

Fall Program Guide 2019



Bee Wellness

Our philosophy is to keep older adults active and mobile. Through our functional fitness programs you will become more confident and feel stronger to enjoy everyday activities.

Our expertise allow us to work closely with a variety of community organizations, by adapting our programs to focus on their core needs.

HAVE YOU HEARD THE NEWS!

With a doctors note you now can use your 3rd party insurance.

(minus MB Blue Cross or Sunlife)

Or apply your rehab to your income tax medical.

1 on 1 FUNCTIONAL REHAB

Customize your wellness plan!

Start with a FREE meet and greet. We meet with you to discuss your abilities and disabilities to help you work on your functional rehab program.

Set up your appointment today!

In studio

\$35+gst for 30 minutes

\$60+gst for 45-60 minutes

In your community

\$40+gst for 30 minutes

\$60+gst for 45-60 minutes

COMMUNITY GROUP PROGRAMS

We work in the community at seniors residences, 55+ condo complexes and community groups. ***Group rates offered**

Our rehab specialties are growing:

**Stroke Recovery
Muscular Dystrophy
MS
"Spinal" rehab
Parkinson's**

Ask us for more details!

www.bee wellnessinc.com
204-832-2077
Candace@beewellnessinc.com



 **Parkinson Canada**

BECOME A MEMBER AND SAVE!

A \$200 annual membership gives you reduced rates in programs and early registration and could save you 50% if you take more than 2 classes.

Membership is not required to enjoy our programs.

Bee Wellness

3680 Roblin Blvd, Winnipeg, MB R3R 0E1
phone 204.832.2077 beewellnessinc.com

for mature adults & people with mobility needs.

Minimum of 7 participants for a class to run

CLASS SCHEDULE

Registration for fall classes will start August 19th

Monday	Tuesday	Wednesday	Thursday	Friday
10am -11am Functional Fitness Advanced	10am - 11am Mat Yoga Advanced	10am -11am Functional Fitness Advanced	10am - 11am Mat Yoga Advanced	10am -11am Functional Fitness Advanced
11am - 12pm Functional Fitness Beginner	11am - 12pm Mat Yoga	11am - 12pm Functional Fitness Beginner	11am - 12pm Mat Yoga	11am - 12pm Functional Fitness Beginner
		12 :30pm - 1 :30pm Tai Chi	12pm - 1pm Yoga Adaptive Chair	

FEE SCHEDULE

Fall classes will start the week of September 10th & Sept 23

Day	Program	Start/Finish Date	Member	Non-Member
MONDAY	Functional Fitness Advanced - 11 classes	Sept 23 - Dec 16 <i>No classes Oct 14, Nov 11</i>	\$77	\$121
MONDAY	Functional Fitness Beginner - 11 classes	Sept 23 - Dec 16 <i>No classes Oct 14, Nov 11</i>	\$88	\$132
TUESDAY	Mat Yoga Advanced - 13 classes	Sept 10 - Dec 17	\$143	\$195
TUESDAY	Mat Yoga - 13 classes	Sept 10 - Dec 17	\$143	\$195
WEDNESDAY	Functional Fitness Advanced - 13 classes	Sept 25 - Dec 18	\$91	\$143
WEDNESDAY	Functional Fitness Beginner - 13 classes	Sept 25 - Dec 18	\$104	\$156
WEDNESDAY	Tai Chi - 13 classes	Sept 25 - Dec 18	\$78	\$117
THURSDAY	Mat Yoga Advanced - 13 classes	Sept 12 - Dec 19	\$143	\$195
THURSDAY	Mat Yoga - 13 classes	Sept 12 - Dec 19	\$143	\$195
THURSDAY	Mat Yoga Adaptive Chair - 13 classes	Sept 12 - Dec 19	\$143	\$195
FRIDAY	Functional Fitness Advanced - 13 classes	Sept 27 - Dec 20	\$91	\$143
FRIDAY	Functional Fitness Beginner - 13 classes	Sept 27 - Dec 20	\$104	\$156

all prices subject to GST #8464152248RT0001