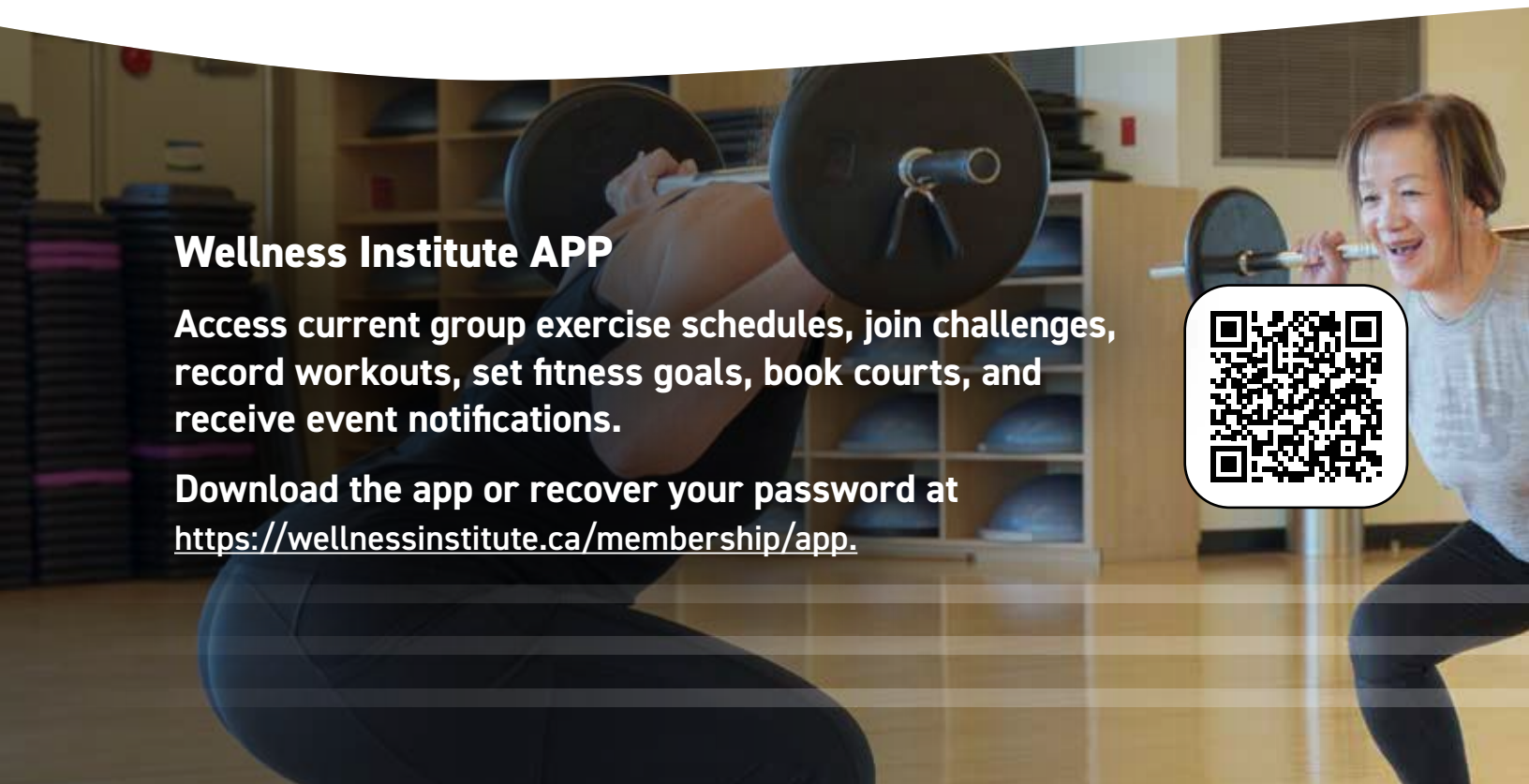
Members may bring **one guest free of charge** on the following days:

- Tuesday, January 27th
- Thursday, February 26th
- Friday, March 20th
- Wednesday, April 15th
- Saturday, May 30th
- Tuesday, June 16th
- Monday, July 13th
- Wednesday, August 19th
- Sunday, September 13th
- Thursday, October 8th
- Tuesday, November 17th
- Wednesday, December 16th

Wellness Institute APP

Access current group exercise schedules, join challenges, record workouts, set fitness goals, book courts, and receive event notifications.

Download the app or recover your password at <https://wellnessinstitute.ca/membership/app>.



Freezing, Medical Holds & Cancellations

Temporary membership holds are available under certain conditions. Written notice is required for membership cancellations. All requests must be received at least 5 days prior to the end of the month. Call us at 204-632-3900 or visit <https://wellnessinstitute.ca/membership/membership-freeze> to submit a freeze request and 'pause' your membership for a nominal fee. Visit our front desk staff or email info@wellnessinstitute.ca to request a medical hold or cancellation.

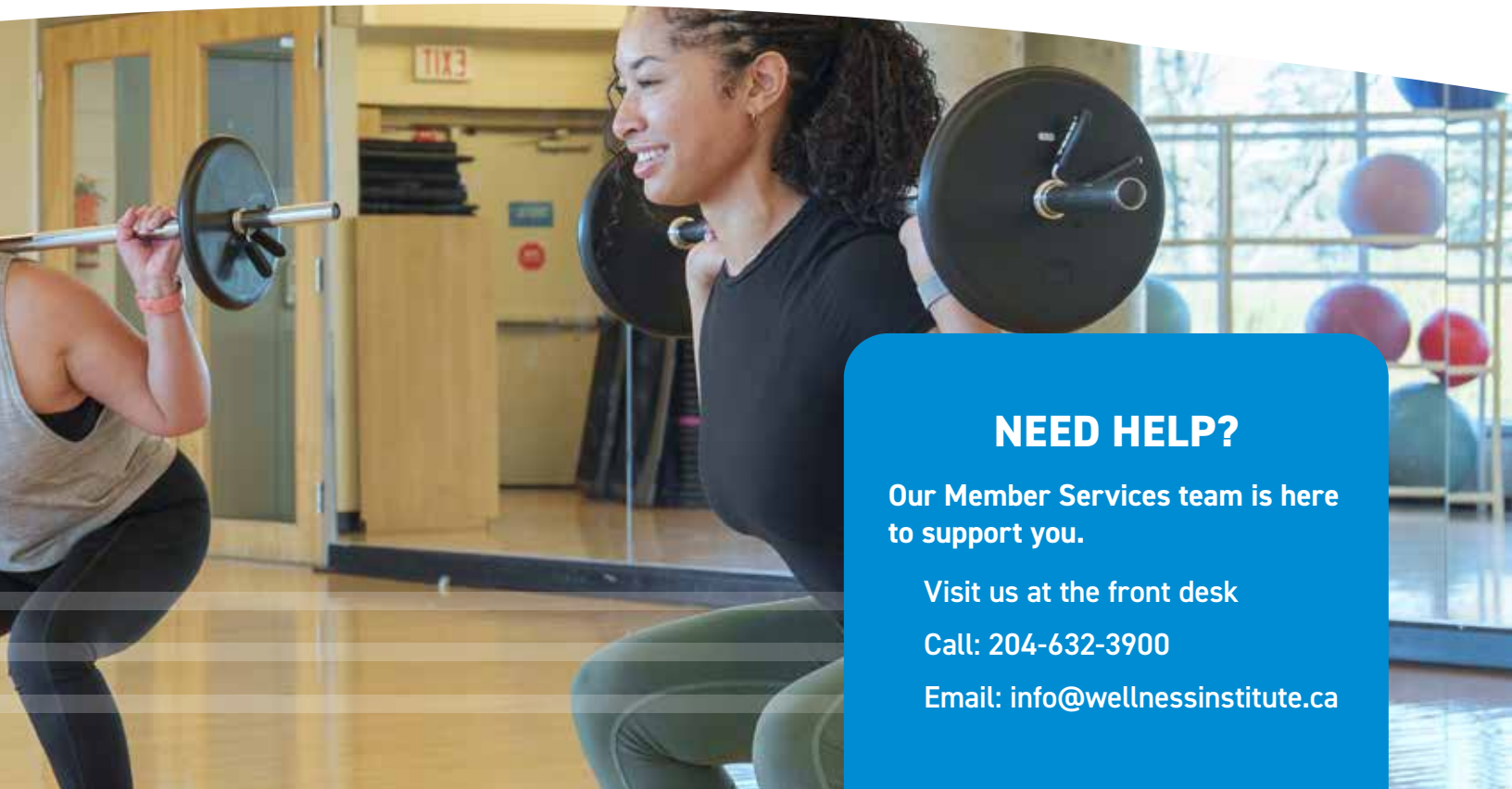
Important Member Safety & Privacy Policies

CELL PHONES & ELECTRONIC DEVICES: The use of electronic devices is not permitted in locker rooms. Cell phone conversations should be limited to lobby areas, and members are asked to discontinue exercise while taking calls. Earbuds must be worn when listening to audio. Photography or video recording is prohibited within the facility without permission from Management. For safety and courtesy, members should avoid texting or using phones while on exercise equipment.

MEMBER CONDUCT - To maintain a safe and respectful environment, the facility has a zero-tolerance policy for bullying, harassment, fighting, threatening behaviour, or inappropriate conduct. Disrespectful behaviour, offensive language, inappropriate emails, or harassment on social media may result in suspension or termination of membership and facility access.

We appreciate your cooperation in keeping our equipment areas enjoyable and accessible for all. There is a 30-minute time limit on cardio machines. When using weight areas, please avoid extended loitering or phone use while seated at machines, allow others to "work in" where possible, and keep rest periods reasonable.

Please see <https://wellnessinstitute.ca/membership/policies> for complete member policies and facility guidelines.



NEED HELP?

Our Member Services team is here to support you.

Visit us at the front desk

Call: 204-632-3900

Email: info@wellnessinstitute.ca

CLASSES & SCHEDULES

Gymnasium & Court Sports Schedules

The gymnasium is a multi-purpose area available during all hours of operations. For basketball, volleyball, badminton, pickleball, and open times, including the option to book court times, please see the court schedule at <https://wellnessinstitute.ca/membership/court-schedule>.

Aqua & Pool Class Schedules

The warm water therapy pool is primarily used for aqua classes. Members can use the pool on a limited basis outside of classes. Please check the pool schedule for classes and aqua free time at <https://wellnessinstitute.ca/health-and-fitness/fitness-class-schedule>.

Fitness Programs

HEALTH & FITNESS ASSESSMENT AND EXERCISE PRESCRIPTION

Conducted by our certified exercise specialists (Wellness Consultants), we offer two, 45 minute sessions as part of your membership:

- Cardiopulmonary fitness testing
- Muscular strength, endurance, balance and flexibility testing
- Height and weight measurements
- Blood pressure screening
- Circumference measurements
- Body composition analysis (InBody)
- A personalized exercise plan that may include:
 - Cardiovascular and resistance training
 - Mobility and flexibility programming
 - Safe exercise progression guidelines

Members can request a Health & Fitness Assessment annually and an Exercise Prescription every six months, both of which are included free with your membership. To book an appointment, please contact our front desk.

GROUP EXERCISE CLASSES

A wide range of classes for all fitness levels are available for members. Many studio classes are available on a drop-in basis (no registration required). Yoga, spin and aqua classes require pre-registration. Class availability is subject to change based on interest and class size. Find the full up-to-date schedule and registration information online: at <https://wellnessinstitute.ca/health-and-fitness/fitness-class-schedule>.



STRETCH CLASSES

Stretch classes are offered throughout the day to help improve flexibility, mobility, posture, and recovery. Classes are suitable for all fitness levels, and all members are welcome to join. Please see the gym schedule at <https://wellnessinstitute.ca/membership/court-schedule> for current class times and updates.

EQUIPMENT ORIENTATIONS

New to the Wellness Institute or looking for a refresher? Join our free weekly equipment orientation sessions for members. Learn how to safely and effectively use our cardio and strength-training equipment with guidance from our exercise staff. Check the weekly schedule at <https://wellnessinstitute.ca/membership/member-engagement> for upcoming orientation times.

MOVEMENT AS MEDICINE SEMINAR SERIES (NEW - STARTING SEPTEMBER 2026):

Join us for FREE members-only seminars, and learn how physical activity can boost your health, energy, and quality of life: simple steps, lasting benefits, real results. Watch for dates and registration in the member e-news.

PERSONAL TRAINING

Work one-on-one with a Certified Personal Trainer to receive personalized guidance and programs tailored to your goals and fitness level. For more information on fees and trainers or to book, visit <https://wellnessinstitute.ca/health-and-fitness/personal-training>.

GROUP TRAINING

Enjoy motivating workouts led by Certified Personal Trainers in a supportive group setting. For all fitness levels, no membership required. To view schedules, fees and to register, visit <https://wellnessinstitute.ca/health-and-fitness/small-group-training>.

PILATES

Find balance in our welcoming studio, equipped with eight Reformers, four Stability Chairs and a full range of Pilates accessories to support your practice. Experience the transformative benefits of Pilates, accessible to all experience levels, no membership required. To view classes schedules, fees and to register, visit <https://wellnessinstitute.ca/health-and-fitness/pilates>.

ONSITE WELLNESS CLINIC SERVICES

Physiotherapy Clinic

Our physiotherapists provide assessment and treatment for injuries, post-surgical recovery, chronic pain, mobility concerns, and pelvic floor therapy. Learn more or book online at <https://wellnessinstitute.ca/wellness-clinic/physiotherapy>

Massage Therapy

Book therapeutic massage services focused on muscle recovery, stress reduction, relaxation, and injury prevention: <https://wellnessinstitute.ca/wellness-clinic/massage-therapy>

Chiropractic Care

We offer treatment and support for spine and joint health, posture improvement, pain relief, and movement optimization. <https://wellnessinstitute.ca/wellness-clinic/chiropractic>

Assessment & Testing

Our advanced DEXA testing measures body composition, including body fat, muscle mass, bone density, and key health indicators. We also offer VO2Max and Resting Metabolic Rate (RMR) testing. <https://wellnessinstitute.ca/wellness-clinic/assessment-and-testing>

Weight Loss & Risk Reduction Clinic

Physician-guided expert support ensures that every lifestyle change made in the program is an investment in a healthier you. The program has proven to promote significant weight loss while helping you make changes shown to improve your energy and reduce your risk of heart disease and diabetes. <https://wellnessinstitute.ca/clinical-programs/weight-loss-and-risk-reduction-clinic>

Nutrition Services

We offer personalized nutrition counselling to support weight loss, increased energy, healthy lifestyle habits, and cholesterol or blood pressure management. Our registered dietitians provide one-on-one consultations and goal-based guidance. <https://wellnessinstitute.ca/wellness-clinic/nutrition>

Mental Health Counselling Services

Access safe, confidential, and professional mental health counselling tailored to help you navigate life's challenges and manage everyday stress. For more information, including fees, or to book an appointment visit <https://wellnessinstitute.ca/occupational-health/mental-health-services>.



*Book services
at the clinic
online.*

A modern clinic reception area with a woman working at a white reception desk. The desk has a wooden top and a decorative base of vertical slats. There are two computer monitors on the desk. A blue box in the top right corner contains the clinic hours. The floor is made of large, light-colored tiles, and there is a blue carpeted area in the foreground. A large, spherical, gold-colored light fixture hangs from the ceiling. The background shows a curved wall and a glass partition.

CLINIC HOURS:

Monday to Thursday: 7:30 am – 7 pm

Friday: 7:30 am – 4 pm

Saturday: 7:30 am – 3:30 pm

COMMUNITY HEALTH & WELLNESS PROGRAMS

Back Pain Exercise Program

These specialized exercise classes are designed to improve strength, flexibility, posture, and pain management for individuals with back concerns.

Arthritis Exercise Program

Gentle movement and strengthening exercises help improve joint mobility, reduce stiffness, and support daily function.

Pelvic Floor Exercise Program

Guided exercises and education improve pelvic floor strength, bladder control, and core stability.

Neuro Fit

This exercise-based wellness program is designed for individuals living with neurological conditions to support mobility, balance, strength, and confidence.

Women on Weights

Gain strength and confidence with expert guidance on safe, effective lifting. Open to all fitness levels, this program supports bone health, muscle maintenance, functional fitness, and long-term well-being. Join a current session and watch for advanced-level options coming soon.

Health Education Programs

Seasonal educational sessions and workshops focus on healthy living, disease prevention, and wellness topics.



See our **Positively Health Magazine** for upcoming programs and to learn about programs and news from across the Seven Oaks Hospital Health Campus.

<https://wellnessinstitute.ca/about-us/positively-healthy>





STAY CONNECTED

Website: <https://wellnessinstitute.ca>

Member portal: <https://wellnessinstitute.antaris.ca>

Follow us on social media