

*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.*



## **FUNCTIONAL FITNESS**

Are strengthening exercises that helps support your body's everyday movements.



### **1 on 1 FUNCTIONAL REHAB**

Customize your wellness plan!

We assess your body's strengths and weaknesses, we will then customize a FUNCTIONAL REHAB plan just for you.

**Set up your appointment today!**

\$35+gst in studio

**In your home**

\$40+gst for 30 minutes

\$60+gst for 1 hour



### **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.

### **STRENGTH AND BALANCE**

Parkinson's research encourages 2.5 hours of exercise a week to help with the management of the physical symptoms of Parkinson's. Functional Fitness exercises focus on strengthening and coordination to assist with motor function.

 Parkinson Canada

### **COMMUNITY GROUP PROGRAMS**

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

**\*Group rates please inquire**

[www.beewellnessinc.com](http://www.beewellnessinc.com)

204-832-2077

[Candace@beewellnessinc.com](mailto:Candace@beewellnessinc.com)



**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



Minimum of 6 participants for a class to run

## CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday
10am -11am Functional Fitness Advance		10am - 11am Functional Fitness Advance	10am - 11am Intermediate Yoga	10am -11am Functional Fitness Advance
11am - 12pm Functional Fitness Beginner	11am - 12pm Intermediate Yoga	11am - 12pm Functional Fitness Beginner	11am - 12pm Adaptive Yoga	11am -12pm Functional Fitness Beginner
12pm - 1pm Functional Fitness Intermediate	12pm - 1pm Intermediate Yoga	12pm - 1pm Functional Fitness Intermediate	12pm - 1pm Intermediate Yoga	12pm - 1pm Functional Fitness Intermediate
		1pm - 2pm Tai Chi	1pm - 2pm Yoga	

## FEE SCHEDULE

Day	Program	Start/Finish Date	Member	Non-Member
MONDAY	Beginner - Intermediate Functional Fitness - 12wks	Apr 1 - June 24 <i>no class May 20</i>	\$84	\$132
MONDAY	Advanced Functional Fitness - 12wks	Apr 1 - June 24 <i>no class May 20</i>	\$72	\$120
TUESDAY	Yoga (all levels) - 12 wks	Apr 2 - June 25 <i>no class May 20</i>	\$120	\$168
WEDNESDAY	Beginner - Intermediate Functional Fitness - 12wks	Apr 3 - June 26 <i>no class May 8</i>	\$84	\$132
WEDNESDAY	Advanced Functional Fitness - 12wks	Apr 3 - June 26 <i>no class May 8</i>	\$72	\$120
WEDNESDAY	Tai Chi - 8wks	May 1 - June 19	\$64	\$96
THURSDAY	Yoga (all levels)- 12 wks	Apr 4 - June 20	\$120	\$168
FRIDAY	Beginner - Intermediate Functional Fitness - 12wks	Apr 5 - June 28 <i>no class April 19</i>	\$84	\$132
FRIDAY	Advanced Functional Fitness - 12wks	Apr 5 - June 28 <i>no class April 19</i>	\$72	\$120

all prices subject to GST #8464152248RT0001