

Exercise Schedule

Spring/Summer 2017



thewellness
Institute

April 3 – September 4
Member & Drop-in Weekly Classes

Exercise Schedule classes are free to members.

Check the legend at the bottom of the page to find the right fit. For more options, see the Positively Healthy program guide on our website!

Group exercise guidelines

- 1 For your safety and as a courtesy to others, please arrive on time. Late arrivals may be turned away. Please do not enter a class beyond five minutes after the scheduled start time. Participants may not join any class after the warm-up period.
- 2 Please return all props and equipment to the appropriate places after use.
- 3 Some of our classes, marked ✓, require sign-up to attend. Sign-up begins one hour before each class at the Front Desk. Each person must register for him or herself in person, no exceptions.
- 4 If you are new to exercise, pregnant, have back problems or any limitations, please let the instructor know before class.
- 5 Please follow instructor's direction. Classes are a group activity, however, you control the intensity of your own workout. Classes may be adapted to all levels and modifications are welcome. If you have any concerns, inform the instructor prior to the class.
- 6 If you plan to leave a class early, please inform the instructor.
- 7 For your safety, no chewing gum, food or drinks (other than water) are allowed in classes or in the pool area.
- 8 We encourage you to bring a water bottle to classes. No glass please.
- 9 Please be respectful towards instructors and fellow participants.
- 10 Selected classes marked R require pre-registration for the season as they are open to non-members through Positively Healthy. Please register at the Front Desk, 204-632-3900 or wellnessinstitute.ca with your member log in.
- 11 Classes and instructors are subject to change without notice.



For studio classes:

- 1 Studio use is reserved for activities under staff supervision.
- 2 Indoor, athletic shoes only.
- 3 Equipment is for class use only and may not be removed from the studio.

For cycling classes: limit of 16 participants

- 1 Participants MUST bring their own headphones, a water bottle (no glass) and a towel. Bike shorts and stiff soled shoes are recommended.
- 2 Please arrive 10 minutes early to get set up. After class, bikes must be wiped down.

For aqua (therapy pool) classes: limit of 19 participants

- 1 Signing up for two classes during the sign-up period is not permitted.
- 2 Taking back-to-back classes is not recommended. Participants may take a second consecutive class only if there are open spots after the warm-up AND the Instructor feels it will not be disruptive to participants.
- 2 Please shower before entering the pool. Bathing suits are required and water shoes recommended.
- 3 From time to time the pool will be closed for repairs or special programs. Please check the digital sign at the Front Desk for closures.
- 4 Non-members are not permitted to join pool classes.

* Charges may apply for Selected Times members to attend classes outside Selected Times hours.

For our non-member guests:

When paying a drop-in fee or attending with a member on a Guest Day, you may attend studio, cycling or mind/body classes at no added cost. Classes are first come first serve, unless sign-up or pre-registration is required. To try a class marked **R**, please check with the instructor prior to the class.



Sign-up at
Front Desk



Pre-register
for the season



Suitable for Cardiac Rehab*
Beginner skill level and 55+



Beginner
skill level



Intermediate
skill level



Advanced
skill level

* Suitable for Cardiac Rehabilitation Program members and individuals with high blood pressure (must have physician approval prior to pool use).

Your studio classes

Studio classes are designed for a range of fitness levels. Unless otherwise noted, classes are 55 minutes.

Abs of Iron & Buns of Steel **B I A**

Improve your posture, have better back health and look great! Discover exciting new ways to develop strength in your torso and legs.

Back to Basics /Combo Basics **♥ B I**

New to exercise or getting back after a break? This intro class gets you into a fun routine. Try popular styles such as low impact, step and weights or the "combo" class for a great mix.

Body Bliss **B I A**

Would you like a massage for the mind and body? This blissful blend of strengthening exercises, basic yoga poses and Pilates core work flows together seamlessly to a finale of deep relaxation.

Body Flex **B I A**

Get shapely shoulders, tighter abs and stronger legs. This group weight lifting class is perfect for anyone interesting in looking and feeling strong!

Bounce **♥ B I**

Do you remember how much fun you had playing with a ball as a child? Up the fun factor with this cardio and core training class. Class includes a balance component for core strength, posture, agility and coordination.

Cardio Combo Challenge **I A**

This exciting workout is designed to make you sweat while a variety of formats keeps things fun and challenging. Formats may include step, hi/lo, boxing and cardio-ball. Complete the challenge with core conditioning and leave refreshed after a relaxing stretch.

Cardio Fusion **B I A**

Experience hypnotic drums, earthy rhythms and energy-driving moves. Rhythmic patterns improve physical and mental awareness. The fun finishes with yoga-inspired core training.

Cardio Quickie **B I A**

In a rush? This 30-minute class is cardio only. A quick warm-up and cool down let you focus on getting your heart rate up and body moving. No floor work ... this session keeps you on your feet!

Circuit **B I A**

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

H.I.I.T. **I A**

High Intensity Interval Training (H.I.I.T.) includes styles such as Tabata and Fartlek for bouts of anaerobic exercises alternating with active recovery. Short, high energy intervals assist in weight loss, fat burning and athletic performance.

Interval Bootcamp **I A**

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

Live Longer, Stronger **R ♥ B I**

Activities range from low impact aerobics and strength training to yoga/Pilates inspired stretching. Try new kinds of equipment while gaining confidence. Great for beginners of all ages! Classes include floor work.

PACE™ **R ♥ B I**

Exercises are designed for those with arthritis to maintain or improve joint mobility, endurance, balance and coordination.

Power Fusion **B I A**

Revitalize yourself using an exciting variety of resistance and balance equipment which may include: TRX, ViPR, dumbbells, body bars, tubing, Bender and stability balls, and more!

Posture Perfect **B I**

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

Pump Fix **B I A**

Get your fix for firm legs, toned arms and sculpted abs. Class is 100% dedicated to muscle work. Build your strength and metabolism by making resistance training part of your routine.

Prime Time Cardio ♥ B I

For those young at heart who wish to keep their hearts young, this low impact class is easy to follow. Fitness improves regardless of age.

Spice it Up! B I A

Changing formats keep things fun! Posted schedule may feature Kickbox, Bounce, Interval Bootcamp, Latin Mania, Cardio Party and more.

Step Express I A

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

Step Express+: 75 minutes.

Strength & Stretch ♥ B

Older is better! Live independently longer. Improve strength, balance and coordination to give you more energy. Use a variety of equipment and finish with a stretch.

Tough Enough I A

Work and play hard without choreography. Sport and power drills, plyometrics, agility, martial arts, speed training and core work.

TRX+ B I A

This class features the TRX Suspension Training System ... plus! Extras may include strength boosting moves with the ViPR or dumbbells.

Classes and instructors are subject to change without notice.

TRX Strength B I A

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

TRX/ViPR Blend B I A

All the things you love from Pump Fix, plus the TRX and ViPR. Experience the best tools: Body Bars, dumbbells, tubing, BOSU and more!

TRX/ViPR Cardio Blend B I A

TRX and ViPR plus cardio equals a complete workout, but add a blend of strength and cardio equipment and you'll keep coming back for more!

ViPR Circuit B I A

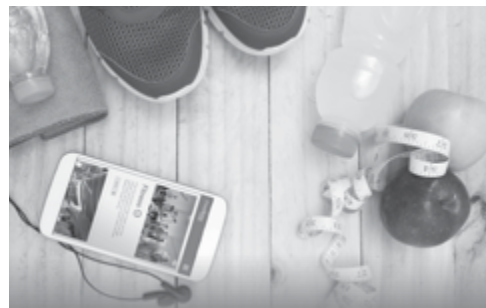
The circuit workout you love featuring the ViPR. Cardio, strength and loaded movement training combine for full body benefits.

ViPR Strong B I A

A resistance training experience using the ViPR to improve strength, coordination, core stability, and athletic movement.

**For Pilates classes, choose
sign-up on our website and view
Adult Fitness**

wellnessinstitute.ca



Just Starting a Fitness Routine?

The FitWell program will help you get started, get motivated and get results!

Start with a personalized health screening and exercise prescription, then begin group classes with an exercise specialist who will help you stay on form and on track as you learn moves you can continue on your own.

\$60 for members

6:45 pm on Mondays, May 1-Jun 26

Registration required

Your studio classes

See the prior page for class descriptions, sign-up requirements and levels.

Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	Interval Bootcamp <i>Rina</i>	Body Flex <i>Wendy</i>		TRX Strength <i>Rina</i>	ViPR-Circuit <i>Wendy</i> (ends Jun 16)		
8:00	TRX Strength <i>Cindy</i>	8:00 Strong by Zumba (Apr 12 - Jun 6) \$40 Mbr	Pump Fix <i>Shelly</i>		Circuit <i>Rina</i>		
9:00	Cardio Combo Challenge <i>Shelly</i>	Body Flex <i>Ricki</i>	H.I.I.T. <i>Ricki</i>	Power Fusion <i>Ricki</i>	Spice It Up <i>Cassidy</i>	Spice It Up <i>Cheryl/Shelly</i>	
9:30							Cardio Combo Challenge <i>Wendy</i>
10:15	Prime Time Cardio <i>Cindy</i>	Posture Perfect <i>Ricki</i>	Prime Time Cardio <i>Raul</i>	Strength & Stretch <i>Ricki</i>	Bounce <i>Ricki</i>		
10:30						TRX/ViPR Blend <i>Wendy/Shelly</i> (ends Jun 24)	Pump Fix <i>Wendy</i>

11:30		Cardio Quickie <i>Cassidy</i>		Cardio Quickie <i>Ricki</i>			
12:05	Spice it Up <i>Cassidy</i>	Power Fusion <i>Cassidy</i>	Body Bliss <i>Cassidy</i>	Body Flex <i>Christine</i>	TRX Strength <i>Gail/Rina</i>		
1:00	PACE <i>Raul</i> (Apr 3 - Jun 19) (Jul 10 - Aug 28)	Live Longer, Stronger <i>Rhonda</i> (Apr 4 - Jun 20)		PACE <i>Raul</i> (Apr 6 - Jun 22)	1:00 Zumba Gold & Toning (Apr 21 - May 26) \$30 Mbr	1:00 Belly Fit (Apr 8 - Jun 3) \$42 Mbr	
4:30	TRX/ViPR Cardio Blend <i>Christine</i>	Step Express <i>Shelly</i>	Pump Fix <i>Cindy</i>	Cardio Fusion <i>Brenda</i>	TRX Strength <i>Cindy</i>		
5:30	Step Express <i>Brenda</i>	Body Flex <i>Cheryl</i>	Spice It Up <i>Brenda</i>	ViPR Strong <i>Brenda</i>	Step Express+ (75 min) <i>Brenda</i>		
6:30	Abs of Iron & Buns of Steel <i>Brenda</i>	Back to Basics (High/Low) <i>Shirley</i>	TRX+ <i>Cheryl</i>	Body Bliss <i>Cheryl</i>			
7:30	Tough Enough <i>Amanda</i> (Apr 3 - Jun 1)	Pump Fix <i>Cristian</i> (ends May 30) 7:30 Drums Alive (Jun 6 - Jun 27) \$25 Mbr	H.I.I.T. <i>Alyzza</i> (ends Jun 28)	Combo Basics <i>Cheryl</i> (ends Jun 29)			



No classes: April 16, May 22, July 3, August 7, September 4 **Closed:** April 14

Classes and instructors are subject to change without notice.

Your cycling classes

Cycling is for everyone! Beginners and athletes can participate in the same class and challenge themselves at their own fitness level. You control the tension on your bike!

All Terrain ✓ **B I**

Experience a ride that takes you on a journey though rolling hills, heart pounding climbs and exhilarating flats. (All Terrain+ is 55 min)

Interval ✓ **B I**

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

Lactic Acid Bath ✓ **I A**

Use intervals to target an important element in cardiovascular performance – the lactate threshold. Burn hundreds of calories in 40 minutes! Previous experience suggested.

Quick Spin ✓ ♥ **B I**

Join this 30-minute class for a short, fast, high energy workout.

Ride & Resist ✓ **B I A**

This 50-minute class is packed with the cycling experience you've always enjoyed plus intervals of resistance tubing for a total body workout.

Strength ✓ **B I A**

Build power with this hill-climbing workout.

Training Ride ✓ **B I A**

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

Triple "R" ✓ **B I A**

Ride, Run, Relax – Combine a great ride with intervals of running or walking and finish with an extended stretch. 75-minutes.

Check dates for the 3 rotations

Some class formats alternate.

Listen With the Spin Class App

Download MYE App Audio for iPhone or Android. Change the WiFi to "Wellness Spin WiFi" then open the app. Tap "Spin Class" to hear the instructor (bring headphones).

Check Rotation Dates to Find Today's Cycling Class Format

1 Apr 3-16; May 15-28; Jun 20-Jul 9; Aug 7-20 2 Apr 17-Apr 30; May 29-Jun 11; Jul 11-24; Aug 21-Sep 4
3 May 1-14, Jun 12-25; Jul 24-Aug 6

Cycle	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00			1 Strength 2 Interval 3 All Terrain <i>Wendy</i>		1 Interval 2 Lactic Acid Bath 3 Strength <i>Rina</i>		
7:00		1 Interval 2 Lactic Acid Bath 3 Strength <i>Murray</i>		1 Strength 2 Interval 3 Lactic Acid Bath <i>Murray</i>			

8:00		1 Lactic Acid Bath 2 Strength 3 Interval <i>Murray</i>		All Terrain <i>Murray</i>			
8:30						Training Ride <i>Various</i>	
9:00							Triple "R" <i>Various</i> (ends Jun 18)
9:45						Quick Spin <i>Various</i> (ends Jun 17)	
10:15			All Terrain <i>Lesley</i>				
12:10	1 Lactic Acid Bath 2 Strength 3 Interval <i>Ricki</i>				All Terrain <i>Lesley/Shelly</i>		
4:30	All Terrain+ <i>Karen</i>		1 Interval 2 Strength 3 Lactic Acid Bath <i>Christine</i>				
5:35	1 Lactic Acid Bath 2 Interval 3 Strength <i>Christine</i>	Training Ride <i>Wendy</i>	1 Strength 2 Lactic Acid Bath 3 Interval <i>Christine</i>	Training Ride <i>Murray</i>			
6:45			1 Strength 2 Strength 3 Lactic Acid Bath/ Ride & Resist <i>Brenda</i> (ends Jun 28)				



No classes: April 16, May 22, July 3, August 7, September 4 **Closed:** April 14

Your mind/body classes

Bring mind and body together with classes that include mental benefits – such as building focus or reducing stress – along with physical movement.

Most yoga classes require mat work on the floor. Classes are held in the yoga studio and are 75min unless noted. Various levels provided.

Astanga Yoga ✓ I A

A continuing level class that flows through a set sequence of poses. See progress as you practice the primary series. Yoga experience needed.

Ayana Yoga ✓ ♥ B I A

Ayana uses props (provided) to add support and encourage proper alignment throughout your practice. Build strength, mobility and stability.

Hatha Yoga ✓ ♥ B I A

Poses combine with breath work and end in relaxation to promote inner and outer balance and flexibility. Yin yoga is a slower-paced style with poses that are held to deepen the stretch.

Karate ® B I A

This martial art promotes fitness through blocks, punches, strikes and kicks. Beginner or Continuing.

Yoga Flow ✓ ♥ B I A

Flowing yoga postures likened to moving meditation. Mixed level.

Yoga for Seniors ✓ ♥ B

Yoga with no mat work! Using a chair to aid with sitting and standing poses, you'll build strength and flexibility without stress on knees or wrists.

Yoga & Ball Therapy ✓ ♥ B I A

Combining Hatha poses, breath work, relaxation techniques and meditation with ball work. Poses are adapted to reduce aches and pains, restore balance, increase vitality and improve well-being.

Mind/ Body	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30						Ayana Mixed Darcy (Apr 8 - Jun 24)	
9:00	Ayana Beginner Darcy (Apr 3 - Jun 26)		Ayana Continuing Darcy (Apr 5 - Jun 21)		Ayana Mixed Darcy (Apr 7 - Jun 23)		
9:30						Karate Continuing 60min - West Gym (Apr 8 - Jun 10)	
10:15				Hatha (Yin) Mixed Kirti Kaur (Apr 6 - Jun 8)			

10:30	Ayana Mixed <i>Darcy</i> (Apr 3 - Jun 26)		Ayana Beginner <i>Darcy</i> (Apr 5 - Jun 21)		Ayana Beginner <i>Darcy</i> (Apr 7 - Jun 23)	
12:00			Yoga for Seniors <i>Rhonda</i> - 60min (Apr 5 - Jun 21)			
12:05		Yoga Flow <i>Katja</i> - 50min (Apr 4 - Jun 20)	Try Body Bliss in our Fitness Studio Now			
5:15	Ayana Beginner <i>Darcy</i> (Apr 3 - Jun 26)	5:45 Yoga-lates (Apr 4 - Jun 6) \$102 Mbr	Hatha (Yin) Mixed <i>Kirti Kaur</i> (Apr 5 - Jun 21)	Astanga Continuing <i>Philip</i> (Apr 6 - Jun 22)		
6:00		6:00 Melt (Apr 4 - May 23) \$90 Mbr		Try Body Bliss in our Fitness Studio at 6:30		
6:45	Ayana Continuing <i>Darcy</i> (Apr 3 - Jun 26)		Yoga & Ball Therapy <i>Kirti Kaur</i> (Apr 5 - Jun 21)	Astanga Beginner <i>Philip</i> (Apr 6 - Jun 22)		
7:00		Karate Beginner 60min - West Gym (Apr 4 - Jun 6)				
7:15		Hatha Beginner <i>Katja</i> (Apr 4 - Jun 20)				



No spring classes: April 16, May 22 Closed: April 14

Classes and instructors are subject to change without notice.

Your summer yoga classes

Summer schedule starts July 4. See prior page for additional descriptions.

Astanga Yoga ✓ **I A**

Ayana Yoga ✓ **♥ B I A**

Hatha Yoga ✓ **♥ B I A**

Vinyasa ✓ **♥ B I A**

Match movement to breath. Mix flow sequences, held poses, restorative/yin yoga and meditation mix for a perfect pause. Choose Beginner or Continuing classes. Modifications offered.

Vinyasa Honey Flow ✓ **♥ B I A**

This soothing class is meditation-in-motion to the rhythmic connection of breath and body. Melodic sequences mix flow and stillness. Create space and enjoy the rewards of rich honey on and off the mat.

Yoga Flow ✓ **♥ B I A**

Studio	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00		Vinyasa Continuing <i>Katja</i> (Jul 4 - Aug 22)		Vinyasa Honey Flow Continuing - <i>Nicole</i> (Jul 6 - Aug 24)			
10:30		Vinyasa Beginner <i>Katja</i> (Jul 4 - Aug 22)		Vinyasa Honey Flow Beginner - <i>Nicole</i> (Jul 6 - Aug 24)			
12:05		Yoga Flow <i>Katja</i> - 50min (Jul 4 - Aug 22)					
5:00			Astanga Continuing <i>Philip</i> (Jul 5 - Aug 23)				
5:15	Astanga Beginner <i>Philip</i> (Jul 11 - Aug 28)						
6:30			Astanga Beginner <i>Philip</i> (Jul 5 - Aug 23)				
6:45	Hatha Beginner <i>Philip</i> (Jul 11 - Aug 28)						

No summer classes:

July 3, August 7, September 4

Most classes require mat work on the floor. Classes are 75min unless noted. Classes and instructors subject to change without notice.

Your free pool times ♥ B I

Up to 15 people can enjoy the use of our warm water therapy pool during these selected free times. Times are subject to change due to special closures or events. Changes will be posted at the front desk.

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

Pool	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM Free Time	5:30am–6:00am	7:00am–8:15am	5:30am–6:00am	7:00am–8:15am	5:30am–6:00am		7:00am–8:30am
	9:00am–9:15am	10:00am–10:30am	9:00am–9:15am	10:00am–10:30am	7:00am–8:15am	7:00am–8:25am	9:15am–9:25am
	10:00am–10:15am	11:15am–11:30am	10:00am–10:15am	11:15am–11:30am	9:00am–9:15am	10:15am–12:00pm	10:15am–10:30am
					10:00am–10:15am		11:15am–1:00pm
PM Free Time	12:45pm–1:00pm		12:45pm–1:00pm		12:45pm–1:00pm		
	2:00pm–2:15pm	1:00pm–1:15pm	2:00pm–2:15pm		2:00pm–2:15pm	1:00pm–6:45pm	1:00pm–4:00pm:
	3:00pm–5:00pm	2:00pm–4:15pm	3:00pm–5:00pm	1:00pm–4:45pm	3:00pm–5:15pm	Check at Front Desk for special closures for Birthday Party pool use.	Family Day activities only
	5:45pm–6:00pm	8:00pm–10:45pm	5:45pm–6:00pm	8:05pm–10:45pm	6:30pm–7:10pm		4:00pm–6:45pm
	7:15pm–10:45pm		7:30pm–10:45pm		7:45pm–8:45pm		

Your aqua classes

Enjoy these 45-minute non-impact classes in our warm therapy pool.

Arthritis ✓ ♥ B I

Improve strength, endurance and range of motion. For anyone with restricted mobility.

Aqua Yoga ✓ ♥ B I

With more buoyancy, find more flexibility while including strength and balance work.

Bootcamp! ✓ I A

This fast-paced class combines cardio and resistance training in a more challenging workout.

Dance Interval ✓ ♥ B I

Fun dance-like intervals for cardio and strength that include active stretching.

Flex ✓ ♥ B I

Use resistance equipment and the resistance of the water for a great strength training effect.

Interval ✓ ♥ B I

Intervals for cardio, strength and flexibility with a relaxing cool down.

Interval Stretch ✓ ♥ B I

Intervals of higher intensity cardio, strength and flexibility mix with stretches, balance work, relaxation and deep breathing.

Stretch & Flex ✓ ♥ B I

Slow movements focus on stretching, balance, relaxation, stability and deep breathing.

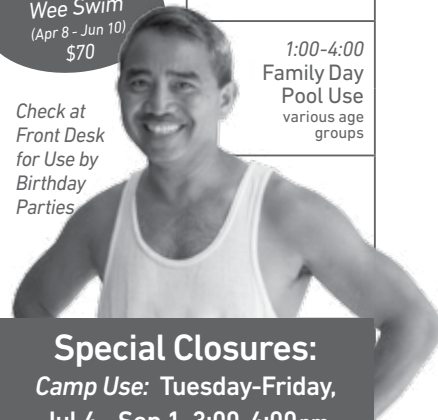
50/50 ✓ ♥ B I A

Half cardio, half resistance training to build strength for daily life.

Aqua	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	Interval <i>Michelle</i>	Interval <i>Michelle</i>	Interval <i>Bahia</i>	Interval <i>Raul</i>	Interval <i>Raul</i>		
8:15	Interval <i>Raul</i>	Interval <i>Rhonda</i>	Interval <i>Raul</i>	Flex <i>Raul</i>	Interval <i>Ricki</i>		8:30 Aqua Zumba (Apr 23- May 28) \$30
8:30						Flex <i>Michelle/Ricki</i>	
9:15	Flex <i>Raul</i>	Interval <i>Rhonda</i>	Flex <i>Raul</i>	Interval <i>Raul</i>	Flex <i>Ricki</i>		
9:30						Interval <i>Michelle/Ricki</i>	Interval <i>Cristian</i>
10:15	Interval Stretch <i>Veronica</i>		Interval <i>Cristian</i>		Interval <i>Rhonda</i>		
10:30		Interval <i>Rhonda</i>		Interval <i>Raul</i>			Interval <i>Cristian</i>

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

11:05	Interval Stretch <i>Veronica</i>		Flex <i>Cristian</i>		50/50 <i>Rhonda</i>		
11:30		Dance Interval <i>Veronica</i>		Flex <i>Raul</i>			
12:00	Interval <i>Raul</i>		Interval <i>Raul</i>		50/50 <i>Rhonda</i>	12:00 Wee Swim (Apr 8 - Jun 10) \$70	
12:15		Arthritis <i>Veronica</i>		Arthritis <i>Raul</i>		12:30 Wee Swim (Apr 8 - Jun 10) \$70	
1:15	Pool Closed 1:00pm-2:00pm	Interval <i>Cristian</i>	Pool Closed 1:00pm-2:00pm		Pool Closed 1:00pm-2:00pm		1:00-4:00 Family Day Pool Use various age groups
2:15	Arthritis <i>Raul</i>		Arthritis <i>Raul</i>		Arthritis <i>Raul</i>	Check at Front Desk for Use by Birthday Parties	
4:30		Aqua Yoga <i>Cristian</i> (Apr 4 - Jun 7) (Jul 4 - Aug 22)		4:50 Wee Swim (Apr 6 - Jun 8) \$70			
5:00	Interval <i>Raul</i>		Interval <i>Karen</i>				
5:30		Bootcamp! <i>Bahia</i>		Interval <i>Michelle</i>	5:30 Gym & Swim (Apr 7 - Jun 9) \$90		
6:00	Interval <i>Raul</i>		Interval <i>Cassidy</i>				
6:15		Interval <i>Bahia</i>		Flex <i>Michelle</i>			
6:45			Interval <i>Cassidy</i>				
7:00		Interval <i>Bahia</i>			6:45 Gym & Swim (Apr 7 - Jun 9) \$90		



Special Closures:
Camp Use: Tuesday-Friday,
Jul 4 - Sep 1, 3:00-4:00pm

No Classes:
April 16, May 22, July 3,
August 7, September 4

Closed:
April 14

Please see prior page for free pool times. Not all spaces between classes reflect open times for use.

Your gym activities

Set up for basketball in West Gym and badminton in East Gym, unless noted.

East Gym Badminton/Pickleball

45-minute court times are available for singles or doubles bookings. Participants may book one slot per day, at Front Desk or by phone.

Gym Floor Activities **B I A**

Join a Wellness Consultant on the west gym floor for activities appropriate for all ages and ability levels. Options include: Floor Hockey, Thrilling Skills, Fun Friday and Circus Circuits.

Intramurals (Adult) **B I A**

No sign-up. Just come ready to play. Equipment sign-outs at the Locker Desk or Front Desk.

Equipment Orientation **B I A**

Separate small group intro sessions for cardio, resistance and XPress Line (Keiser) machines. See Front Desk or sign up online (Weekly Classes).

Stretch Breaks **B I A**

Join a Wellness Consultant for a group stretch before your workout. Breaks will be relocated when they overlap other West Gym programs.

Activities are in **West Gym** unless noted. Empty slots are open gym. Programs in grey require registration.

GYM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00						CLOSED (See Facility Hours on Back Cover)	
6:00		Group Training		Group Training			
6:30							
7:00						FFF Team E (Apr 15 - Jun 17)	
7:30							
8:00							
8:30						Adult Karate (Apr 8 - Jun 10)	
9:00	Stretch Break	Stretch Break	Stretch Break	Stretch Break	Stretch Break		
9:30							
10:00	Strength & Stretch	Strength & Stretch	Strength & Stretch	Strength & Stretch	Strength & Stretch	Youth Karate (Apr 8 - Jun 17)	
10:30							
11:00	Stretch Break	Stretch Break	Stretch Break	Stretch Break	Stretch Break		

11:30						Kids Karate (Apr 8 - Jun 17)	
12:00	Group Training		Group Training		Group Training		
12:30							
1:00	Stretch Break	Stretch Break	Mini Soccer (Apr 5 - May 24)	Stretch Break	Stretch Break		
1:30							
2:00	Stretch Break	Stretch Break	Stretch Break	Stretch Break	Stretch Break		
2:30							
3:00							
3:30							
4:00							
4:30							
5:00	Stretch Break		Stretch Break		Stretch Break		
5:30	FFF Team A (Apr 10 - Jun 12)	Kids Karate (Apr 4 - Jun 6)	FFF Team C (Apr 12 - Jun 14)	Mini Soccer (Apr 6 - May 25)	Gym & Swim (Apr 7 - Jun 9)		
6:00		Kids Karate (Apr 4 - Jun 6)		Stretch Break			
6:30							
7:00	FFF Team B (Apr 10 - Jun 12)	Adult Karate (Apr 4 - Jun 6)	FFF Team D (Apr 12 - Jun 14)	Stretch Break			
7:30							
8:00							
8:30	Intramural Floor Hockey	*East Gym* Intramural Badminton	Intramural Soccer	Intramural Basketball			
9:00							
9:30							
10:00							
10:30							

New? Book
an Equipment
Orientation

Weekday
Stretch Breaks
- 6:15, 7:15 -
locations as
announced



Family
Day
Gym
Games
various age
groups

Facility Closure:
Friday, April 14
for Good Friday

Gym Closures:
Saturday, April 23
for diabetes event

Sunday, June 4
for the Commit to Get Fit Run

Jul 4-Sep 1: 10:00am-noon
West Gym: Camp Use

Look for these closures
posted by Front Desk:

Birthday Parties: West Gym;
Other: As Posted

CLOSED

10K Run • 5K Walk/Run
Sunday, June 4

presented by Casinos of Winnipeg

c0mmit to get fit
run
thewellness
institute

\$25

MRA Rate: \$20

Kids' Rate: \$15

Register by April 30
for a FREE shirt



Get a registration form or register online at wellnessinstitute.ca

Part of the MRA Race Series and Youth Series

presenting
sponsor



Wawanesa
Insurance
License No. 11011 June 2016



MORRISON
great north place



Get your summer pass to wellness ...

Discover what inspires you when you add a little wellness to your life. Explore our classes, sports options and premium equipment this summer with a summer pass.

\$160 4-month pass **\$120 3-month pass** **\$80 2-month pass**

Valid May 1 - Aug 31

Valid Jun 1 - Aug 31

Valid Jul 1 - Aug 31

Plus applicable taxes. This is a limited time, non-transferrable pass, only valid for the period listed. Must be 16+ years old to qualify. Pool use not included. Available for purchase April 15, 2017.

Other services for you

Personal Training:

204-632-3900

One-on-one

1 Session	\$55
5 Sessions	\$250
10 Sessions	\$450

Couples

1 Session	\$85
5 Sessions	\$370
10 Sessions	\$690

Group training is available. See program registration on our website for dates and times.

Massage Therapy:

204-632-3900 or book online

Non-member/Member Rate

Massage

30 Minute Treatment	\$45/\$40
45 Minute Treatment	\$55 /\$50
60 Minute Treatment	\$73/\$68
90 Minute Treatment	\$108/\$101

Rehabilitation & Sports Injury Clinic:

204-632-3910

Appointments times are available:
Monday – Thursday: 7:30am-7:00pm
Fridays: 7:30am-4:00pm

Physiotherapy Services

Physiotherapy Assessment	\$72
Physiotherapy Treatment	\$58.50

Chiropractic Services

Chiropractic Assessment	\$72
Chiropractic Treatment	\$35
Acupuncture Treatment	\$58.50
Active Release Treatment	\$58.50

Athletic Therapy Services

Athletic Therapy Assessment	\$72
Athletic Therapy Treatment	\$58.50

Foot Care Services

Foot Care Assessment	\$67.50
Foot Care Treatment	\$50

*Direct billing to: Manitoba Blue Cross, Manitoba
Public Insurance, Workers Compensation Board.*

Nutrition Counseling:

204-632-3910

Non-member/Member Rate

1 Session	\$90/70
5 Session Package (5th free)	\$285/\$220
30 Minute Follow-up	\$65/\$50

Partly covered by most private health insurance plans.

Weight Loss Coaching:

204-632-3910

Non-member/Member Rate

1 Session	\$90/70
5 Session Package (5th free)	\$285/\$220
30 Minute Follow-up	\$65/\$50

Partly covered by most private health insurance plans.

Kids' Corner:

204-632-3913 or book online

Babysitting: First Child per hour	\$3.50
Additional Children per hour	\$2.50

Plus applicable taxes ... Rates are subject to change.

Find Program Registration and Weekly Class Schedules...

Hours

Monday-Thursday: 5:00 am-11:00 pm

Friday: 5:00 am-9:00 pm

Saturday-Sunday: 7:00 am-7:00 pm

A healthy, active life starts with a little wellness...

Become a member today

membership

Sign up for classes & services

classes & services