

Exercise Schedule

Winter 2016



thewellness
Institute

January 2 - April 3
Member & Drop-in Classes

Powered by Seven Oaks General Hospital

wellnessinstitute.ca

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 15 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 **♥ 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.

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! **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 with more steps. 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.

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.

The Works **B I A**

This 90-minute workout balances 50 minutes of cardio with strength training and flexibility. Enjoy the variety! Step, BOSU, interval and more.

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.

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.

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 **® ♥ 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™ **® ♥ 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.

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, core stability, coordination and athletic movement.



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>		
8:00	TRX Strength <i>Cindy</i>		Pump Fix <i>Shelly</i>		Circuit <i>Rina</i>		
9:00	Cardio Combo Challenge <i>Shelly</i>	Power Fusion <i>Ricki</i>	H.I.I.T. <i>Ricki</i>	TRX/ViPR Blend <i>Ricki</i>	Spice It Up <i>Cassidy</i>	The Works <i>Cheryl/Wendy</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>	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> (Jan 11 - Mar 21)	Live Longer, Stronger <i>Rhonda</i> (Jan 12 - March 29)		PACE <i>Raul</i> (Jan 14 - March 23)		1:00 Belly Fit (Jan 16 - Mar 05) \$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>	2:15 Zumba Gold & Toning (Jan 16 - Mar 05) \$50 Mbr	
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>		
6:00							
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> (Jan 11 - Mar 21)		H.I.I.T. <i>Amanda</i>	Combo Basics <i>Cheryl</i>			

No classes: Feb 15, Mar 25

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.

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.

Rookie Ride ✓ ♥ B I

Everyone can ride. Join this 30-minute class to see what indoor cycling is all about. Create your own level of intensity while working in a motivating group setting.

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

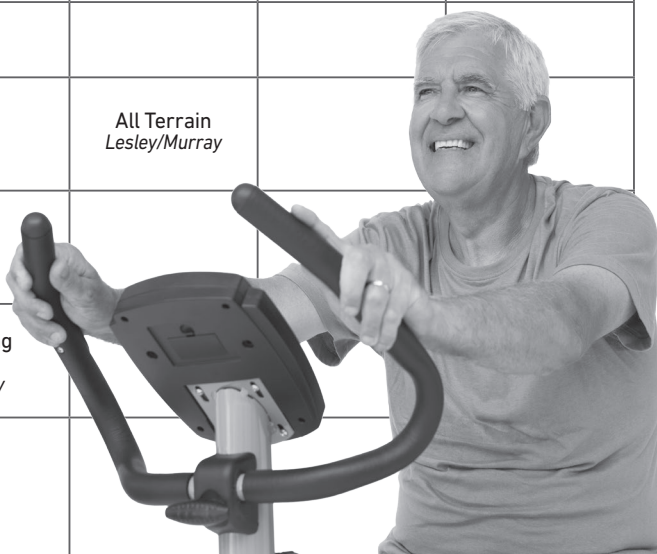
to prepare for the current rotation.
Some formats alternate.

Check Rotation Dates to Find Today's Cycling Class Format

1 Jan 2-17; Feb 15-28; Mar 28-Apr 3 2 Jan 18-31; Feb 29-Mar 13
3 Feb 1-14, Mar 14-27

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>
9:45						Rookie Ride <i>Various</i>	
10:15			All Terrain <i>Lesley</i>				
12:10	1 Lactic Acid Bath 2 Strength 3 Interval <i>Ricki</i>				All Terrain <i>Lesley/Murray</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>				



No classes: Feb 15, Mar 25

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.

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.

Iyengar Yoga ✓ ♥ B I A

Iyengar uses a range of props (provided) to provide support and encourage proper body alignment throughout your practice of the poses. Build strength, mobility and stability. Beginner, Continuing and Mixed levels available.

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 Therapy ✓ ♥ B I A

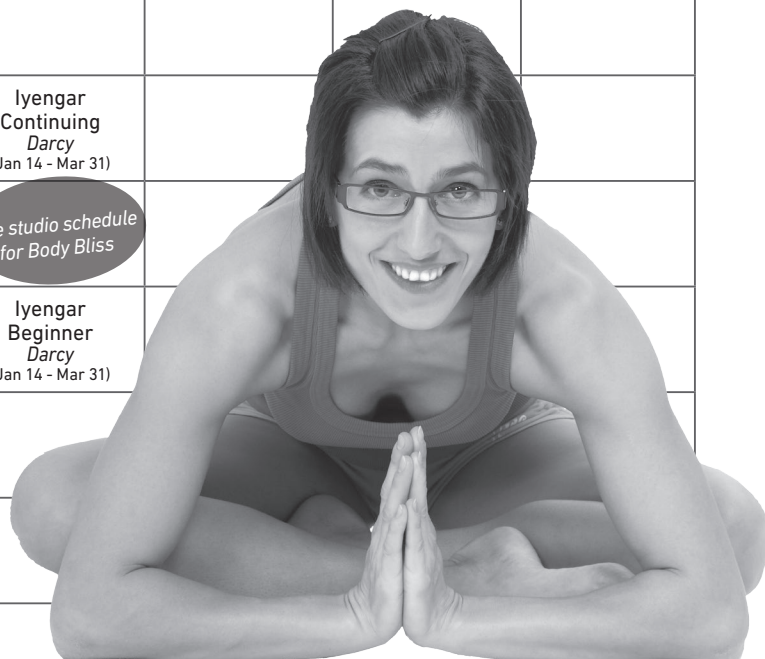
Combining Hatha yoga poses, breath work, relaxation techniques and meditation. No matter what aches or pains you have, poses are adapted to reduce symptoms, restore balance, increase vitality and improve your well-being.

Mind/ Body	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30						Iyengar Mixed Darcy (Jan 16 - Mar 26)	
9:00	Iyengar Beginner Darcy (Jan 11 - Mar 21)		Iyengar Continuing Darcy (Jan 13 - Mar 30)		Iyengar Mixed Darcy (Jan 15 - Mar 18)		
9:30						Karate Continuing 60min - West Gym (Jan 16 - Mar 26)	
10:15				Hatha (Yin) Mixed Kirti Kaur (Jan 14 - Mar 31)			

10:30	Iyengar Mixed Darcy (Jan 11 - Mar 21)		Iyengar Beginner Sharon (Jan 13 - Mar 2)		Iyengar Beginner Darcy (Jan 15 - Mar 18)		10:35 ZEN Stretch Mixed Level - Cheryl (Jan 17 - Mar 20) \$56 Mbr
12:00			Yoga for Seniors Rhonda - 60min (Jan 13 - Mar 2)				
12:05		Yoga Flow Larissa - 50min (Jan 12 - Mar 29)					
5:15	Iyengar Beginner Darcy (Jan 11 - Mar 21)		Hatha (Yin) Mixed Kirti Kaur (Jan 13 - Mar 30)	Iyengar Continuing Darcy (Jan 14 - Mar 31)			
6:00				See studio schedule for Body Bliss			
6:45	Iyengar Continuing Darcy (Jan 11 - Mar 21)		Yoga Therapy Kirti Kaur (Jan 13 - Mar 30)	Iyengar Beginner Darcy (Jan 14 - Mar 31)			
7:00		Karate Beginner 60min - West Gym (Jan 12 - Mar 29)					
7:15		Hatha Beginner Larissa (Jan 12 - Mar 29)					

Classes and instructors are subject to change without notice.

No classes: Feb 15, Mar 25, Mar 28



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 to sign up for a session time.

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							
7:30						FFF Team E (Jan 16 - Mar 19)	
8:00							
8:30							
9:00	Stretch Break ⁺	Stretch Break	Stretch Break ⁺	Stretch Break	Stretch Break		
9:30						Adult Karate (Jan 9 - Mar 19)	
10:00	Stretch Break	Stretch Break	Stretch Break	Stretch Break	Stretch Break		
10:30						Youth Karate (Jan 9 - Mar 19)	
11:00	Stretch Break	Stretch Break	Stretch Break	Stretch Break	Stretch Break		

11:30						Kids Karate (Jan 9 - Mar 19)	
12:00	Group Training		Group Training		Group Training		
12:30							
1:00	Stretch Break	Stretch Break	Mini Soccer (Jan 13 - Mar 2)	Stretch Break	Stretch Break		Family Day Gym Games various age groups
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 (Jan 11 - Mar 14)	Kids Karate (Jan 5 - Mar 8)	FFF Team C (Jan 13 - Mar 16)	Mini Soccer (Jan 14 - Mar 3)	Stretch Break		
6:00		Kids Karate (Jan 5 - Mar 8)		Stretch Break			
6:30					Gym & Swim (Jan 8 - Mar 11)		
7:00	FFF Team B (Jan 11 - Mar 14)	Adult Karate (Jan 5 - Mar 8)	FFF Team D (Jan 13 - Mar 16)	Stretch Break			
7:30							
8:00							
8:30	Intramural Floor Hockey	*East Gym* Intramural Badminton		Intramural Basketball			
9:00							
9:30							
10:00							
10:30							

Weekday
Stretch Breaks
- 5:15, 6:15, 7:15 -
locations as
announced

New? Book
an Equipment
Orientation
See Front Desk

Look for these closures
posted by Front Desk:

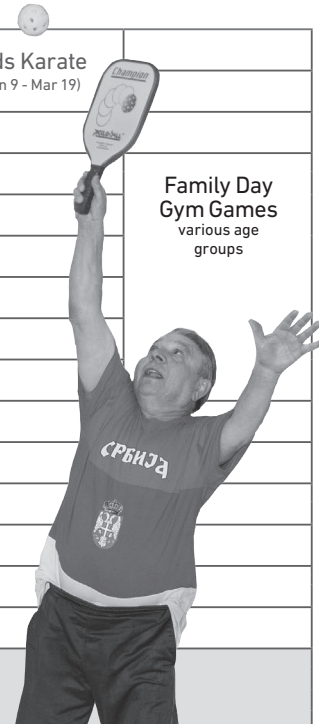
Birthday Parties: West Gym;
Other: As Posted

GYM CLOSURE: March 12 for the
Cerebral Palsy Stationary Bike Race

CLOSED

New? Book
an Equipment
Orientation
See Front Desk

Weekday
Stretch Breaks
- 5:15, 6:15, 7:15 -
locations as
announced



**Look for these closures
posted by Front Desk:**
Birthday Parties: West Gym;
Other: As Posted

GYM CLOSURE: March 12 for the
Cerebral Palsy Stationary Bike Race

Your aqua classes

These 45-minute non-impact classes are performed in our warm therapy pool. The warm water allows you to move like you may have never moved before!

Arthritis ✓ ♥ B I

A refreshing workout using the resistance of water to improve strength, endurance and range of motion. For anyone with restricted mobility.

Aqua Yoga ✓ ♥ B I

With the release of gravity, find optimum flexibility while improving strength and balance.

Interval ✓ ♥ B I

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

Flex ✓ ♥ B I

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

Stretch & Flex ✓ ♥ B I

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

Bootcamp! ✓ I A

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

50/50 ✓ ♥ B I A

Half the class is cardio while the rest is resistance training to build your strength for daily activities.

Aqua	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15	Interval Michelle	Interval Michelle	Flex Bahia	Interval Raul	Interval Raul		
7:05	Flex Michelle		Interval Bahia				
8:15	Interval Raul	Interval Rhonda	Interval Raul	Flex Raul	Interval Ricki		
8:30						Flex Michelle/Ricki	
9:15	Flex Raul	Interval Rhonda	Flex Raul	Interval Raul	Flex Ricki		
9:30						Interval Michelle/Ricki	Interval Ricki
10:15	Stretch & Flex Veronica		Interval Larissa		Interval Rhonda		
10:30		Interval Rhonda		Interval Raul			Interval Ricki

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 Ricki		Flex Larissa		50/50 Rhonda		
11:30		Stretch & Flex Veronica		Flex Raul			
12:00	Interval Raul		Interval Larissa		50/50 Rhonda	12:00 Wee Swim (Jan 9 - Mar 12) \$70	
12:15		Arthritis Veronica		Arthritis Raul		12:30 Wee Swim (Jan 9 - Mar 12) \$70	
1:15	Pool Closed 1:00pm-2:00pm	Interval Larissa	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 Raul		Arthritis Larissa		Arthritis Raul	Check at Front Desk for Use by Birthday Parties	
5:00	Interval Raul		Interval Karen	4:50 Wee Swim (Jan 7 - Mar 10) \$70	Aqua Yoga Larissa (Jan 15 - Mar 18)		
5:30		Bootcamp! Bahia		Interval Michelle			
6:00	Interval Raul		Interval Cassidy		5:30 Gym & Swim (Jan 8 - Mar 11) \$90		
6:15		Interval Bahia		Flex Michelle			
6:45			Interval Cassidy				
7:00		Interval Bahia			6:45 Gym & Swim (Jan 8 - Mar 11) \$90		

No Classes:

Feb 15, Mar 25

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

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–9:25am
	9:00am–9:15am	10:00am–10:30am	9:00am–9:15am	10:00am–10:30am	7:00am–8:15am	7:00am–8:25am	10:15am–10:30am
	10:00am–10:15am	11:15am–11:30am	10:00am–10:15am	11:15am–11:30am	9:00am–9:15am	10:15am–12:00pm	11:15am–1:00pm
					10:00am–10:15am		
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–4:45pm	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		

No classes: Feb 15, Mar 25

Other services for you

Personal Training:

204-632-3900

One-on-one

1 Session	\$52
5 Sessions	\$235
10 Sessions	\$420

Couples

1 Session	\$80
5 Sessions	\$350
10 Sessions	\$650

Group training is available. See our Positively Healthy program guide at 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	\$71.50/\$66.50
90 Minute Treatment	\$108/\$99.75

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	\$69
Physiotherapy Treatment	\$58.50

Chiropractic Services

Chiropractic Assessment	\$69
Chiropractic Treatment	\$35
Acupuncture Treatment	\$58.50
Active Release Treatment	\$58.50

Athletic Therapy Services

Athletic Therapy Assessment	\$69
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 Counselling:

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

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

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



Let us take care of
them while you
take care
of you

Staying active and healthy as a parent sometimes means you need a helping hand with the kids. Whether you are here to workout, get a massage, take a class or visit our Rehabilitation & Sports Injury Clinic, you can trust us for their care. Children 12 weeks to 12 years can enjoy supervised play at Kid's Corner while you visit. Book online or call 204-632-3913 for reservations.

One Child: \$3.50/hour

\$2.50/hour for each additional child.

Multi-use pre-paid cards are available at our front desk for your convenience. See our website for current Kid's Corner hours and policies. We encourage a peanut-free environment.

For your complete wellness, check out the classes in our Positively Healthy program guide on our website

To stay in touch with the latest Wellness programs, “Subscribe for Updates” at our website, find us and “like” us on Facebook, follow @WellnessSOGH on Twitter and now @wellnessinstitute on Instagram!

Monday-Thursday: 5:00 am–11:00 pm
Friday: 5:00 am–9:00 pm
Saturday-Sunday: 7:00 am–7:00 pm

Powered by Seven Oaks General Hospital



wellnessinstitute.ca