

FALL 2026

Positively Healthy

FALL 2026
WELLNESS INSTITUTE
PROGRAM GUIDE
INSIDE!
→



Celebrating 30 Years of Wellness

Positively Healthy

FALL 2026



Positive stories and collaborations from across the Seven Oaks Health Campus

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Building Safer Care Through Connection

A new pilot project brings peer support to Urgent Care

Seven Oaks General Hospital is leading an innovative pilot project that brings peer support into the Urgent Care waiting room. The project explores how connection with non-clinical supports can improve the patient experience, reduce the number of people who leave before receiving care, and better support some of the community's most vulnerable patients. Launched on May 15, the initiative is the first in Winnipeg to evaluate how peer support can be integrated alongside of clinical care within an Urgent Care setting.

Looking at Safety in New Ways

The pilot grew from a broader effort to reimagine what safety means in a busy Urgent Care environment. A team made up of voices from front-line hospital staff, union groups, senior leadership, security, Indigenous health, and social work examined how to create a safer waiting room for everyone. Looking beyond physical safety, the team noted the impact of different patient experiences on feelings of safety. For people attending without support or facing challenges with homelessness, mental health or substance use, safety may come in the form of offering connection or creating non-judgmental spaces to share.

"It didn't take long to realize that a certain patient's perception of safety might look different than another patient's perception of safety, and to some of our patients, it is about feeling safe enough to attend and feel accepted," says Leanne Ross, Health Services Manager at Seven Oaks Hospital.

The team also recognized a concerning trend. Patients registering with no fixed address are nearly twice as likely to leave Urgent Care without being seen as those with a permanent address. That incomplete path to care puts an already vulnerable population at higher risk of negative health outcomes.

The Pilot in Action

The six-month pilot places a trained peer support worker from Peer Connections Manitoba in the Urgent Care waiting room on Friday and Saturday evenings. Peer Supporters combine lived experience with specialized training in trauma-informed care, de-escalation, and cultural awareness, allowing them to build trust in ways that complement clinical care.

"The uniqueness about peer support is that we get to let our lived experience lead the conversation. We don't come in with any kind of agenda. We're just there, meeting another human being in the moment they are at," says Katharine Dixon, Peer Support Manager, Peer Connection Manitoba. "Where we can have conversations that are fully confidential and we're allowed to get curious, to discover, to ask questions, and to collaborate with another human being on what they might be going through in that moment."

Peer support fits alongside the clinical team's work without changing medical care or workflows. Peer Supporter Tanvir receives referrals from triage and makes connections through conversations in the waiting room, offering support adapted to the patient and situation. Sometimes that means sitting with someone who is anxious or in pain. Other times, it means providing the comfort of a blanket, helping someone communicate with healthcare staff, or simply checking in to let them know they have not been forgotten.



Photo: Tanvir, Peer Supporter, and Katharine Dixon, Peer Support Manager, from Peer Connection Manitoba in Seven Oaks Hospital Urgent Care department

"The work they're doing is really empowering the individuals to advocate for themselves, to share safely and openly, and to establish a trusting relationship with the healthcare team," says Ross.

The support also extends beyond the waiting room.

"I let patients know that, if they are comfortable with it, I can do a follow-up with them," says Tanvir, Peer Supporter. "If they have someone follow-up with them, they don't feel that they have been left alone."

For patients who choose to participate, support can continue after they leave the hospital through a four-week follow-up call. Those who would benefit from longer-term support may also be referred to Peer Connections Manitoba's community peer support program for up to one year.

"Some of the gaps we see aren't necessarily solved by adding more nurses or more security," says Leanne Ross, Health Services Manager, Urgent Care. "Sometimes they're those simple moments of connection that remind people they haven't been forgotten."

The benefits extend to staff as well. Nurses report that having someone available to check on patients, answer questions about wait times and provide comfort measures helps ease some of the pressure during busy shifts, allowing clinical staff to focus on patient assessment and treatment.

While the pilot is still in its early stages, initial demand has exceeded expectations, and evaluation is underway to measure patient experience, rates of patients leaving without being seen and other key outcomes. If the data supports it, one small pilot could provide a model for delivering more compassionate, equitable and connected care.

At its heart, the pilot reflects Seven Oaks General Hospital's commitment to finding innovative, collaborative solutions that improve patient care while strengthening support for healthcare teams. By combining clinical expertise with peer support, the project is exploring new ways to make every patient feel seen, supported and safe from the moment they walk through the doors.

Anyone interested in accessing Peer connections Manitoba's peer support outside of the pilot program can find Quick-Access Peer Support on Saturdays at 100-4 Fort Street or can sign up for 1 on 1 peer support sessions at peerconnectionsmb.ca

From Manitoba Innovation to a Proven Model of Care

Kidney Check program transforming kidney care nationally

What began as an innovative research project at the Chronic Disease Innovation Centre (CDIC) at Seven Oaks General Hospital has grown into one of Canada's leading models for community-based kidney disease screening.



After years of demonstrating impact, the Kidney Check program has secured an ongoing agreement with Manitoba Health, establishing sustainable funding within the province's healthcare system.

For the team behind the program, this funding is both recognition that the model works and an opportunity to continue to evolve to address the challenges of preventing and treating kidney disease in Canada.

"Before, we were reliant on project grant funding," says Oksana Harasemiw, Kidney Check Project Manager at the CDIC. "Now there's going to be sustainable funding available for Kidney Check. It's exciting because it means we can focus on continuing to improve and grow the program in Manitoba"

That growth is already well underway.

The Kidney Check model has made its way to other provinces. The made-in-Manitoba approach has been trialed in British Columbia, Alberta, Saskatchewan and Ontario, bringing culturally safe kidney screening and early intervention to Indigenous communities across broad rural and remote areas.

The current phase of the program has already screened over 1300 people in Manitoba, more than 500 Albertans and more than 750 people in British Columbia, with added screening taking place in Saskatchewan and Ontario.

Rooted in Research

The roots of Kidney Check stretch back more than a decade.

In 2010, the CDIC launched the First Nations Community Based Screening to Improve Kidney Health and Prevent Dialysis (FINISHED) project. Headed by CDIC Principal Investigators, Drs. Paul Komenda, Claudio Rigatto, and Navdeep Tangri, and in partnership with First Nations Health & Social Secretariat (FNHSSM) under the direction of the late Dr Barry Lavalley, FINISHED screened more than 2,000 people in rural and remote communities across Manitoba, as well as in underserved locations in urban Winnipeg.

Recognizing that Indigenous people are three times more likely to develop kidney disease than the general Canadian population, FINISHED was designed to overcome the barriers to early diagnosis and care that often exist in rural and remote communities.

The project proved that bringing screening directly into communities was not only feasible, but highly effective. Just as importantly, it showed that successful healthcare delivery depended on genuine partnerships with Indigenous communities and ensuring patients remained connected to care after screening.

FINISHED relaunched as Kidney Check in 2018 as a project of the Canadians Seeking Solutions and Innovations to Overcome Chronic Kidney Disease (Can-SOLVE CKD) network. Since then, the program has continued to grow through research, patient engagement and collaboration with Indigenous partners. Those partnerships continue to shape the program today.

Designed with Patients, Not Just for Patients

Cathy Woods, a member of Naicatchewenin First Nation, a founding patient partner of the Can-SOLVE CKD Network, national patient lead for Kidney Check and co-chair of the Indigenous Peoples' Engagement and Research Council, has helped guide the program since its earliest days.

"Right from the beginning, we decided it would be a wellness program," says Woods. "We try not to focus too much on the burden of chronic kidney disease. We try to concentrate on helping you understand your risk and the different supports that are available."

That philosophy influences every aspect of Kidney Check.



Photo: Kidney Check patient lead, Cathy Woods, displays point of care mobile screening tools.



Bringing Care to the Community

Rather than asking people to travel long distances for screening, Kidney Check brings preventive care directly into communities using portable point of care equipment that provides results in minutes.

Participants are screened for kidney disease, diabetes and high blood pressure. The Kidney Failure Risk Equation, developed by Dr. Tangri, is embedded in the process to assess each participant's risk of kidney failure. In partnership with pediatric nephrologist Dr. Allison Dart, the program has developed screening processes for children as young as 10, creating broad opportunities to identify risks early.

From a single visit, participants receive their results, education about kidney health and a personalized follow-up plan. By partnering with Keewatinohk Inniniw Minoayawin Inc. (KIM), the project is able to refer many participants who don't have a primary care physician to KIM's physician assistant.

"We're really diligent about making sure people get the follow-up care they need," says Harasemiw. "We don't just go into a community, do screening and then leave. Through our partnerships, we're able to help connect people with ongoing care."

The work begins long before the screening clinic opens.

"We do a lot of engagement leading up to the screening," Harasemiw says. "We meet with Health Directors and Chief of Councils. Sometimes we'll hold town halls to build awareness and trust. Afterwards, we report back to communities on how many people were screened, what we learned and what comes next."

Bringing Kidney Check to communities is vital because kidney disease often develops without symptoms.

"I wasn't sick. I had no symptoms," Woods says of her own diagnosis. "I think the hardest part of kidney disease is that it's really invisible. That's why it's so important to get this information to people."

With permanent provincial funding now in place and growing adoption across Canada, Kidney Check is entering a new phase focused on expanding awareness, increasing access and reaching even more communities. The model developed by the CDIC for Manitoba is becoming a blueprint for more equitable healthcare across the country.

RBC Foundation Commitment Expands Awareness of Preventive Care in Northern and Remote Communities

A \$20,000 commitment from RBC Foundation, made to the Seven Oaks Hospital Foundation, will soon help the Kidney Check program remove barriers to preventive healthcare for Indigenous communities across Manitoba.

For many people living in northern, rural and remote communities, accessing preventive healthcare means travelling long distances to see a healthcare provider. Kidney Check bridges gaps by bringing screening, education, and connections to care directly into communities, helping to identify kidney disease, diabetes, and high blood pressure before serious complications develop.

“Our goal is to help provide inclusive opportunities for prosperity, with physical wellbeing being a fundamental part of that,” said Chris White, RBC Regional Vice President, Winnipeg. “The Kidney Check program and its mobile unit bringing screening directly into communities geographically isolated from healthcare is an initiative we are delighted to support.”

Kidney Check delivers this access through mobile point of care screening and support. Using simple blood and urine tests, Kidney Check screens people aged 10 and older for chronic kidney disease and diabetes, as well as tests for high blood pressure. Participants receive education about their results immediately and, when appropriate, are connected to primary care providers or specialists for follow-up care.

Beyond screening, the program helps build trust by delivering care in familiar community settings and through partnerships with Indigenous organizations that guide where and how services are delivered. In fact, the lived experiences of Indigenous patients helped develop the model Kidney Check delivers today.

“The communities are really appreciative of the initiative and that we do things in a culturally safe way,” says Michelle DiNella, Director, Chronic Disease Innovation Centre.

The next phase of Kidney Check will build on that foundation by launching a culturally informed education campaign designed with an Indigenous-led organization. The campaign will address common misconceptions about kidney disease while raising awareness of advances in treatment that can improve outcomes when the disease is detected early.

“One of the things we’re finding when we go into communities is that many people are afraid to come for screening because they believe a diagnosis of kidney disease automatically means dialysis,” says DiNella. “But over the past five to seven years, there has been an explosion in the quality and types of treatments available. If kidney disease is caught early, it is often possible to slow or even prevent progression. It’s important for people to know there is hope.”

Sharing that message is strongly supported by the RBC Foundation’s commitment to community and equitable health outcomes.



Foundation

"RBC Foundation is committed to supporting community partners that address inclusion by responding to local needs and tackling root causes with long-term solutions," says RBC's White. "Equipping people with accurate, accessible information about their health is one of the most powerful ways to do that. When communities have timely access to diagnosis and care, it builds the kind of resilience that benefits everyone."

The results of screening go beyond a one-time screening session. Studies published in the *Canadian Medical Association Journal* showed that compared to the years before screening, people who were screened by Kidney Check received more frequent monitoring of their kidney health, and were more likely to receive the appropriate diabetes treatment and kidney care they needed in the years following screening. Surprisingly, the positive impact was not limited to those who were screened.

The studies showed that people in communities served by Kidney Check had greater improvements in follow-up care through the healthcare system compared to people living in communities that did not receive screening by Kidney Check.

Kidney Check hopes to continue spreading that impact to remote and rural communities through strong partnerships with Indigenous health organizations, including the First Nations Health and Social Secretariat of Manitoba, Keewatinohk Inniniw Minoayawin Inc., and MedeChan.

By supporting Kidney Check, RBC Foundation is helping ensure more people can access preventive healthcare close to home, receive timely diagnosis and treatment, and make informed decisions about their health. The commitment represents an investment not only in early detection but in healthier communities and more equitable access to care across Manitoba.

Photo: In addition to financial support, RBC employees show support for healthcare through volunteer activities. During National Nursing Week in May, RBC staff volunteers connected with Seven Oaks staff and shared a variety of treats to show their appreciation.





Thirty Years of Building Health

A vision ahead of its time

Thirty years ago, we embarked on a remarkable journey built on a simple but powerful idea: healthcare should not only help people recover from illness—it should help people stay healthy in the first place.

**By Carrie Solmundson, Wellness Institute
& Dr. Kevin Saunders, Founding Medical Director**



At the time, this was a bold vision.

Most healthcare organizations focused primarily on diagnosing and treating disease. Yet the board and leaders of Seven Oaks General Hospital recognized that improving the health of a community required something more. It required investing in prevention, rehabilitation, healthy aging, and wellbeing alongside excellent clinical care. The vision was ahead of its time, but it led to the creation of Canada's first hospital-owned and operated medical fitness facility.

When the Wellness Institute opened its doors in 1996, we believed that healthcare could be more than treating illness. We believed hospitals could play a meaningful role in helping people improve their health, maintain their independence, and enhance their quality of life throughout their lifespan.

For three decades, that belief has guided everything we do.

We have had the privilege of witnessing firsthand how an innovative idea evolved into a nationally and internationally recognized model of health promotion, prevention, rehabilitation, and medically integrated wellness. What began as a bold experiment has become an essential part of the healthcare continuum.

Thousands of individuals have come through our doors seeking support for healthier living, recovery from illness or injury, management of chronic conditions, improved fitness, healthier aging, and enhanced wellbeing. They arrived with different goals and different challenges, but they shared a common desire—to live healthier, fuller lives.

For many, the Wellness Institute became much more than a place to exercise. It became a place to regain confidence after a cardiac event, rebuild strength following cancer treatment, improve mobility, manage chronic disease, connect with others, and discover new possibilities for health and wellbeing.

The true impact of the Wellness Institute is measured not in square footage, memberships, or programs. It is measured in lives changed.

Every individual who improves their health, maintains their independence, recovers more successfully from illness, or prevents the progression of chronic disease contributes to a healthier community. Healthier people strengthen families, workplaces, and neighbourhoods. They remain active, engaged, and connected. They enjoy a better quality of life and are able to participate more fully in the activities and relationships that matter most to them.

Thirty years ago, Seven Oaks General Hospital recognized that the future of healthcare would increasingly be shaped by chronic disease, aging populations, rising healthcare costs, and growing demand for community-based supports. Long before these issues became central healthcare priorities, our organization understood that prevention, rehabilitation, healthy aging, and lifestyle medicine would need to become essential components of healthcare delivery.

Today, healthcare systems across Canada and around the world are grappling with these very challenges. There is growing recognition that improving population health and ensuring the long-term sustainability of healthcare systems requires more than excellent acute care. It requires helping people stay healthier, maintain their independence longer, and prevent or delay the onset and progression of chronic disease.

This is precisely the future that the Wellness Institute was created to help build.

For 30 years, our multidisciplinary team has delivered evidence-based programs that support cardiovascular health, rehabilitation, nutrition, physical activity, mental wellbeing, chronic disease prevention, healthy aging, and lifestyle behaviour change. Along the way, we have continued to innovate and evolve, expanding services to address emerging needs and advancing initiatives in areas such as women's health, resilience, longevity, and healthy aging.

Our work has attracted national and international attention and has helped establish the Wellness Institute as a leading example of how health promotion, prevention, rehabilitation, and wellness can be successfully integrated within healthcare.

We have been honoured to receive numerous provincial, national, and international awards recognizing excellence in health promotion, medical fitness, innovation, leadership, and healthcare quality. These achievements reflect the commitment and expertise of our staff, volunteers, partners, and members. They also reinforce the value of a healthcare model that places prevention and wellbeing alongside treatment and recovery.

Yet our greatest accomplishment is not found in awards or recognition.

It is found in the stories of the people whose lives have been changed. It is found in the member who regained strength and confidence after a health setback. The individual who successfully managed a chronic condition. The older adult who maintained their independence and quality of life. The participant who found a supportive community and developed lifelong healthy habits. The countless people who discovered that improving their health could transform every aspect of their lives. As we celebrate our 30th anniversary, we celebrate all those stories.



"We believed prevention would become an essential pillar of healthcare. Thirty years later, that belief has become a healthcare imperative."

We celebrate the visionaries who imagined a different future for healthcare. We celebrate the leaders who invested in prevention before it was widely embraced. We celebrate the members, participants, volunteers, partners, and staff who helped transform a vision into reality. Many of them have been part of this journey for decades.

We have had the privilege of witnessing thousands of stories of resilience, recovery, growth, and transformation. Those experiences have continually reinforced our belief that prevention, rehabilitation, and health promotion are not peripheral to healthcare—they are fundamental to it.

We are deeply proud of what has been accomplished. More importantly, we are inspired by what lies ahead.

We believed prevention would become an essential pillar of healthcare, and that belief has become a healthcare imperative—not only for improving lives, but for ensuring the long-term sustainability of our healthcare system. As the challenges facing healthcare will evolve, so will the opportunities.

We know more than ever about the power of physical activity, nutrition, social connection, mental wellbeing, rehabilitation, and healthy lifestyles to improve health outcomes and enhance quality of life. We know that prevention works. We know that helping people remain healthy, independent, and engaged benefits individuals, families, communities, and the healthcare system as a whole.

The same spirit of innovation and commitment to community wellbeing that inspired the creation of the Wellness Institute guides us today. The next chapter will build on the vision that inspired us from the beginning: creating healthier people, healthier communities, and a more sustainable healthcare system for generations to come.

The first 30 years have demonstrated what is possible. The next 30 years offer even greater opportunity.



A Legacy of Connection and Active Living

Over 80 legacy members have held their Wellness membership continuously from our opening year until today! We caught up with a few of them to hear about their Wellness experience. Here's what we heard:



Kristina Roehle

Kristina joined as a young mother, just months after having a child. She explored a variety of programs and classes over the years. Today she enjoys Group Training, pickleball and the social connection she finds at Wellness.

"I had no idea, 30 years later, I'd still be here. I was just wanting to take control of my health," said Kristina. "I just love this place—the facility, the staff, the classes, the people. The longer you're here, the more you feel like you belong to a community. It's part of my social life now. That's really why I keep coming back."



Nicole Mercier

Nicole joined when looking for a new favourite fitness class. Over the years, she was very active, running, cycling and competing in half marathons, triathlons, and even a half Ironman. After being diagnosed with osteoporosis in 2022, her focus changed to emphasize strength training and maintaining strong bones.

"I could see how people aged, how they got sick. And for me, that was such a lesson," says Nicole, speaking from her experience as a former physician, "Wherever you start, you can become better with your physical abilities through showing up here day after day. The teaching we get is top-notch. You really see that they have the background and the knowledge."



Don Liebrecht

Originally a member of the Joe Zuken Fitness Centre at the hospital, Don was invited for a tour in the final stages of construction and immediately joined the new facility. When his kids were younger, he'd bring them for Family Day. Since retiring, Don and his wife come several mornings each week and he often finishes his workout by connecting with other members at the trackside café area.

"When you spend the time you do in the gym, it certainly brings you to a place where you want to eat right. You want to do things right," says Don, "and we're still doing it, so must be good. I said years ago, this is the place for me. This is where I'm most comfortable. It's got everything I could possibly need."

Fall 2026

Program Guide

Program registration opens Thursday, August 20, 2026

Many of our classes, programs and services are open to everyone. If you're looking for more, consider a membership at the Wellness Institute.

Register

online at: wellnessinstitute.antaris.ca

- in person at 1075 Leila Avenue in Winnipeg
- by phone at 204-632-3900

Programs and services with alternate registration or booking processes will be noted in the description. *All program fees are subject to G.S.T. except children's programs. Register early. Classes may be cancelled if minimum registration 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.*

If you are a non-member who is new to our online services, you can create an account online. Members can click "Forgot your password" to login to your existing account. Need help? Contact us at 204-632-3900 or info@wellnessinstitute.ca



Click or scan the QR code to **register with our online services**. Click "buy" to find fall programs or visit "classes" for our ongoing weekly classes.

Be inspired for life: Join the Wellness Institute

Find your healthy lifestyle in a world-class certified medical fitness facility.
Become a member today.

A Wellness Institute membership includes:

- Over 100 group fitness classes per week, including Spin, Yoga, Studio, & Aqua
- Annual consultation with an exercise professional
- Warm therapy pool, indoor cushioned track & full-sized gymnasium
- The medical fitness difference: degreed/certified staff
- Volleyball, basketball, pickleball, badminton, etc.
- State-of-the-art cardio & resistance training equipment
- Deluxe locker rooms with a whirlpool and steam room
- Discounted Personal Training Starter Pack
- Guest Days and annual E-Guest passes

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.

Take our virtual tour or drop-in and we'll happily show you around.





Adult Fitness

Pickleball 101 & Pickleball 102 (Intermediate)

Pickleball 101 sessions are 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* sessions 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-members

Advanced Pickleball Workshop

Take your pickleball game to the next level. Seasoned players will 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. 17	8:00 - 9:00 p.m.
THU	Oct. 29	8:00 - 9:00 p.m.
THU	Nov. 26	8:00 - 9:00 p.m.

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

Parents, find new Baby and Me classes with our Children and Families programs on page 22.



Check out our weekly classes for ongoing fitness options.

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 / drop-in fee non-member

A graphic for the Interval Walking Challenge. It features a close-up of a person's feet in blue and white sneakers walking on a paved surface. Overlaid on the image is the text "free health challenge" in a small, black, sans-serif font. Below this, the words "interval walking" are written in large, stylized letters; "interval" is green and "walking" is blue, both with a white outline. A black line with three blue dots connects the top of the letters. Below "walking" is the word "CHALLENGE" in bold, black, all-caps. At the bottom, the dates "September 15-22" are written in a bold, black, sans-serif font.

free health challenge

interval walking

CHALLENGE

September 15-22

Join the one-week challenge to discover the benefits of interval walking. Get a daily dose of healthy motivation through email and commit to a walk a day. Everyone is welcome to join us for the kick-off and wrap-up interval walk led by an exercise specialist at our outdoor track.

Learn more
or sign up free at

wellnessinstitute.ca/interval-walking-challenge

thewellness
Institute

The Movement Series:

Empowering Members Through Education, Movement, and Healthy Living

Members, join us to understand the value of movement and learn how physical activity can boost your health, energy, and quality of life: simple steps, lasting benefits, real results.

Movement as Medicine: How Physical Activity Improves Health & Quality of Life

Discover why exercise is one of the most powerful tools for improving your health. Learn how regular physical activity helps prevent and manage chronic conditions, boosts energy, supports immune function, and enhances your overall quality of life. You'll leave with practical strategies and evidence-based recommendations to help you make movement a regular part of your everyday routine.

Day	Date	Time
TUE	Sep. 15	6:45 - 7:45 p.m.
FRI	Sep. 25	11:00 a.m. - 12:00 p.m.

Cost: FREE member

Move Better: Mobility, Balance, and Fall Prevention

Improve the way you move with practical strategies to enhance mobility, balance, and confidence. Learn why mobility is essential for everyday activities, how balance changes with age, and simple exercises that can help reduce your risk of falls. Whether you're looking to stay active, maintain your independence, or move with greater ease, this session will provide tools to help you build a strong foundation for lifelong movement.

Day	Date	Time
TUE	Oct. 27	6:45 - 7:45 p.m.
FRI	Nov. 20	11:00 a.m. - 12:00 p.m.

Cost: FREE member

Mind & Body

NEW

Bridging Body and Mind

Kat Hossack of Evoke Body + Mind will guide participants through a series of body and breath-based practices, plus introduce concepts focused on nervous system regulation, capacity and resilience. Please bring your own mat and anything else you need to be comfortable.

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

Cost: \$35

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 meant to nourish your 4 body systems—the physical, mental, emotional and spiritual. Please bring your own mat and anything else you need to be comfortable.

Day	Date	Time
THU	Oct. 15	7:00 - 8:00 p.m.

Cost: \$35

Tai Chi Beijing

Reduce stress and anxiety, alleviate pain, improve mood and sleep, and enhance balance and stamina.

Day	Date	Time
TUE	Sep. 15 - Oct. 20	2:30 - 3:30 p.m.
TUE	Oct. 27 - Dec. 1	2:30 - 3:30 p.m.

Cost: FREE member / \$72 non-member

NEW

Reiki Meditation

Join Racheal from Celtic Moon Healing for an intimate meditation experience. You will be guided through a 1 hour wellness meditation infused with gentle healing energy, allowing you to sink deeply into rest and renewal. From there, move into reflective journaling and meaningful discussion, creating space to process, connect and gain clarity. Please bring your own mat and anything else you need to be comfortable.

Day	Date	Time
THU	Sep. 24	7:00 - 8:30 p.m.

Cost: \$30

Qigong

During the 6-week Qigong 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
TUE	Sep. 15 - Oct. 20	2:30 - 3:30 p.m.
TUE	Oct. 27 - Dec. 1	2:30 - 3:30 p.m.

Cost: FREE member / \$72 non-member

For more mindful programs, find Aqua Ai-chi and yoga in our weekly classes.



Special Events

Active Aging Day

Redefining Purpose Later in Life

Join us for a talk with Kamara Tayo-Jones, registered social worker, on what comes next. This presentation will explore the fundamentals of meaningful connections through our desires, passions and talents. Watch our website for details.

SAVE THE DATE:

Wednesday, October 7, 2026 | 9:30 a.m. – 1:00 p.m.

* This event combines a group pole-walking activity, lunch and learning.

NEW

Atrium Holiday Market

Brought to you by The Seven Oaks Hospital Health Campus Social Committee

Browse a variety of unique gifts, handmade items, baked goods, and more from local vendors in our first ever holiday market. Whether you're looking for the perfect gift or simply want to support your community, we invite you to join us for a day of holiday cheer.

Thursday, December 3, 2026 | 10:00 a.m. – 4:00 p.m.

Your Health

CBTm: Cognitive Behavioural Therapy with Mindfulness

Help build resilience and improve your mental health wellness. The program will cover sleep, assertiveness, self-compassion, problem-solving, and coping with stress.

Day	Date	Time
WED	Nov. 18 – Dec. 16	10:00 – 11:30 p.m.

Cost: FREE

NEW

GLP-1 Medications: What you need to know

Join Dr. Saunders, Wellness Institute Medical Director and physician with the Weight Loss and Risk Reduction Clinic, to understand the health impacts of GLP-1 medications such as Ozempic, Wegovy, and Mounjaro. Learn what current research says about the possible benefits, side effects and myths surrounding their use for weight loss and reducing health risks.

Day	Date	Time
THU	Oct. 29	6:30 – 7:30 p.m.

Cost: FREE

NEW

Smart Nutrition in a Time of Rising Food Costs

As food prices continue to rise, many individuals and families face the challenge of maintaining a healthy diet while staying within their budget. This presentation will explore practical, affordable strategies for making nutritious food choices without overspending. It highlights the importance of planning meals, shopping wisely, reducing food waste, and incorporating cost-effective nutrient-rich foods.

Day	Date	Time
MON	Oct. 26	1:30 – 2:30 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. To register email ayonda@sogh.mb.ca.

Day	Date	Time
FRI	Oct. 16 – Nov. 20	9:30 – 11:30 a.m.

Cost: FREE

*Maximum of 12 people.



Women on Weights: WOW

Strength training is an integral part of a healthy lifestyle for women. WOW teaches women how to train safely and understand the benefits.

Women's Health

NEW

WOW Midlife Strength — Foundations

This beginner-friendly program is designed for women who want to build strength, improve confidence, and support their long-term health. Through a combination of practical workouts with education, you will learn not only how to strength train safely and effectively, but why resistance training is one of the most important forms of exercise for women's health throughout every stage of life. All women are welcome to attend, but health benefits for women in perimenopause and beyond will be a key focus. No previous strength training experience is needed.

- Build muscle strength, endurance, and confidence
- Support bone health, joint health, and healthy aging
- Improve balance, mobility, and functional fitness
- Gain the knowledge and skills to strength train independently

Day	Date	Time
WED	Sep. 16 – Oct. 28*	6:30 - 8:00 p.m.

Cost: \$159

*No class Sep. 30

WOW Midlife Strength — Progression

An intermediate strength training program for women with prior experience who want to continue building strength and fitness.

- Refine lifting technique and movement quality
- Learn to use a variety of strength training equipment and exercises
- Progress exercises safely using appropriate resistance and training principles
- Increase total body strength and muscular endurance
- Build and maintain lean muscle
- Enhance balance, coordination, and functional fitness
- Develop confidence to progress their workouts independently

Day	Date	Time
SAT	Nov. 7 - Dec. 12	11:00 a.m. - 12:00 p.m.

Cost: \$129

NEW

Strength Through Midlife: Why Resistance Training Matters

Join us to explore the powerful benefits of resistance training for women in midlife, and during menopause. We'll talk about how strength training supports muscle preservation, bone health, metabolism, body composition, independence, and overall wellbeing during these important life stages. This discussion-based session will answer questions, dispel myths, and provide practical insights to help women understand why resistance training is one of the most effective tools for healthy aging. Does not include an exercise component.

Day	Date	Time
FRI	Oct. 16	1:00 - 2:00 p.m.

Cost: FREE

Explore Your Floor: A Pelvic Floor Exercise Program

Join us to strengthen and support your pelvic floor. It is beneficial for adults of all ages, including those pre- and postpartum.

Learn how to engage important muscles within your pelvis during exercises 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.

Pelvic floor physiotherapy assessment recommended,
Book Now or call 204-632-3910.

Day	Date	Time
THU	Oct. 8 – Nov. 26	5:30 - 6:15 p.m.

Cost: \$159 / 8-week program



Pelvic Floor Physiotherapy

Care designed to help you regain control, reduce pain, and live confidently.

You may benefit if you are experiencing:

- Changes after pregnancy
- Abdominal weakness or 'separation' (diastasis recti)
- A heavy feeling between your legs (prolapse)
- Urinary or fecal leakage (incontinence)
- Frequent urination and a strong urge to urinate
- Back or pelvic injuries that cause pain

Learn more at wellnessinstitute.ca/pelvic-physio

thewellness
Institute | clinic

Older Adults

NEW

Connections: Strategies to Manage Loneliness and Isolation

Loneliness and isolation create feelings of being vulnerable and leave us wanting more for ourselves. As social beings, we thrive when our lives are safe, fulfilling and have meaningful supports. Join registered social worker, Kamara Tayo-Jones, to explore the factors that contribute to loneliness and isolation and the steps we can take to improve the quality of our lives.

Day	Date	Time
THU	Nov. 19	10:00 - 11:00 a.m.

Cost: Free

Just Hang Up

Millions of dollars are lost annually to scams in Canada, and many incidents go unreported due to confusion or embarrassment. Learn how to spot and stop these scams. Just hang up; it's not rude or unsafe- it's the safest response.

Day	Date	Time
TBA	TBA	TBA

Cost: Free

NEW

Thrive 65

Improve your ability to enjoy everyday life. Thrive 65 is a twice a week community-based fitness program designed for adults aged 65+ who want to improve their strength, mobility, and overall health in a safe, supportive environment. Build muscular strength, improve cardiovascular fitness, enhance balance and flexibility, and develop the confidence to stay active. Whether you're new to exercise or returning after time away, the beginner-friendly expert instruction will help you progress at your own pace.

Spaces are limited. Limited to 1 time enrollment.

Day	Date	Time
MON & THU	Sep. 21 - Oct. 15	11:15 a.m. - 12:00 p.m.
MON & THU	Oct. 19 - Nov. 12	11:15 a.m. - 12:00 p.m.

Cost: Free

Find ongoing older adult-friendly fitness in our weekly classes.



Children & Families

Wee Swim (6 months – 2.5 years)

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

Day	Date	Time
THU	Sep. 17 - Nov. 19	4:50 - 5:20 p.m.
THU	Sep. 17 - Nov. 19	5:30 - 6:00 p.m.
SAT	Sep. 19 - Nov. 21	10:30 - 11:00 a.m.
SAT	Sep. 19 - Nov. 21	11:10 - 11:40 a.m.
SUN	Sep. 20 - Nov. 22	11:10 - 11:40 a.m.

Cost: \$110

Gym and Swim (2-3 & 4-6 year olds)

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

Day	Date	Time
FRI	Sep. 18 - Nov. 20	5:30 - 6:30 p.m. (2-3 y)
FRI	Sep. 18 - Nov. 20	6:00 - 7:00 p.m. (4-6 y)
SUN	Sep. 20 - Nov. 22	10:00 - 11:00 a.m. (2-3 y)

Cost: \$145

Helping Children Cope with Anxiety

Identify common triggers and symptoms of anxiety. Explore the tools and resources family and friends can use to support a child living with anxiety.

Day	Date	Time
TUE	Sep. 22	10:00 - 11:00 a.m.

Cost: FREE

NEW

Baby and Me Aquafit

Enjoy a fun, low-impact workout in our warm-water pool while spending quality time with your little one. Each class combines cardio, muscular endurance, core strengthening, flexibility, and mobility exercises, with your baby in the all the fun.

Babies must be 6–18 months of age and are required to wear swim diapers. Infant floatation devices provided, but families are welcome to bring their own.

Day	Date	Time
THU	Oct. 15 - Dec. 3	1:00 - 1:45 p.m.

Cost: \$120 or \$20 drop-in (if space)

NEW

Baby and Me Pilates Reformer

A gentle, yet effective Pilates Reformer workout designed for you and your little one. Restore strength, improve mobility, and enjoy quality time with baby in a welcoming space. Suitable for pre-crawling babies.

Day	Date	Time
MON	Sep. 14 - Oct. 26	1:30 - 2:15 p.m.
MON	Nov. 2 - Dec. 7	1:30 - 2:15 p.m.

Cost: \$120



Weekly Classes

Fall Schedule begins Sep. 14. Classes are subject to change.
Click or scan to see our **most up-to-date class schedules**



Studio

Free for Wellness members, \$20 drop-in for non-members.

Starting September 14, registration is required for all studio classes. You can sign up 24 hours in advance. Find our Barre Schedule on page 28.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Bootcamp 6:00 - 6:55 a.m.	Barbell Flex 9:00 - 9:55 a.m.	Bootcamp 6:00 - 6:55 a.m.	TRX Fit 6:00 - 6:55 a.m.	Total Body Circuit 8:00 - 8:45 a.m.	Body Blend 8:00 - 8:45 a.m.
Body Blend 8:00 - 8:45 a.m.	Posture Perfect 10:15 - 11:10 a.m.	Strength Fit 8:00 - 8:55 a.m.	Sweat & Sculpt 9:00 - 9:55 a.m.	Bootcamp 9:00 - 9:55 a.m.	Zumba 9:00 - 10:00 a.m.
Cardio Combo 9:00 - 9:55 a.m.	Zumba 12:05 - 1:00 p.m.	Bootcamp 9:00 - 9:55 a.m.	Strength & Stretch 10:15 - 11:10 a.m.	Zumba Gold 10:15 - 11:00 a.m.	Bootcamp 10:15 - 11:10 a.m.
Zumba Gold 10:15 - 11:10 a.m.	Step Express 4:30 - 5:25 p.m.	Prime Time Cardio 10:15 - 11:10 a.m.	Barbell Flex 12:05 - 12:50 p.m.	Zumba Toning 11:05 - 11:50 a.m.	Sunday
Bootcamp 12:05 - 1:00 p.m.	TRX Fit 5:30 - 6:30 p.m.	Drum Dance 12:05 - 1:00 p.m.	PACE 1:15 - 2:10 p.m.	TRX Fit 12:05 - 12:50 p.m.	
PACE 1:05 - 2:00 p.m.	Zumba 7:00 - 8:00 p.m.	Circl Mobility 1:15 - 2:15 p.m.	Cardio Fusion 4:30 - 5:25 p.m.	Step Express 5:30 - 6:25 p.m.	Cardio Combo 10:15-11:10 a.m.
TRX Fit* 4:30 - 5:25 p.m.		Strength Fit 4:30 - 5:25 p.m.	ViPR Strong 5:30 - 6:25 p.m.	Zumba 7:00 - 8:00 p.m. <i>Starts Sep. 11</i>	
Step Express 5:30 - 6:25 p.m.		Spice It Up 5:30 - 6:25 p.m.	Barbell Flex 7:00 - 7:55 p.m.		
Strong & Calm 6:30 - 7:40 p.m.					

Weekly Classes

Fusion Classes

Combine various fitness styles in one workout!

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!

Circl Mobility

Combine the power of movement, mobility and flexibility for a comprehensive approach to well-being. Get cardiovascular training, resistance training, mindfulness practices and mobility exercise in a class is for all fitness levels.

Active Older Adult Classes

Classes designed to support exercise as you age.

Posture Perfect

This strength training class 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.

Strength & Stretch

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.

Drum Dance

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

Cardio-based Classes

Improve heart health, endurance and overall fitness through aerobic exercise.

Cardio Combo

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

Step Express

A fun and challenging step routine that keeps your mind and body active. Test your coordination, agility, and cardiovascular conditioning with advanced, dynamic choreography (turning and jumping) on the step.

Strength-based Classes

Train to build muscle, protect bones, increase strength, improve endurance, and boost metabolism.

Barbell Flex

Build muscle strength and tone with barbells. The format and exercises remain the same for one month, letting you gradually 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

Use suspension training to enhance strength, balance, flexibility, and core stability. Suitable for all fitness levels with scalable intensity. Some sessions may include cardio and other resistance equipment.

Strong & Calm

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

ViPR Strong

Combine strength training and functional movement using ViPR weighted tubes. Lift, shift and twist to enhance agility, coordination, athletic performance, strength, mobility, and cardiovascular endurance.

Strength & Cardio-based Classes

Get a balanced workout for a mix of health benefits.

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.

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. Perfect for those short on time but high on energy!

Spice it Up

Each class adopts a unique approach, covering cardio, strength, flexibility, and balance. A poster outside the Fitness studio highlights the focus for the 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.

Zumba® Classes

Latin-inspired energetic blends of dance, cardio and music; fun for all.

Zumba

Zumba is dance fitness inspired by Latin music and movements. Fast and slow rhythms combine for cardio and muscle toning in a party-like atmosphere. Come for an exciting and effective workout welcoming for non-dancers.

Zumba Gold

It's Zumba designed for active older adults and beginners, focusing on easy-to-follow routines. Merengue, Salsa, Cumbia, Flamenco, and Tango mix in a safe and effective total-body workout for all ages.

Zumba Toning

The traditional Zumba class is elevated with muscle training and lightweight dumbbells. Get cardio plus dynamic resistance exercises for training that enhances overall performance. The dance 'n tone format features diverse rhythms, adding fun and flavour.

Weekly Classes



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.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flow Rise & Shine 9:00 - 10:00 a.m.	Kaiut 9:00 - 10:00 a.m.	Morning Flow 9:00 - 10:15 a.m.	Kaiut 8:00 - 9:00 a.m.	Morning Flow 9:00 - 10:15 a.m.	Kaiut 9:30 - 10:30 a.m.
Gentle Stretch & Relax 10:15 - 11:15 a.m.	Vinyasa Flow 12:05 - 1:05 p.m.	Restorative 10:30 - 11:15 a.m.	Block Therapy 10:45 - 11:45 a.m.	Restorative 10:30 - 11:45 a.m.	Block Therapy 10:30 - 11:30 a.m. <i>Room 4</i>
Gentle Chair 12:15 - 1:15 p.m.	Flow 5:30 - 6:30 p.m.	Gentle Chair 12:15 - 1:15 p.m.	Hatha 12:05 - 1:05 p.m.	Gentle Chair 12:15 - 1:15 p.m.	Yin 11 a.m. - 12 p.m. <i>Begins Sep. 19</i>
Ayana 5:30 - 6:45 p.m.	Restorative Moonlight 7:00 - 8:00 p.m.	Kaiut 5:30 - 6:45 p.m.	Athletic 6:00 - 7:00 p.m.		
Flow 7:00 - 8:00 p.m.		Serenity Strength 6:45 - 7:45 p.m.	Yin Meditation 7:15 - 8:15 p.m.		
					Sunday
					Flow 9:00 - 10:00 a.m.

Yin Yoga

Yin Yoga is a slow-paced style of Yoga, where poses are held for longer periods to target connective tissues, such as fascia and ligaments/joints, rather than muscles.

Gentle Stretch & Relax

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

Flow Rise and Shine

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

Gentle Chair

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



Ayana

Build strength, mobility and stability.

Kaiut

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

Flow

A varied sequence of Yoga asanas (postures) where movement is timed with the breath. Designed to improve muscle flexibility, strength and endurance – whole body fitness.

Restorative Moonlight

Relax and rejuvenate with this gentle Hatha yoga class. Focused on floor and wall poses, this class is designed for anyone seeking stillness and deeper relaxation through guided breathing exercises. Beginner-friendly. Must be comfortable on hands and knees, sitting on the floor, and lying on your back for longer periods.

Morning Flow

Focus on fundamentals and breathwork. Engage the physical body to release tension and create space, balancing effort and surrender. We will practice slowly with static postures, providing 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 postures with breathing and meditation techniques for all ability levels. Yoga props and modifications are available. Must be able to practice on a yoga mat, as postures are done close to the floor.

Yin Meditation

A beginner-friendly call to turn inward and connect with the wisdom of your body. Through long-held passive shapes, intentional breath work and guided meditation, you'll gently explore the therapeutic power of stillness. Inspired by Traditional Chinese Medicine and backed by modern science, sessions help support the health of connective tissues, regulate the nervous system, and create spaciousness in 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. Enhance your 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.

Block Therapy

If you suffer with chronic muscle tightness, strain or pain, this program is for you. Repetitive movement patterns, including posture, can lead to ingrained patterns in the muscles and fascia. Block therapy is a method of myofascial release that can melt away adhesions, restoring flexibility and reducing pain.

Serenity Strength

A supple muscle is a strong, resilient muscle. Restore your body with a mix of Yoga, Pilates and fascial release methods using soft balls and flowing sequences. Designed to enhance mobility while maintaining functional strength, balance and support of the spine. All levels welcome!

Weekly Classes

Barre

Now with more class spots in a spacious room overlooking the courtyard. Free for Wellness members, \$20 drop-in for non-members.

Registration is required. You can sign-up 24-hours in advance. No dance experience needed.

Find classes online under our studio schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Barre Boot Camp 12:15 - 1:00 p.m. <i>Begins Sep. 14</i>	Raise the Barre 6:00 - 7:00 p.m.		Morning Flow Barre 7:00 - 8:00 a.m.		
					Sunday
					Raise the Barre 4:00 - 5:00 p.m. <i>Begins Sep. 13</i>

Barre Boot Camp

Enjoy traditional Barre techniques that tone, tighten and lengthen combined with interval training. Small fitness props such as mini stability balls, tubing, and dumbbells will be used. This athletic-style, full body workout will complement your training, shake up your workouts and keep your muscles guessing.

Raise the Barre

A high energy, full body workout that blends Ballet-inspired movements, Pilates, Yoga and conditioning. Build and boost your strength, endurance, and postural alignment.

Morning Flow Barre

A low impact, high intensity class that combines ballet-inspired movements with elements of Pilates, Yoga, and core strength. Begin the day with fluid mindful movements, focusing on strengthening the entire body (upper and lower strength plus core work).





Aqua

Free for Wellness members only.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aqua Fit 6:00 - 6:45 a.m.	Aqua Fit 6:15 - 7:00 a.m.	Aqua Fit 6:15 - 7:00 a.m.	Aqua Fit 6:15 - 7:00 a.m.	Aqua Fit 6:15 - 7:00 a.m.	Aqua Fit 8:30 - 9:15 a.m.
Aqua Fit 7:00 - 7:45 a.m.	Aqua Fit 8:00 - 8:45 a.m.	Aqua Fit 8:00 - 8:45 a.m.	Aqua Fit 8:00 - 8:45 a.m.	Aqua Fit 8:00 - 8:45 a.m.	Aqua Fit 9:30 - 10:15 a.m.
Aqua Fit 8:00 - 8:45 a.m.	Aqua Fit 9:00 - 9:45 a.m.	Aqua Fit 9:00 - 9:45 a.m.	Aqua Fit 9:00 - 9:45 a.m.	Aqua Fit 9:00 - 9:45 a.m.	Aqua Fit 1:00 - 1:45 p.m.
Aqua Fit 9:00 - 9:45 a.m.	Aqua Fit 10:00 - 10:45 a.m.	Aqua Fit 10:00 - 10:45 a.m.	Aqua Fit 10:00 - 10:45 a.m.	Aqua Fit 10:00 - 10:45 a.m.	Sunday
Aqua Fit 10:00 - 10:45 a.m.	Aqua Zumba 11:00 - 11:45 a.m.	Aqua Fit 11:00 - 11:45 a.m.	Aqua Fit 11:00 - 11:45 a.m.	Aqua Fit 11:00 - 11:45 a.m.	
Aqua Fit 11:00 - 11:45 a.m.	Aqua Arthritis 1:00 - 1:45 p.m.	Aqua Fit 12:00 - 12:45 p.m.	Aqua Arthritis 12:15 - 1:00 p.m.	Aqua Fit 12:00 - 12:45 p.m.	Aqua Fit 8:30 - 9:15 a.m.
Aqua Fit 12:00 - 12:45 p.m.	Aqua Fit 5:30 - 6:15 p.m.	Aqua Arthritis 2:15 - 3:00 p.m.	Aqua Fit 6:15 - 7:00 p.m.	Aqua Arthritis 2:15 - 3:00 p.m.	
Aqua Arthritis 2:15 - 3:00 p.m.	Aqua Fit 6:30 - 7:15 p.m.	Aqua Fit 5:30 - 6:15 p.m.	Aqua Fit 7:15 - 8:00 p.m.	Aqua Ai Chi 4:00 - 4:45 p.m.	
Aqua Fit 5:00 - 5:45 p.m.		Aqua Fit 6:30 - 7:15 p.m.		Aqua Fit 5:00 - 5:45 p.m.	
Aqua Fit 6:00 - 6:45 p.m.					

Aqua Fit

This low-impact workout is fun and invigorating. Designed for all fitness levels, it utilizes water resistance to strengthen muscles, boost cardiovascular health, improve flexibility, core strength, 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 Ai Chi

Ai Chi is Tai Chi adapted to the water. The warm Wellness pool creates a mind-body program with physical exercise that is profoundly inward focused. Slow down from your busy life and learn the beginnings of Tai Chi within a safe, gentle pool environment. Build strength and balance while moving in a slow, relaxed and graceful manner that's easy on joints.

Aqua Zumba®

Blend 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 and muscular fitness.

Weekly Classes

Fall Schedule begins Sep. 14.
Classes are subject to change.

Spin

Free for Wellness members, \$20 drop-in for non-members.

Beginner friendly ... you control your speed and resistance! Registration is required for all spin classes. You can sign up 24 hours in advance.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin & Core 8:00 - 8:45 a.m.	Spin Variety 7:00 - 7:40 a.m.	Spin & Core 8:00 - 8:45 a.m.	Spin Variety 7:00 - 7:40 a.m.	Spin Row & Core 8:00 - 8:45 a.m.	Training Ride 9:00 - 10:00 a.m.
Spin & Row 10:15 - 10:55 a.m.	Spin Variety 8:00 - 8:40 a.m.	Spin & Row 10:15 - 10:55 a.m.	Spin Variety 8:00 - 8:40 a.m.	Spin & Row 10:15 - 10:55 a.m.	
	Spin 101 6:30 - 7:15 p.m. <i>Sep.15</i>	Spin Variety 6:45 - 7:25 p.m.	Spin 101 10:30 - 11:15 a.m. <i>Sep.17</i>		Sunday
					Double R 9:00 - 10:00 a.m.
					Spin 101 10:15 - 11:00 a.m. <i>Sep.27</i>

NEW

Spin 101

This introductory class is for anyone who has never tried spin or who would like to build confidence in a supportive, no pressure environment. Learn to set-up your bike, use the monitor, and understand resistance, intensity levels and pacing. Leave ready to join any spin class format.

Spin Variety

This class includes a mix of rides from Interval to LA Bath and Strength.

Spin & Row

Alternate between the indoor cycle's heart pumping, aerobic challenge and total body, aerobic conditioning on the rower. New participants, please arrive 10 min. before class.

Spin Row & Core

Alternate between the indoor cycle's heart pumping, aerobic challenge and total body, aerobic conditioning on the rower. Finish with core strengthening and a stretch. New participants, please arrive 10 min. before class.

Training Ride

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

Double R – Ride & Run

45 min ride and run with a 15-minute stretch.

Spin & Core

A fast, high-energy 30-minute spin followed by 15 minutes of core strengthening and a stretch.

Weekly Classes⁺

Open to everyone (no membership needed). Class fees apply.



Group Training

Group training **welcomes members and non-members** to improve their fitness in sessions led by a certified personal trainer. You'll train with a variety of equipment and workout styles supported by a combination of group motivation and expert guidance. Purchase drop-in packages to sign up for weekly classes: \$20 for a single class, \$90 for a 5-pack or add monthly unlimited access to a Wellness membership.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00 - 1:00 p.m.	5:30 - 6:30 p.m.	12:00 - 1:00 p.m.	6:30 - 7:30 p.m.	12:00 - 1:00 p.m.	7:45 - 8:45 a.m.

Personal Training

Take your results to the next level with expert guidance from our team of certified and degreed personal trainers. Get one-on-one coaching for custom workouts, injury recovery, and peak performance. Commit to 5+ sessions and get InBody body composition pre and post screenings included to track your progress!

30 Minutes

1 Session – \$48
5 Sessions – \$225
10 Sessions – \$400

60 Minutes

1 Session – \$68
5 Sessions – \$325
10 Sessions – \$600

Register at wellnessinstitute.ca/start-pt

Weekly Classes⁺

Open to everyone (no membership needed). Class fees apply.

Pilates

S Sessional

Our bright, spacious studio **welcomes members and non-members** with a mix of weekly classes and sessional classes. Register for a full, multi-week session or purchase drop-in packages to sign up for our weekly classes: \$27.50 for a single visit, \$120 for a 5-pack or \$200 for a 10-pack.

New to Pilates? You must take one Intro class before progressing to other levels on the Reformer. Athletic and Power Mix classes may be taken without an Intro class.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
S The RCC 9:30 - 10:30 a.m. <i>Sep. 14 - Dec. 7</i>	Beginner 7:00 - 8:00 a.m.	Athletic 9:30 - 10:30 a.m.	S Mat Mixed 9:20 - 10:20 a.m. <i>Sep. 10 - Dec. 10</i>	Beginner 8:00 - 9:00 a.m.	Beginner 8:00 - 9:00 a.m.
Continuing Level 1 10:45 - 11:45 a.m.	S Continuing Level 2 10:30 - 11:30 a.m. <i>Sep. 8 - Nov. 24</i>	Continuing Level 1 10:45 - 11:45 a.m.	Athletic 12:05 - 1:00 p.m.	Continuing 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 - 1:00 p.m.	Beginner 12:00 - 1:00 p.m.	Continuing Level 1 4:30 - 5:30 p.m.	Athletic 10:45 - 11:45 a.m.	S Advanced 10:30 - 11:30 a.m. <i>Sep. 12 - Nov. 28</i>
S Baby & Me 1:30 - 2:15 p.m. <i>Sep. 14 - Oct. 26; Nov. 2 - Dec. 7</i>	Continuing Level 1 5:30 - 6:30 p.m.	S Pelvic Floor & Core 4:00 - 5:00 p.m. <i>Sep. 9 - Oct. 28; Nov. 4 - Dec. 23</i>	Beginner 5:40 - 6:40 p.m.	Beginner 4:20 - 5:20 p.m.	Continuing Level 1 11:45 - 12:45 p.m.
Athletic 4:30 - 5:30 p.m.	Continuing Level 1 / Level 2 6:45 - 7:45 p.m.	S Intermediate 5:30 - 6:30 p.m. <i>Sep. 9 - Nov. 25</i>	Continuing Level 1 6:50 - 7:50 p.m.	Athletic 5:30 - 6:30 p.m.	
S Mat Mixed 5:45 - 6:45 p.m. <i>Oct. 5 - Nov. 9 (Rm 4)</i>		Beginner 6:50 - 7:50 p.m.	Beginner/Intro 8:00 - 9:00 p.m. <i>Intro: Oct. 1, 8, 15, Nov. 12 & 19, Dec. 3 & 17</i>		Sunday
Beginner 5:40 - 6:40 p.m.		Continuing Level 1 8:00 - 9:00 p.m.			Continuing Level 1 9:40 - 10:40 a.m.
S Continuing Level 2 6:50 - 7:50 p.m. <i>Sep. 14 - Dec. 7</i>					Beginner 10:50 - 11:50 a.m.
					Athletic 12:00 - 1:00 p.m.
					Intro 1:10 - 2:10 p.m. <i>Oct. 4, 11, 18, Nov. 1, 8, 22, Dec. 13 & 27</i>



Click or scan to
register for a session



Click or scan to
buy a drop-in package

No classes: September 7, September 30, October 12, November 11

Fall Schedule begins Sep. 14.

Classes are subject to change. Click or scan to see our **most up-to-date class schedules**



LIMITED TIME PROMOTION

Bend with A Friend

Grab your bestie, your boo, your workout buddy—or anyone you love to move with—and join us for an effective, feel-great Pilates class! Bend with a Friend classes are the perfect way to start your journey for just \$10 each. Already loving our studio? Bring someone who's never tried it and share the experience!

Day	Date	Time
TUE	Sep. 8	12:00 p.m. & 6:45 p.m.
WED	Sep. 9	6:45 p.m.
THU	Sep. 10	12:00 p.m. & 8:00 p.m.
FRI	Sep. 11	3:15, 4:30 & 5:30 p.m.
SAT	Sep. 12	11:45 a.m.
SUN	Sep. 13	10:15 a.m. & 1:00 p.m.
MON	Sep. 14	12:00 p.m. & 8:00 p.m.

Cost: \$10

Intro

This is a prerequisite for anyone new to the Reformer. Take at least one Intro before signing up for Beginner.

Beginner

Experience 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.

Continuing Level 1

For those who have completed a Beginner class but are still mastering the essentials, as well as individuals with a strong athletic background with no prior experience.

Continuing Level 2 S

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.

Continuing Intermediate S

You've mastered Continuing Level 2 and are ready to move on. Advance your skills with a dynamic full-body challenge!

Continuing Advanced S

You've mastered the intermediate level and are ready for a workout designed for seasoned practitioners. Push the boundaries of your strength, flexibility, and precision.

The RCC S

Expand your Pilates skills with the Stability Chair. The circuit style class includes time on the Reformer and/or Cadillac for a challenging, full body workout. Must have a solid understanding of Reformer exercises.

Athletic

Lunges, planks, pushups ...try these and more on the gliding surface of the Reformer for a full body challenge! This is a fan favourite! An athletic or fitness background with very few physical limitations is required to keep up with this challenging workout. Previous Pilates experience is not required.

Power Mix

Enhance your training with this dynamic combination of exercises on the Reformer, Cadillac, and Stability Chair. This mix of strength training, flexibility work, and Cardio Tramp intervals will elevate your fitness! Participants should have minimal physical limitations and a background in athletics or fitness. Previous Pilates experience is not required.

Pelvic Floor & Core S

Classes are designed to address a range of pelvic floor-related issues, such as urinary incontinence, pelvic pain and dysfunction, and core weakness. The Reformer provides controlled resistance to strengthen and stabilize pelvic floor muscles.

Mat Mixed Level S

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.



Clinical & Specialty Health Programs

Take charge of your health with support for a range of conditions

Weight Loss & Risk Reduction Clinic

The Weight Loss and Risk Reduction Clinic is a comprehensive 6-month program designed to help participants achieve sustainable weight loss and reduce the risk of chronic conditions, like heart disease and diabetes. The program features a multidisciplinary approach, providing one-on-one support from a health coach, Registered Dietitian, Cognitive Behavioural Therapist, and a physician for medical supervision, including consultation for medical weight management options like GLP-1s, if desired. Participants receive personalized exercise and nutrition plans, and have the option to attend sessions virtually or in-person while enjoying full access to the Wellness Institute fitness facility.

Cost: \$285/month with a 6-month commitment

(Up to 60% of program costs may be billable to your private insurance plan)

For more information or to take our eligibility quiz, scan or click the QR code, call 204-632-3910 or email weightlossclinic@wellnessinstitute.ca



NeuroFit

NeuroFit is an 8-week exercise program for adults living with neurological conditions. Led by a Clinical Exercise Physiologist, participants attend two supervised classes per week to improve strength, balance, mobility, endurance, and confidence through safe exercise. An initial Physiotherapy Assessment ensures individualized programming. Suitable for individuals with Parkinson's disease, Multiple Sclerosis, Stroke, and other neurological conditions.

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

Day	Date	Time
MON & WED	Oct. 5 - Dec. 2	3:15 - 4:00 p.m.

Cost: \$105 physio assessment + \$249 8-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 physiotherapy assessment, **Book Now** or call 204-632-3910.

Day	Date	Time
WED	Ongoing	1:15 - 2:15 p.m.
WED	Ongoing	2:30 - 3:30 p.m.
FRI	Ongoing	1:15 - 2:15 p.m.
FRI	Ongoing	2:30 - 3:30 p.m.

Cost: \$105 physio assessment + \$44/class group treatment classes or \$90/session individual treatments

Arthritis Programs

Good Life with Arthritis (GLA: D®)

The 7-week GLA:D Program for hip and knee osteoarthritis includes education and neuromuscular exercise. Participants meet twice a week to learn about movement control and proper posture, build muscular strength through functional exercises, and apply these exercises to everyday life.

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

Day	Date	Time
TUE & THU	Sep. 8 - Oct. 22	3:00 - 4:00 p.m.
TUE & THU	Oct. 27 - Dec. 10	3:00 - 4:00 p.m.
TUE & THU	Dec. 15 - Feb. 2	3:00 - 4:00 p.m.

Cost: \$105 physio assessment + \$300 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. GLA:D Back helps 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.

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

Day	Date	Time
MON & WED	Oct. 5 - Nov. 25	3:00 - 4:00 p.m.

Cost: \$105 physio assessment + \$435 7-week session

Cardiac Rehabilitation

If you're recovering from a heart attack or live with a heart condition, cardiac rehab can boost 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.



Cancer Programs

in partnership with Cancer Care Manitoba

Yoga and Cancer Program

An 8-week program for patients undergoing cancer treatment or completing treatment within the last year. Learn to calm your mind, release tension from the body, breathe and do gentle stretching and relaxation.

For information and to register, call: Patient & Family Support Services at CancerCare; 204-787-2109.

NEW

Moving Forward After Cancer

A 10-week exercise and wellness program for cancer survivors who have completed treatment within the past two years. Learn practical ways to manage common after-treatment challenges—like stress, fatigue, and ongoing health concerns—and discover how to build a lasting exercise routine that supports recovery and life beyond cancer.

For more information and to register, call: Patient & Family Support Services at CancerCare; 204-787-2109.

Let's Get Physical!: Aqua Lymphfit

An 8-week program designed specifically for breast cancer patients who have developed lymphedema. In partnership with the Breast Health Centre.

For information and to register, call 204-235-3691.



Self-management

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
THU	Oct. 15 - Dec. 3	2:00 - 4:00 p.m.

Cost: \$65

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

Total Brain Health®

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

Memory and Aging Program®

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

Get Better Together

Get Better Together is a 6-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 weight issues.

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.

Clinic Services

Book online or call 204-632-3910

Wellness Institute Clinic Hours

Mon – Thu: 7:30 a.m. – 7:00 p.m.

Fri: 7:30 a.m. – 4:00 p.m.

Sat: 7:30 a.m. – 3:30 p.m.

Massage Therapy

Our registered massage therapists can use the latest techniques to help you relieve muscle tension, reduce stress, and alleviate persistent pain.

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.

Mental Health Services

Our mental health team offers support through evidence-based practices like cognitive Behavioural Therapy (CBT), helping you manage stress, navigate life changes and build resilience with confidence.

May be covered by private health insurance.

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

May be covered by private health insurance.

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

May be covered by private health insurance.

Assessment & Testing Services

Support your health and fitness goals with testing packages, which may include:

DEXA Scan – The gold standard for measuring body composition, measuring fat, lean mass, and bone density. It also provides regional fat analysis—including visceral fat, which is linked to metabolic health and risk of heart disease and type 2 diabetes.

RMR – Measures calories burned at rest, reflecting your metabolism and lean body mass. This simple, 10-minute non-invasive test is the gold standard for understanding your caloric needs.

VO2 Max – Measures your body's ability to use oxygen during exercise. It's strongly linked to overall health and performance, making it an important metric—especially if you have specific fitness goals.

Scan or click the QR code
to book with the clinic.







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Healthcare, Reimagined

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