

WINTER 2026

positively healthy

WINTER 2026
WELLNESS INSTITUTE
PROGRAM GUIDE
INSIDE!
➔



Winter Reset: Recharge. Restore. Thrive.



SEVEN OAKS
GENERAL HOSPITAL

thewellness
Institute



Chronic Disease
Innovation Centre



SOGH
FOUNDATION

positively healthy

WINTER 2026

In this issue:

Gifts of Impact	4
Finding Strength in Wellness	6
Mixing Freedom with Connection	8
New Partnership Explores the Power of Pea Protein for Healthy Aging	10
Wellness Institute Program Guide	12



SEVEN OAKS
GENERAL HOSPITAL

thewellness
Institute



Chronic Disease
Innovation Centre



SOGH
FOUNDATION



➔ See Women's Health in the guide – page 38



Gifts of Impact

Three New Additions Strengthen Patient Care at Seven Oaks Hospital

Three new items are making a difference at Seven Oaks General Hospital, thanks to the generosity of a donor.

A Bluetooth oximeter will measure blood oxygen saturation and pulse rate of patients. With a wireless sensor attached to the fingertip, patients are free to move easily while the healthcare team receives the insights to monitor a variety of conditions, including COPD (lung disease) or heart disease.

A bladder scanner is a portable ultrasound device used to diagnose and manage urinary problems. It can non-invasively help assess bladder function and reduce unnecessary catheterization. The scanner helps the

healthcare team head off urinary tract infections (UTIs), pain, and other complications for patients after surgery or stroke, or when treating an enlarged prostate or other conditions.

Yet, as important as both the oximeter and bladder scanner are to patient care, a non-medical item is generating the most positive feedback. **A water fountain** with a hands-free bottle filler has made a huge difference to both patients and staff in the Urgent Care waiting room.

Until recently, when people waiting at Urgent Care became thirsty or needed water to take medication, there were only two options: pay for a bottle from the vending machine or see a triage nurse who would fill a cup from a jug that had to be replenished outside of the triage area.

→ *"We serve a very diverse population. Some have the two dollars to put in the vending machines to buy water, but many of our patients don't have that."*

Since water is an essential need, and especially necessary for the sick and vulnerable, this situation caused both frequent interruptions to the triage nurses and distress or expense for people in the waiting room.

As Leanne Ross, Manager, Urgent Care, explains. "We serve a very diverse population. Some have the two dollars to put in the vending machines to buy water, but many of our patients don't have that. Those basic necessities really are super important to our more vulnerable population, and it is nice when folks have the ability to help themselves to as much of that basic necessity as they need and not have it take anyone away from the important work they're doing."

For donor James Cohen, CEO & President of Gendis Inc., being able to make these new items possible started with an experience his late mother had at the hospital in 2017 after breaking her wrists in a fall.

"She wound up spending five weeks at Seven Oaks. So I drove out there pretty well every day for five weeks, visiting her, and she got great care there," he recounts. "Everybody was so nice to her, and it just left a good feeling with me and my mom."

In addition, to the hospital experience, James was impressed by the services on campus.

"I went on a tour of the Wellness Institute quite a few years ago, and I think it's probably one of the best-kept secrets in Winnipeg. When I saw what was being done there, I was very impressed. And, you know, it's a beautiful facility and it's a growing part of Winnipeg."

Even though he is not living in the area or a patient himself, these experiences opened James up to learning more about the hospital's needs. After hearing about the potential impact the new items could make, James says, "I thought it was something I could help out with. Something as simple as a water fountain. It's just a basic human dignity thing, being able to have water."

The impact of his generous gifts will continue to be felt throughout the hospital for years to come, but it didn't take long before the difference made by the water fountain was felt in Urgent Care.

"I was oh so excited when I heard that it was one of the items that was selected," responded Leanne. "It's installed and it's used heavily, so it's more than getting its money's worth at this moment, and the feedback from our triage nurses has been really positive. They are so appreciative to feel heard as staff. And without the Foundation and this particular donor, I wouldn't have been able to see that coming to fruition."

After the first week, Leanne received a note from the triage nurse that said, "The water fountain is nothing short of beautiful. I haven't had a single interruption for water filling in days, and it has made all the difference for me working out in triage. Thank you."

That's a sentiment echoed by everyone at the Seven Oaks General Hospital Foundation. By supporting the Health Campus, donor gifts help create a healthier community, contributing towards improvements in prevention, lifestyle support, recovery, patient care, and research.



Finding Strength in Wellness

Recovering After Heart Surgery: Jemalyn's Story

Today, Jemalyn Ayodoc has colour in her cheeks and speaks so positively that you wouldn't guess that it was just a year ago that she was in hospital for heart surgery. In fact, other than having developed gestational diabetes with her last pregnancy, the mother of four was not aware of any personal health issues or family history of heart problems before last fall, when she went to the hospital with difficulty breathing.

While she recalls pain and weakness leading up to her diagnosis and eventual surgery, it was being in the hospital, away from family, that became her strongest motivator to get well.

"I was at a hospital from September 29 to October 30. Imagine that, not seeing my daughters," she recounts, "My youngest was only five years old."

"It really motivates you ... the feeling of being in a hospital bed with your kids at home, knowing that you're not there to look after them. So I said to myself, 'If my surgery will be successful and I will be out of this hospital bed, I will make sure that I will always listen to my doctors and do everything to have a healthy life.'"

After two months of recovering from her surgery, Jemalyn started the Cardiac Rehabilitation program at the Wellness Institute. Although she felt weak and experienced some dizziness, she was determined to get better. Jayms helped her establish a safe routine, convincing her not to rush into using heavy weights too soon. Through the cooking and education components, she realized she had to watch out for salt in her diet.

After a month, she was already feeling stronger, with less back pain. After two months, she no longer needed help to tie her shoes and could carry more on her own. By April, Jemalyn had completed the program and was strong enough to return to work, but she signed up for a Wellness membership to keep building strength and stay healthy.

Not only did she find that the regular exercise helped regulate her blood sugar better than watching her carbohydrates and diet alone, but she also quickly felt the difference if she missed coming to work out.

"I noticed that if I don't come here and do some exercise, I get tired. After a day of work, you can feel your body but when I come here after work, everything is good. I realized that I really need to stretch out every day."

Now she recommends the Wellness Institute to her family and friends, regardless of their current health. She even tells how she encouraged a lady she met while riding the bus to join.

"If I just go to a regular gym and if something happens to me, they don't know what to do for me, right? And if I'm here, there's the hospital there, and they know my history. And you see this?" she says, gesturing the facility around her, "It's nice. And there are instructors, and everything you can ask for."

Today, Jemalyn's story is a powerful reminder that recovery doesn't end when you leave the hospital—it begins there. For her, wellness is no longer just about healing; it's about living fully and sharing that strength with others.

The Cardiac Rehabilitation program is an evidence-based program offering 16 weeks of supervised exercise and education for people recovering from a heart attack or living with a heart condition. **See page 34.**



Mixing Freedom with Connection

Bringing Home Dialysis Patients Together for Support, Sharing, and Inspiration

The Kidney Health Program at Seven Oaks General Hospital (SOGH) hosted its 13th annual Home Hemodialysis Mix and Mingle on October 2, 2025, in an afternoon dedicated to the patients and their families or support people. The gathering celebrated the freedom that home hemodialysis offers while strengthening a sense of community for patients.

The Mix and Mingle began in 2012, just a few years after the Home Hemodialysis program launched at the site. While treatment outside of the hospital setting empowered patients and families to manage their hemodialysis with greater flexibility and independence, it reduced contact with the healthcare team and others who share their experiences. The Mix and Mingle was created to bridge that gap and build relationships through a shared kidney-friendly lunch, an inspiring program, and an informal atmosphere.





“There are no seating arrangements. Everybody sits randomly with other patients that they don’t know, and they share their stories...when they got started with hemodialysis, and things they do,” Charge Nurse Ivy Lanuza explains. “They like it because it’s not like an appointment. They’re not there to see the nurse, the pharmacist, or the doctor. They see all of us, but on a casual basis.”

The event brings patients together with a broad healthcare team—physicians, nurses, dietitians, pharmacists, social workers, allied health team members—along with representatives from the SOGH Foundation, Kidney Care Program, and Kidney Foundation. Everyone gathers for a combination of conversation, inspiration, and resource sharing. This year, the event included a speech from the inaugural patient, Bernie Ritzer, whose first-hand experience offers a hopeful view.

“It’s quite motivating for the patients to see that this person is still there with us since 2009, and still doing dialysis at home,” shares Lanuza.

Other speakers included the pioneers of the local program, nurses Wanda McClean and Verna Prigoski, and nephrologist, Dr. Paul Komenda.

“It’s truly inspirational to see how this program has grown over the years and continues to thrive in its mission to inspire and empower patients and their caregivers to do hemodialysis in the comfort of their own homes,” says Dr. Komenda.

The Home Hemodialysis program began with just two patients in 2009 and now supports over 100, making it one of the largest programs of its kind in Canada. Potential home hemodialysis patients are referred to the unit for assessment to determine if the program is suitable for them. If eligible, nurses provide training on how to perform the treatment as well as on preventing and recognizing potential complications. Once trained, patients have the flexibility to dialyze at home at the times and frequency that works for them, greatly reducing the need for hospital visits. The dialysis machine and supplies are completely funded by the program.

While life with kidney disease and dialysis comes with challenges, even with the increased convenience of home treatment, Dr. Komenda offers encouragement: “Always know there is a large, diverse team at Seven Oaks Home Hemodialysis to help you through this journey.”

The Mix and Mingle event ensures no one walks the journey without access to professional and peer support.



“Always know there is a large, diverse team at Seven Oaks Home Hemodialysis to help you through this journey.”

New Partnership Explores the Power of Pea Protein for Healthy Aging

A new Canadian collaboration is exploring how pea protein—a sustainable, plant-based ingredient—can support the health and nutrition of older adults.

At the start of July, **Protein Industries Canada** announced a pilot project with **Louis Dreyfus Company (LDC)** and the **Seven Oaks Hospital Chronic Disease Innovation Centre (CDIC)**. The goal: to develop a new pea protein based food product that is nutritious, appealing, and beneficial for aging populations.

LDC's pea protein isolate, made from Canadian-grown peas, will be tested in a plant-based pudding product. Researchers will focus on achieving the right flavour, texture, and nutrition profiles to create a food product that is both enjoyable and healthy. Pea protein is highly digestible, free of common allergens, and suitable for a wide range of people.

"Through partnership and collaboration, we have the unique opportunity to combine cutting-edge research with industry innovation to create sustainable, plant-based food solutions that are designed to meet the needs of an aging population at risk or experiencing chronic disease," said CDIC Executive Director Michelle Di Nella.

Putting Pea Protein to the Test for Muscle Loss

CDIC will begin recruiting participants in early 2026 for the first study—a protein pudding designed for older adults looking to maintain strength and prevent muscle loss and sarcopenia.

Sarcopenia is a progressive loss of muscle mass that occurs with aging. The Centers for Disease Control and Prevention formally recognized sarcopenia as a disease in 2016, enabling more research and clinical attention. It is estimated to affect at least 1 in 10 adults over the age of 60, with estimated rates ranging as high as 50% for those over 80.

Sarcopenia and general muscle loss are linked to higher risks of falls, frailty, and loss of independence.

Why Protein Matters

Adequate protein intake and regular exercise are key to preventing muscle loss. Yet many older adults—especially those managing chronic conditions—do not meet recommended protein levels.

To address this, the CDIC study will investigate whether adding a daily, plant-based protein pudding can help support muscle health when combined with regular exercise.



How the Study Works

The study will recruit adults aged 60 and older who exercise regularly at the Wellness Institute (at least eight times per 28-day period). Participants will attend two study visits, complete short health checks, provide a small blood sample, and use an app to track their meals.

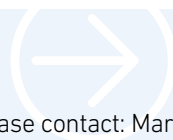
Participants will be randomly assigned to one of two groups:

- A **control group**, continuing their usual routine, and
- A **pudding group**, adding a daily serving of the plant-based pudding.

The study will assess the feasibility of daily supplementation with a plant-based protein pudding for older adults and determine whether the supplementation, combined with regular exercise, improves nutritional status and dietary intake, and supports changes to body weight, waist circumference, blood pressure, physical function, and body composition.

The study and partnership reflect CDIC's ongoing commitment to advancing evidence-based interventions that support healthy aging and the prevention of disease.

Interested in being a part of this research?



If you're interested in participating or want to learn more, please contact: Maryem Zahra, Research Coordinator, at mzahra@sogh.mb.ca or 204-631-3834.

Winter 2026 Program Guide

We are excited to bring you some new classes, events, and our annual winter favourites. Many of our programs and services are open to everyone. If you're looking for more, you may consider a membership at the Wellness Institute, which gives you full access to all the perks and additional services.

We're happy to help you on your Wellness journey.

Program Registration – Opens Thursday, December 11, 2025

- Registration is required for all programs.
- Register online [HERE](#). If you have never used our online services, contact us at 204-632-3900 for temporary log-in details.
- In-Person at the Wellness Institute, 1075 Leila Avenue, WPG, MB.
- Call 204-632-3900.
- All program fees are subject to G.S.T. except children's programs. Register early to avoid cancelling classes if minimum numbers are not met. All program refunds are subject to a \$25 administration fee. Refunds will only be issued up to one week before the commencement of a program.

A Wellness Institute Membership: An Investment in Health

The Wellness Institute is a world-class certified medical fitness facility designed to help you develop and maintain a healthy lifestyle. **Become a member today.**

A Wellness Institute membership includes:

- Over 100 group fitness classes per week, including Spin, Yoga, Studio, & Aqua
- Warm water therapy pool
- Annual consultation with an exercise professional
- The medical fitness difference: degreed/certified staff
- Full-sized gym floor for volleyball, basketball, pickleball, badminton, etc.
- State-of-the-art cardio & resistance training equipment
- Deluxe locker rooms with a whirlpool and steam room
- Indoor cushioned track

Hours of Operation:

Mon - Thu: 5:00 a.m. - 11:00 p.m.

Fri: 5:00 a.m. - 9:00 p.m.

Sat & Sun: 7:00 a.m. - 7:00 p.m.

(204)-632-3900

info@wellnessinstitute.ca

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





Adult Fitness Programs

Pickleball 101 & Pickleball 102 (Intermediate) NEW

Join our *Pickleball 101* session, designed for beginners looking to learn the basics of this fast-growing, fun sport. In this introductory class, you'll cover fundamental techniques, rules, and strategies to get you confidently rallying on the court. Perfect for all fitness levels.

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

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

Cost: FREE member/\$20 non-member

Advanced Pickleball Workshop (1.5 hrs.)

Take your pickleball game to the next level. It is designed for seasoned players ready to sharpen their skills, focusing on cover shot selection, court positioning, and strategies for singles and doubles. You'll learn how to read your opponents, control the pace of play, and master high-level shots like spins, lobs, and dinks. We will finish off with some friendly matches, putting your new skills into practice in a fun, competitive setting.

Day	Date	Time
THU	Jan. 29	8:00 - 9:00 p.m.
THU	Feb. 26	8:00 - 9:00 p.m.
THU	Mar. 19	8:00 - 9:00 p.m.

Cost: FREE member/\$20 non-member

Get Your Game on at the Second Annual Seven Oaks Hospital Pickleball Classic Fundraiser!

We're back — bigger and better than ever! Join us for a two-day celebration of fun, fitness, and community spirit. Whether you're a seasoned pro or new to the game, this mixed-doubles tournament welcomes all skill levels, with both community and competitive divisions. Grab your paddle and your partner, and let's rally for a good cause!

What to Expect:

- Round-robin format — multiple games guaranteed!
- Fun contests & 50/50 draw — showcase your skills or simply your spirit!
- Refreshments, prizes, and plenty of laughter.
- Awards and bragging rights for top teams!

Every serve, volley, and smash supports **new equipment for Seven Oaks General Hospital — dedicated to improving patient care right here in our community.**

April 17–18, 2026 | \$50 per player
[CLICK HERE to register](#)



Importance of Recovery

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

Day	Date	Time
THU	Feb. 12	1:15 - 2:15 p.m.

Cost: FREE

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

Location: Meet at the Track Desk

Commit to Be Fit

Whether starting a new fitness regime or a seasoned member needing renewed motivation, Commit to Be Fit empowers you to unlock your full potential and embrace a healthier, more fulfilling lifestyle. Learn strategies to set realistic goals, overcome barriers, and stay committed to your fitness regime.

Day	Date	Time
THU	Jan. 22	1:15 - 2:15 p.m.
TUE	Mar. 10	6:45 - 7:45 p.m.

Cost: FREE



Mind-Body

QiGong

During the 6-week Qigong program, you will be led through gentle movements, breath work and meditation; you'll cultivate energy, balance, and inner peace. Perfect for all levels. Explore the ancient art of Qigong and unlock its profound benefits for mind, body and spirit.

Day	Date	Time
THU	Jan. 8 – Mar. 26	2:00 - 3:00 p.m.

Cost: FREE member/\$90 non-member

Tai Chi Beijing

This Tai Chi program will help reduce stress and anxiety, alleviate pain, improve mood and sleep, and enhance balance and stamina. Registration is required.

Day	Date	Time
THU	Feb. 19 – Mar. 26	2:00 - 3:00 p.m.

Cost: FREE member/\$90 non-member

Take your Workout to the Next Level with our Personalized Services

Personal Training – Great for getting some extra individual assistance and motivation.

[Learn More](#)

Small Group Training – Get expert guidance on training and the motivational camaraderie of a small group. [Learn More](#)

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. Find the most up-to-date weekly class details [HERE](#).

Yoga Class Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flow Rise & Shine 9:00 a.m. (60 min)	Kaiut 9:00 a.m. (60 min)	Morning Flow 9:00 a.m. (75 min)	Hatha 12:05 p.m. (60 min)	Morning Flow 9:00 a.m. (75 min)	Kaiut 9:30 a.m. (60 min)
Gentle Stretch & Relax 10:30 a.m. (60 min)	Vinyasa Flow 12:05 p.m. (60 min)	Restorative 10:30 a.m. (75 min)	Athletic 6:00 p.m. (60 min)	Restorative 10:30 a.m. (75 min)	Yoga Nidra 11:00 a.m. (60 min) <i>Jan. 10 - Feb. 14</i>
Gentle Chair 12:15 p.m. (60 min)	Yoga Flow 5:30 p.m. (60 min)	Gentle Chair 12:15 p.m. (60 min)	Yin Yoga Meditation 7:15 p.m. (60 min)	Gentle Chair 12:15 p.m. (60 min)	Sunday
Ayana 5:30 p.m. (75 min)	Restorative Moonlight 7:00 p.m. (60 min)	Kaiut 5:30 p.m. (60 min)			Yoga Flow 9:00 a.m. (60min)
Yoga Flow 7:00 p.m. (60 min)		Serenity Strength 6:45 p.m. (60 min)			



Flow Rise and Shine

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

Gentle Stretch and Relax

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

Gentle Chair

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

Ayana

Build strength, mobility and stability.

Kaiut

The Kaiut Yoga Method is a practice for everyone, regardless of flexibility, strength, age, or experience. It uses simple poses to address injuries, chronic pain, and stiffness, while also supporting stress management. Focusing on joints rather than muscle stretching promotes freedom of movement and restores natural alignment.

Vinyasa Flow

Flow through a melodic meditation with motions designed to cultivate a connection between the breath and body movement.

Restorative Moonlight

Relax and rejuvenate with this gentle Hatha Yoga class. Focused on floor and wall poses, it's designed for anyone seeking stillness and deeper relaxation through guided breathing exercises. Beginner-friendly participants should be comfortable on their hands and knees, sitting on the floor, and lying on their backs for longer periods.

Morning Flow

The focus will be on fundamentals and breathwork. Engaging the physical body helps release tension and create space, balancing effort and surrender. We will practice slowly with static postures, providing various options for each pose to support your practice.

Yin Restorative

This gentle yet powerful therapeutic practice soothes the nervous system, boosts immune function, and replenishes energy. It combines Yin and restorative yoga postures with breathing and meditation techniques for all ability levels. Yoga props and modifications are available, but participants must be able to practice on a yoga mat, as postures are done close to the floor.

Athletic

Combining functional movement, yoga conditioning for strength, anti-inflammatory Yin Yoga for tissue health, and Restorative Yoga for recovery. You'll also practice breathwork and meditation tailored for active individuals, aiming to enhance your overall athletic performance for your next run, game, or competition.

Hatha

Concentrate on the fundamentals and breathwork. Engaging the body can release tension and create space for relaxation. Balance effort with surrender, and use the breath to calm the mind and align both body and mind. This practice will focus on static postures, offering options for support.

Serenity Strength

A supple muscle is strong and resilient. If you're tired of sore, stiff muscles from intense workouts, try this class—a blend of Yoga, Pilates, and fascial release techniques with soft balls and flowing sequences. It improves mobility while promoting functional strength, balance, and spinal support. All levels are welcome!

Yoga Nidra

Yoga Nidra, meaning "Yogic Sleep," is a guided practice that promotes deep relaxation while maintaining awareness. Practiced in Savasana (corpse pose), it helps shift the nervous system from stress to relaxation, aiding growth and repair. It's recommended to dress warmly, including a toque, mitts, and socks, and to bring an eye mask or eye pillow.

Yoga Flow

A varied sequence of Yoga asanas (postures) where movement is synchronized with the breath. Designed to improve muscle flexibility, strength and endurance – whole body fitness. Synchronization of breath and movement that encourage total human optimization.

Studio Classes

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

Find the most up-to-date weekly class details at [HERE](#).

Studio Class Schedule:

*Sessional class: check for dates.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Boot Camp 6:00 a.m. (55 min)	Barbell Flex 9:00 a.m. (55 min)	Boot Camp 6:00 a.m. (55 min)	TRX Fit 6:00 a.m. (55 min)	Boot Camp 6:00 a.m. (55 min)	Body Blend 8:00 a.m. (45 min)
Body Blend 8:00 a.m. (55 min)	Posture Perfect 10:15 a.m. (55 min)	Strength Fit 8:00 a.m. (55 min)	Sweat & Sculpt 9:00 a.m. (55 min)	Total Body Circuit 8:00 a.m. (45 min)	Boot Camp 10:15 a.m. (55 min)
Cardio Combo 9:00 a.m. (55 min)	Zumba 12:05 p.m. (45 min)	Boot Camp 9:00 a.m. (55 min)	Strength & Stretch 10:15 a.m. (55 min)	Boot Camp 9:00 a.m. (55 min)	
Zumba Gold 10:15 a.m. (55 min)	Step Express 4:30 p.m. (55 min)	Prime Time Cardio 10:15 a.m. (55 min)	Barbell Flex 12:05 p.m. (45 min)	Zumba Gold 10:15 a.m. (55 min)	Strength Fit 9:00 a.m. (55 min)
Boot Camp 12:05 p.m. (45 min)	TRX Fit 5:30 p.m. (55 min)	Drum Dance 12:05 p.m. (60 min)	PACE 1:15 p.m. (55 min)	Zumba Toning 11:05 p.m. (45 min)	Cardio Combo 10:15 a.m. (55 min)
PACE 1:05 p.m. (55 min)	Zumba 7:00 p.m. (60 min)	Line Dancing 1:15 p.m. (60 min)	Cardio Fusion 4:30 p.m. (55 min)	TRX Fit 12:05 p.m. (45 min)	
TRX Fit 4:30 p.m. (55 min)		Strength Fit 4:30 p.m. (55 min)	VIPR Strong 5:30 p.m. (55 min)	Step Express 5:30 p.m. (55 min)	
Step Express 5:30 p.m. (55 min)		Spice it up 5:30 p.m. (55 min)	Barbell Flex 7:00 p.m. (55 min)		
Strong & Calm 6:30 p.m. (70 min)					

Sunday



Fusion Classes

Fusion classes combine various fitness styles, such as yoga, Pilates, strength training, and cardio, into one workout, providing a fun and innovative approach to fitness.

Body Blend

A dynamic blend of yoga, Pilates, and fitness to enhance strength, flexibility, balance, and relaxation. This class may use various equipment for added challenge, ensuring you start your day energized and strong.

Cardio Fusion

This dance-based cardio workout combines HiLo with Latin, Pop, African, and Belly dance moves. Let the music move you—suitable for all fitness levels!

Strength Fusion

A blend of traditional strength training with body bars, dumbbells, and balls, combined with Yoga and Pilates-inspired core and balance work. Build strength and lean muscle while lengthening your spine and opening your joints!

Cardio Based Classes

Cardiovascular-based classes focus on improving heart health, endurance and overall fitness through aerobic exercise.

Cardio Combo

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

Step Express

Looking for a fun and challenging step routine? This class will test your coordination, agility, and cardiovascular conditioning with advanced, dynamic choreography (turning and jumping) on the step. It will keep your mind and body active.

Active Older Adult Classes

These classes cater to active older adults, enhancing strength, flexibility, balance, and cardiovascular health in a supportive environment.

Posture Perfect

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

Prime Time Cardio

Fitness is ageless! Join our low-impact cardio class to keep your heart healthy. Stretch and Strength—because older is better! Enhance strength, balance, and coordination for greater independence and energy. Enjoy varied equipment and conclude with a stretch.

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.

Strength-Based Classes

Resistance training classes aim to build muscle mass, increase strength, and enhance conditioning. They use weights, resistance bands, and bodyweight exercises to target major muscle groups, improve endurance, and boost metabolism.

Barbell Flex

Focusing on barbells to build muscle strength and tone. The format and exercises remain the same for one month, enabling you to progressively increase weights and enhance your technique for steady progress and effective results.

Strength Fit

Build strength and lean muscle with a class focused on resistance training for firm legs, toned arms, and sculpted abs.

TRX Fit

TRX Fit uses suspension training to enhance strength, balance, flexibility, and core stability. It is suitable for all fitness levels and offers scalable intensity. It may include cardio and other resistance equipment at the instructor's discretion.

Strong & Calm

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

ViPR Strong

Combining strength training and functional movement using ViPR weighted tubes. It includes various lifting, shifting, and twisting exercises to enhance agility, coordination, and overall athletic performance while improving strength, mobility, and cardiovascular endurance.

Strength & Cardio-Based Classes

Fitness classes that blend cardio and strength training offer a balanced workout to boost heart health and muscle endurance.

Boot Camp

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

TBC – Total Body Circuit

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

Spice it Up

Each class adopts a unique approach to fitness, covering cardio, strength, flexibility, and balance. A monthly poster outside the Fitness studio will highlight the focus for each week.

Sweat & Sculpt

This enjoyable workout combines strength, balance, and low-impact cardio to enhance muscle tone and core support and improve posture, flexibility, and confidence.



Zumba Classes

Zumba classes are energetic fitness sessions that blend dance and aerobic exercises with lively music. Instructors will guide you through choreographed moves inspired by salsa, merengue, and other dance styles. Zumba is designed to be fun and accessible for everyone, offering a full-body workout that enhances cardiovascular health, coordination, and endurance.

Zumba Gold

Designed for active older adults and beginners, it focuses on easy-to-follow routines. This Latin-inspired dance-fitness program includes Merengue, Salsa, Cumbia, Flamenco, and Tango, ensuring a safe and effective total-body workout for all ages.

Zumba Toning

This program elevates the traditional Zumba® dance-fitness class with an innovative muscle training protocol and lightweight dumbbells. Combining cardio and dynamic resistance exercises enhances overall performance through progressive training. The Latin-inspired dance 'n tone format features diverse rhythms within the same songs, adding extra fun and flavour.

Zumba

A dance fitness class inspired by Latin music and movements. It provides an exciting and effective workout. It combines fast and slow rhythms for cardio and muscle toning in a fun, party-like atmosphere, making it welcoming for non-dancers.

Spin

Free for Wellness members, \$20 drop-in for non-members. Registration is required for all spin classes. You can sign up 24 hours in advance. For the best user experience, bring your phone and earbuds. If you are new to spin, please arrive 10 minutes before the class starts. Find the most up-to-date weekly class details [HERE](#).

Spin Class Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spin & Core 8:00 a.m. (45 min)	Spin Variety 7:00 a.m. (40 min)	Spin & Core 8:00 a.m. (45 min)	Spin Variety 7:00 a.m. (40 min)	Spin Row & Core 8:00 a.m. (45 min)	Training Ride 9:00 a.m. (60 min)
Spin & Row 10:15 a.m. (40 min)	Spin Variety 8:00 a.m. (40 min)	Spin & Row 10:15 a.m. (40 min)	Spin Variety 8:00 a.m. (40 min)	Spin & Row 10:15 a.m. (40 min)	
	Spin & Row 12:05 p.m. (40 min)	Spin Variety 6:45 p.m. (40 min)	Spin Variety 5:30 p.m. (40 min)		Sunday Triple R 9:00 a.m. (75 min)



Variety

Includes a variety of rides from Interval to LA Bath and Strength.

Spin and Core

Join this class for a fast, high-energy 30-minute spin followed by 15 minutes of core strengthening and a stretch.

Spin and Row

Designed for all fitness levels, you'll alternate between the heart-pumping and aerobic challenge of the indoor cycle and the benefits of total-body and aerobic conditioning on the rower.

Spin, Row and Core

You'll get the combined benefits of indoor cycling and rowing. Alternate between the heart-pumping aerobic challenge of indoor cycling and the benefits of total-body and aerobic conditioning on the rower. Finish off with core strengthening and a stretch.

Training Ride

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

Triple R

Cycling, combined with the instructor's choice of cardio drills—from race-day events to HIIT—keeps your heart rate up and motivates you to reach your goals!



Aqua

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

Reap the benefits of a warm-water therapy pool while exercising. Find the most up-to-date weekly class details at [HERE](#).

Aqua Class Schedule:

All Pool Classes are 45 minutes in length

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

Aqua Fit

This fun, low-impact workout is suitable for all fitness levels. Utilizing water resistance, it enhances strength, cardiovascular health, flexibility, and mobility. Classes may also use aquatic exercise equipment.

Aqua Arthritis

A refreshing water-resistance workout improves strength, endurance, and range of motion for anyone with restricted mobility.

Aqua Zumba

Blending high-energy Zumba moves with low-impact aqua fitness—adapting the movements of Zumba dance rhythms to the water and using the water to increase aerobic & muscular fitness.



Pilates

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

We offer STOTT Reformer for all experience levels and have various sessional and drop-in class options. Commit to a multi-week session or attend one of our drop-in classes. Our sessional rates vary depending on session length. Our drop-in packages cost \$25 for a single drop-in, \$112.50 for a five-pack, and \$190 for a ten-pack.

New to Pilates? We require you to take one introductory class before joining a beginner drop-in: [Intro drop-in class](#). **We also book private classes and groups.** For more details, visit [Wellness Institute Pilates](#). [Sign up today.](#)

Pilates Class Schedule:



Sessional class



Drop-in class

*Drop-in classes begin January 2
No classes: January 4, February 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
The RCC 9:30 - 10:30 p.m. <i>Jan. 5 - Mar. 30</i>	Beginner 7:00 - 8:00 a.m.	Athletic 9:30 - 10:30 a.m.	Mat Mixel Level 9:30 - 10:30 a.m. <i>Jan. 7 - Mar. 26</i>	Beginner 8:00 - 9:00 a.m.	Beginner 8:00 - 9:00 a.m.	
Cont. Level 1 10:45 - 11:45 a.m.	Cont. Level 2 10:30 - 11:30 a.m. <i>Jan. 6 - Mar. 24</i>	Cont. Level 1 10:45 - 11:45 a.m.	Power Mix 10:45 - 11:45 a.m.	Cont. Level 1 9:15 - 10:15 a.m.	Athletic 9:15 - 10:15 a.m.	
Beginner 12:00 - 1:00 p.m.	Athletic 12:05 - 12:50 p.m.	Beginner 12:00 - 1:00 p.m.	Athletic 12:05 - 12:50 p.m.	Beginner 10:45 - 11:45 a.m.	Advanced 10:30 - 11:30 a.m. <i>Jan. 9 - Mar. 28</i>	
Athletic 5:30 - 6:30 p.m.	Hip & Knee 4:15 - 5:15 p.m.	Pelvic Floor & Core on Reformer 4:00 - 5:00 p.m. <i>Jan. 14 - Mar. 4</i>	Cont. Level 1 5:30 - 6:30 p.m.	Beginner 4:30 - 5:30 p.m.	Cont. Level 1 11:45 - 12:45 p.m.	
Cont. Level 2 6:45 - 7:45 p.m. <i>Jan. 5 - Mar. 30</i>	Cont. Level 1 5:30 - 6:30 p.m.	Intermediate 5:15 - 6:15 p.m. <i>Jan. 6 - Mar. 25</i>	Power Mix 6:45 - 7:45 p.m.			
	Beginner 6:45 - 7:45 p.m.	Beginner 6:45 - 7:45 p.m.	Intro 8:00 - 9:00 p.m. <i>Jan. 15, 29 Feb. 12, 26 Mar. 12, 26</i>			Cont. Level 1 9:00 - 10:00 a.m.
		Cont. Level 1 8:00 - 9:00 p.m.				Beginner 10:15 - 11:15 a.m.
						Intro 11:30 - 12:30 p.m. <i>Jan. 18 Feb. 1, 15 Mar. 1, 15, 29</i>

Intro Drop-In

This is a prerequisite for anyone new to the Reformer; you must take one introductory class before joining.

Reformer Beginner Drop-In

Experience Stott Pilates with a full-body workout that highlights its five fundamental principles. Ideal for beginners and those with physical restrictions, it aims to improve alignment, balance, and breath control.

Reformer Continuing Level 1 Drop In

Ideal for those who have completed a Stott Pilates beginner reformer class but are still mastering the essentials, as well as individuals with a strong athletic background with no prior experience.

Reformer Continuing Level 2

For those with experience with Reformer work who want to continue building on their strength and skills. Must be proficient at this level before venturing onto an intermediate-level class.

Reformer Continuing Intermediate

You've mastered Cont. Level 2 and are ready to move on. Specially designed equipment accommodates your abilities for a dynamic full-body challenge!

Reformer Continuing Advanced

You've mastered the intermediate level and are ready to move on. This class offers a challenging and dynamic workout designed for seasoned practitioners that pushes the boundaries of strength, flexibility, and precision.

Reformer Athletic Drop-In

Do lunges, planks and pushups sound familiar to you? Try these and other familiar exercises on the gliding surface of the reformer, and you will have a full-body challenge you have never experienced! This is quickly becoming a fan favourite! An athletic or fitness background with no or very few physical limitations is required to keep up with this challenging workout. Previous Pilates experience is NOT required.

Reformer Chair Cadillac Circuit

Expand your Pilates skills with the Chair. This circuit-style class will include time on the Reformer and/or Cadillac for a challenging full-body workout. Participants must have a solid understanding of the STOTT Pilates Reformer repertoire since instruction is often divided amongst multiple stations.

Hip & Knee Restoration on the Reformer

This reformer Pilates class is designed to build core strength, improve balance, and enhance conditioning while prioritizing comfort. It focuses on increasing strength and mobility in the hips and knees.

This class is particularly suited for those who:

- Are preparing for or recovering from hip or knee surgery
- Have completed physiotherapy and want to continue progressing
- Are managing hip or knee conditions like osteoarthritis

With guided support, this program promotes long-term joint health and functional movement.

Pilates program descriptions continued on next page.

Pelvic Floor & Core on the Reformer

Pelvic floor reformer classes are intended to target various pelvic floor issues, such as urinary incontinence, pelvic pain and dysfunction, and core weakness. The Pilates reformer, with its springs and carriage, offers controlled resistance to help individuals strengthen and support their pelvic floor muscles.

Day	Date	Time
WED	Jan. 14 - Mar. 4	4:00 - 5:00 p.m.

Cost: \$160

Reformer Power Mix Drop-In

Enhance your Pilates training with this dynamic combination of exercises on the Reformer, Cadillac frame, and Stability Chair. You'll enjoy this mix of strength training, flexibility work, and Cardio Tramp intervals that will elevate your fitness to new heights! Participants should have minimal physical limitations and a background in athletics or fitness to keep up with this challenging workout. Previous Pilates experience is not required.

Mat Mixed Level

Mat Pilates focuses on core strength and full-body flexibility. Adjusting your movements can enhance core stabilization, achieve a flatter stomach, and reduce back pain. With this practice, you can feel stronger and look better.





Taking Charge of Your Health

NEW

Diagnosed with ADHD – Now What? A 3-part workshop series

Facilitator: Katja Holzhei, Somatic Coach, Trauma-Informed Educator, and Diagnosed ADHDer with 18 plus years of experience.

Session 1: “Now It All Makes Sense” *Understanding Your ADHD Through a (Self) Compassionate Lens*

A supportive session for those newly diagnosed or self-identified with ADHD/AuDHD. We’ll explore how past challenges reflect a differently wired nervous system rather than personal failures. Through compassionate education and exercises, you’ll reframe your story, process post-diagnosis grief, and reconnect with your true self.

Day	Date	Time
WED	Feb. 25	6:00 - 8:00 p.m.

Cost: 1 class: \$49 | 2 classes: \$95 | 3 classes: \$135

Session 2: “This Is Why I’m So Tired” *Burnout, Masking & Emotional Recovery*

This session addresses the fatigue and mental exhaustion common in individuals with ADHD, often mistaken for laziness or depression. It will cover the effects of masking and burnout and provide strategies for emotional recovery.

Day	Date	Time
WED	Mar. 4	6:00 - 7:30 p.m.

Cost: 1 class: \$49 | 2 classes: \$95 | 3 classes: \$135

Session 3: “Who Am I Without the Mask?” *Reclaiming Agency & Designing an ADHD-Friendly Life*

In this final session, we focus on integration and moving forward. The key question is: how do you live in a way that works for you? Through reflection, boundary practice, and self-trust tools, you’ll learn to live authentically and in tune with your needs.

Day	Date	Time
WED	Mar. 11	6:00 - 8:00 p.m.

Cost: 1 class: \$49 | 2 classes: \$95 | 3 classes: \$135

CBTm (Cognitive Behaviour 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	Jan. 7 - Feb. 4	10:00 - 11:30 a.m.

Cost: FREE

Living Better

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

Day	Date	Time
MON	Jan. 19 - Feb. 23	1:00 - 3:30 p.m.

Cost: FREE

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

Bone Health 101: Osteoporosis

Come and learn what you need to know about your bone health, including: the risk of fracturing a bone, maintaining healthy bones, the impact of nutrition and physical activity and fall prevention.

Day	Date	Time
WED	Jan. 21	10:00 - 11:00 a.m.

Cost: FREE

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

Join an evidence-based workshop on intentional rest to help regulate your nervous system and improve sleep quality. Ideal for those facing burnout, sleep issues, or sensory overload, especially caregivers and professionals.

You'll learn about sleep science, mindfulness, and restorative yoga, plus gain tools for a sleep-friendly environment and emotional regulation. Leave with a personalized bedtime routine and a "Sleep Sanctuary Checklist" to better understand your sleep challenges and manage daily stress.

Day	Date	Time
SAT	Mar. 21	10:00 a.m. - 1:30 p.m.

Cost: \$99

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

Facilitator:

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





Living Well with Pain: Self-Management Education series

Designed to help individuals understand chronic pain and learn effective self-management strategies to improve daily functioning and well-being. The series is facilitated by a Pharmacist, a Shared Care Counsellor, a Physiotherapist, and an Occupational Therapist.

Day	Date	Time
THU	Feb. 26 & Mar. 5	1:30 - 3:30 p.m.

Cost: FREE

Understanding Dementia

You'll learn about Alzheimer's disease and other dementias, the warning signs of the disease, how to reduce your risk, interact with someone living with dementia, and Alzheimer's Society Programs & Services.

Day	Date	Time
THU	Feb. 5	10:00 - 11:00 a.m.

Cost: FREE

Jigsaw Jamboree

Don't miss the chance to test your teamwork and puzzling abilities in the ultimate 500-piece jigsaw challenge. Get your team of four ready and sign up for the Team Jigsaw Jamboree today!

Day	Date	Time
FRI	Jan. 30	6:30 - 9:00 p.m.

Cost: \$40 per team of 4



Health Specialty Programs: Chronic Disease

Weight Loss & Risk Reduction Clinic

A 6-month medically supervised weight loss program led with the guidance of a multidisciplinary team – including a physician, Clinical Exercise Physiologist, Registered Dietitian and Cognitive Behavioural Therapist. Designed to help you develop realistic and sustainable lifestyle changes that can ultimately lead to weight loss and the reduced risk of chronic conditions such as Type II Diabetes, heart disease and high blood pressure, among many more. The Weight Loss & Risk Reduction Clinic can be delivered in-person, virtually or as a hybrid.

For more information, visit the [Wellness Institute Weight Loss Clinic](#), call 204 -632-3910, or email weightlossclinic@wellnessinstitute.ca

thewellness
Institute | clinic



NeuroFit

This exercise program is for individuals with neurological conditions such as Parkinson's, stroke, MS, etc. Exercise promotes improved mobility, cognitive function, and overall well-being, enhancing quality of life and functional independence. This program starts with an individualized physiotherapist assessment and an 8-week, twice-weekly exercise program delivered by a kinesiologist.

Register online for the physiotherapy assessment. [Book Now](#) or call 204-632-3910. Following the assessment, program start dates will be provided.

Day	Time
MON	3:00 - 4:00 p.m. with continuous intake
WED	3:00 - 4:00 p.m. with continuous intake

Cost: \$100 physio assessment + \$176 8-week session

Good Life with Arthritis (GLA:D®)

The GLA:D Program for hip and knee osteoarthritis includes education and neuromuscular exercise programs conducted twice a week for seven weeks. Participants will learn how to control movement and proper posture, build muscular strength through functional exercises, and apply these exercises to everyday life.

Register online for the the physiotherapy assessment. [Book Now](#) or call 204-632-3910.

Day	Time
TUE	3:00 - 4:00 p.m. with continuous intake
THU	3:00 - 4:00 p.m. with continuous intake

Cost: \$100 physio assessment + \$300 7-week session



NEW

GLA:D® Back

GLA:D BACK is an evidence-based treatment program for individuals with persistent and/or recurrent back pain that negatively affects their everyday life and function. The purpose of GLA:D Back is to help participants manage their back pain themselves through a well-described and structured course of treatment. The program runs twice a week for seven weeks and is led by a physiotherapist. Classes and assessments can be directly billed to private insurance.

Register online for the the physiotherapy assessment. [Book Now](#) or call 204-632-3910.

Day	Time
MON	6:00 - 7:00 p.m.
WED	6:00 - 7:00 p.m.

Cost: \$100 physio assessment + \$435 7-week session

Joint Replacement Post-Surgical Exercise Program

Have you had a recent hip or knee replacement? This class is for people recovering post-surgery, who often have unique requirements and require adapted programs, treatment, or even direct supervision during exercise. A post-surgical exercise program led by a physiotherapist will increase the range of motion and improve strength and mobility in daily living.

This program is covered by private insurance and/or Manitoba Health for the assessment and up to six one-on-one sessions or ten classes.

To register for the physio online assessment, [Book Now](#) or call 204-632-3910.

Day	Time
WED	1:15 - 2:15 p.m. or 2:30 - 3:30 p.m. with continuous intake
FRI	1:15 - 2:15 p.m. or 2:30 - 3:30 p.m. with continuous intake

Cost: Assessment: \$100

Individual treatment: \$85/session

Group treatment class fee: \$44/class

No set treatment window length

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

Minds in Motion®

This 8-week program, in partnership with the Alzheimer's Society of Manitoba, is for people with early to moderate signs of dementia. It includes a chair fitness class followed by engaging activities and conversations. Participants must attend with a caregiver.

Day	Date	Time
WED	Jan. 28 - Mar. 18	1:30 - 3:30 p.m.

Cost: \$65/pair



SAVE THE DATE 2026 MEGA HEART EVENT
FREE • FAMILY • FRIENDLY • FUN

The next Mega Heart Event is coming to the Wellness Institute on February 22, 2026, from 1:00 to 4:00 PM. Enjoy an afternoon of family fun while supporting awareness for women's heart health. Take part in a 2-5 km family walk, Zumba, science activities, CPR and AED demos, speaker sessions, and the Kids' Heart Hub. Don't miss the firetruck parade at 2:00 PM!

Learn more at megaheartevent.com



Chronic Disease Self-Management Programs

All 4 programs are free to attend. For more information about class times and to register, call 204-632-3922 or email dziemanski@sogh.mb.ca

1. Total Brain Health®

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

2. Memory & Aging Program®

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

3. Get Better Together

Get Better Together is a six-week program designed to help people with ongoing health conditions better manage their health. It is suitable for any health condition, including arthritis, asthma, anxiety, and weight issues.

4. Powerful Tools for Caregivers®

This 6-week program is designed to help caregivers thrive as they care for others. Caregivers can be those caring for an adult, such as a relative or friend, or a child with special needs.

Yoga & Cancer Program

An 8-week program for patients undergoing cancer treatment or completing treatment within the last year. Learn how to calm your mind, release tension from the body, breathe and do gentle stretching and relaxation—provided in partnership with Cancer Care Manitoba.

For more information and to register, call:

Patient & Family Support Services at CancerCare;
204-787-2109





Older Adult Programs

Social Wellness: Bingo

Join us for a free afternoon of Bingo— where the cards are free, the energy is high, and the good times keep rolling! Whether you're a seasoned player or brand new to the game, everyone's welcome.

Day	Date	Time
TUE	Feb. 3	1:00 - 2:30 p.m.

Cost: FREE

Mature Drivers

Attend this session to learn defensive driving techniques, enhance your driving skills, update your knowledge of traffic laws and road safety rules, and discuss whether you can compensate for any changes that may occur in hearing, vision, flexibility, and reaction time.

Day	Date	Time
MON	Mar. 16	9:00 a.m. - 12:00 p.m.

Cost: FREE

Personal Safety

Equip yourself with the essential skills to recognize, prevent, and respond to potential risks in daily life. Build confidence and empower you to make informed decisions about your safety and well-being.

Day	Date	Time
THU	Feb. 26	10:00 - 11:00 a.m.

Cost: FREE

Healthy Mouth: Key to a Healthy Body

Active Aging in Manitoba, in partnership with the Manitoba Dental Hygienists Association, explores how good oral health supports healthy aging and overall well-being. Learn how the health of your mouth affects your body, how to spot early warning signs, and ways to take charge of your oral care. Discover strategies to overcome common challenges, communicate effectively with your dental team, and support the oral health of those you care for.

Day	Date	Time
TUE	Feb. 17	10:00 - 11:00 a.m.

Cost: FREE

Pre-School, Kids & Youth

Wee Swim (6 months - 2.5 years)

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

Day	Date	Time
THU	Jan. 15 - Mar. 19	4:50 - 5:20 p.m.
THU	Jan. 15 - Mar. 19	5:30 - 6:00 p.m.
SAT	Jan. 17 - Mar. 21	10:30 - 11:00 a.m.
SAT	Jan. 17 - Mar. 21	11:10 - 11:40 a.m.
SUN	Jan. 18 - Mar. 22	11:10 - 11:40 a.m.

Cost: \$110

Gym & Swim (2 - 3 years & 4 - 6 years)

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

Day	Date	Time
FRI	Jan. 16 - Mar. 20	5:30 - 6:30 p.m. (2-3 y)
FRI	Jan. 16 - Mar. 20	6:00 - 7:00 p.m. (4-6 y)
SUN	Jan. 18 - Mar. 22	10:00 - 11:00 a.m. (2-3 y)

Cost: \$145

NEW

Kiwi Kids Cooking Class (7- 12 years)

Join our safe and fun kids' cooking class where young chefs learn to make exciting recipes while building confidence in the kitchen! With hands-on activities, age-appropriate tools, and plenty of fun, kids explore cooking basics, kitchen safety, and creativity—all in a supportive, mess-friendly environment!

Day	Date	Time
THU	Jan. 29 - Feb. 26	6:30 - 8:00 p.m.

Cost: \$199



Our Clinic offers a range of personalized and group services. Our multidisciplinary team works together to treat your whole person, not just the injury or symptom, putting you in charge of your unique wellness journey. For more information about all the programs and services, including physiotherapy, chiropractic, psychology, and mental health, visit us [online](#) or call 204-632-3910.

Massage Therapy

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

[Book here](#) for an appointment or call 204-632-3910.

Chiropractic Services

Restore your body's optimal alignment through expert care. Our chiropractors are trained in various clinical methods, including active release techniques, manipulation, acupuncture, soft tissue techniques, and rehabilitation exercises.

[Book here](#) for an appointment or call 204-632-3910.

Mental Health Services

Our thoughts and emotions are closely tied to our behaviour and physical health. Poor mental health can increase the risk of chronic conditions. 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.

Mental health services may be covered by private health insurance. [Book here](#) for an appointment or call 204-632-3910.

Foot Care

Foot care is recommended for those with diabetes, circulation concerns, disabilities and anyone with difficulty caring for their feet. Treatments include:

- Professional care of nails, corns callouses
- Assessment of foot health circulation. Sensation, swelling, foot mobility
- Risk for development of foot ulcers

Foot care may be covered by private health insurance.

[Book here](#) for an appointment or call 204-632-3910.

Nutrition Services

Our Registered Dietitians provide medical nutrition guidance to promote healthy eating and help individuals manage various various health conditions. Nutrition counselling is provided for:

- Diabetes and pre-diabetes
- Heart disease
- High blood pressure and/or high cholesterol
- Cancer
- Osteoporosis
- Digestive issues
- Geriatric nutrition
- Sports and high-performance nutrition

Nutrition counselling may be covered by private health insurance. [Book here](#) for an appointment or call 204-632-3910.

Assessment and Testing Services

At the Wellness Institute Clinic, we offer a range of assessment and testing packages to support your health and fitness goals.

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

RMR - An RMR test 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 Test - 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.

[Book here](#) for an appointment or call 204-632-3910.



Women's Health

NEW

ONLINE WEBINAR

Women on Weights: WOW! Redefined... for Women of All Ages

Strength training is an integral part of a healthy lifestyle for women of all ages and stages of life. Resistance training can strengthen your muscles, bones, and metabolic systems and boost your psychological well-being.

WOW! – Practical Strength Series

Join Lori Orchard for this 6-week exercise program for women of all ages and stages of life. It includes full-body workouts using free weights, machines, bodyweight exercises, and tubing. Participants will gain comfort in the weight room and learn to perform resistance training exercises safely and effectively.

Day	Date	Time
WED	Mar. 11 - Apr. 15	6:30 - 8:00 p.m.
THU	Jan. 8 - Feb. 12	2:00 - 3:00 p.m.

Cost: \$149

Food for Strength: Mastering Menopause Nutrition

Join our Registered Dietitian for a nutrition workshop for the peri and postmenopausal women participating in the Women on Weights (WOW) practical series. During this 1-hour webinar, you will learn how to fuel your body with the proper nutrients for this natural yet challenging phase of life. We will discuss practical tips to help you optimize your bone health and promote the growth and maintenance of your lean muscle. Once registered, a webinar link will be emailed to participants before the program date.

Day	Date	Time
MON	Mar. 23	6:00 - 7:00 p.m.

Cost: \$10

Explore the Pelvic Floor

Did you know that urinary incontinence affects up to 1/3 of adult women between the ages of 30-60 years old? Pelvic floor dysfunction is a common yet often under-discussed issue that can significantly impact quality of life. Join Lisa Gibson, our pelvic health Physiotherapist, as we explore how the pelvic floor supports internal organs and controls urinary and bowel function. You'll learn how to recognize symptoms of pelvic dysfunction and discover how physiotherapy treatment and exercise can help manage symptoms and improve quality of life. Once registered, a webinar link will be emailed to participants prior to the program date.

Day	Date	Time
MON	Jan. 19	12:00 - 12:45 p.m.

Cost: FREE

Explore Your Floor: A Pelvic Floor Exercise Program

Join us for a six-week exercise program designed 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 designed to strengthen your pelvic floor. This program is designed to improve symptoms such as back/pelvic pain, urinary incontinence or urgency, diastasis recti, and prolapse. Connect with others facing similar challenges in a supportive environment and prioritize your health for a better quality of life. Space will be limited.

Pre-requisite: Pelvic floor physiotherapy assessment.

Day	Date	Time
TUE	Feb. 3 - Mar. 17	5:30 - 6:15 p.m.

Cost: \$129

No class March 3rd

Pelvic Floor Physiotherapy

It helps improve symptoms associated with dysfunction in the pelvic floor muscles. These symptoms usually impact activities of daily living, and they can also cause emotional distress. You may benefit from pelvic floor physiotherapy if you have:

- Urinary or fecal leakage (incontinence)
- Urinate very frequently and experience a strong urge to urinate
- Abdominal weakness or 'separation' (diastasis recti)
- Experienced changes after being pregnant
- A heavy feeling between your legs (prolapse)
- Back or pelvic injuries that cause pain

For more information on Pelvic Floor Physiotherapy, [Pelvic Floor Physiotherapy - The Wellness Institute](#)





A Wellness Institute Membership: An investment in health

Join a community of people reaching their health goals in a world-class facility with expert support.

**positively
healthy**

