

BeeWellness

Winter Program Guide 2019



Beewellness is a wellness and rehab facility for older adults and individuals with mobility needs.

FUNCTIONAL 1 ON 1 REHAB

Customize your wellness plan! We work with you to achieve your goals, by assessing your strengths and areas of body weakness, we can customize a FUNCTIONAL fitness plan just for you.

Set up your appointment today!

\$35 in studio

2 for 1 NEW YEARS RESOLUTIONS

Take a class* with a friend for the price of 1!

CLASS SCHEDULE				
Monday	Tuesday	Wednesday	Thursday	Friday
10:00am-10:55am *Functional Fitness- Advance		10:00am-10:55am *Functional Fitness-Advance	10:00am-11:00am Intermediate Yoga	10:00am-10:55am *Functional Fitness-Advance
11:00am-11:55am Functional Fitness Beginner	Private Sessions	11:00am-11:55am Functional Fitness Beginner	11:00am-12:00pm Adaptive Yoga	11:00am-11:55am Functional Fitness-Beginner
			12:00pm-1:00pm Intermediate Yoga	
			1:00pm-2:00pm Yoga	

*2 for 1 promotion applies to beginner classes

Instructors at Bee Wellnes

Candace S- Level 2 Functional Aging Specialist, Can Fit Pro OA

Shannon F- Level 1 Functional Aging Specialist, OA Group Fitness Instructor

Sean W- Vinyasa Flow, Yin, Restorative Therapeutic Yoga

Join Bee Wellness Groupies!

A \$200 annual membership gives you reduced rates in programs and early registration. Membership is not required. However, a membership saves you 50% if you take more.

FEE SCHEDULE			
Program	Start/Finish Date	Groupie	Non-Groupie
Functional Fitness-Advance (Mondays 11wks)	Jan 7 – Mar 25 <i>no class Feb 18</i>	\$66	\$99
Functional Fitness-Beginner (Mondays 11wks)	Jan 7 – Mar 25 <i>no class Feb 18</i>	\$66	\$99
Functional Fitness-Advance (Wednesdays 13 wks)	Jan 2 – Mar 27	\$78	\$117
Functional Fitness-Beginner (Wednesdays 13wks)	Jan 2 – Mar 27	\$78	\$117
Intermediate Yoga (Thursdays 12wks)	Jan 10 – Mar 28	\$108	\$144
Adaptive Yoga (Thursdays 12wks)	Jan 10 – Mar 28	\$108	\$144
Intermediate Yoga (Thursdays- 12wks)	Jan 10 – Mar 28	\$108	\$144
Yoga (Thursdays – 12 wks)	Jan 10 – Mar 28	\$108	\$144
Functional Fitness-Advance (Fridays - 15 Weeks)	Jan 4 – Mar 29	\$78	\$117
Functional Fitness-Beginner (Fridays -15 Weeks)	Jan 4 – Mar 29	\$78	\$117

all prices subject to GST#8464152248RT0001

If you haven't taken a class for over a year an assessment will need to be done
There must be a minimum of 6 participants for a class to run.

STROKE REHABILITATION



As a community partner in stroke rehabilitation we support our clients on their wellness journey. Plans include motor skill exercise, mobility training, as well as other targeted programs will be customized for your recovery.

WORK OUT AT HOME

Bee Fit exercise cards are for people who want to maintain their everyday abilities right in their own home



BUILD YOUR HOME FITNESS KIT

Cards \$20 plus g.s.t (Canadian)

Tubing - \$15.00
Ankle Bands - \$5.00
Door Hinges - \$5.00

Have you
seen our
workout
cards?

For more information

www.beewellnessinc.com

or email

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