

# 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.beewellnessinc.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
		1pm - 2pm Tai Chi	12pm - 1pm Yoga Adaptive Chair	

## FEE SCHEDULE

Fall classes will start the week of September 10<sup>th</sup> & 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	\$156
FRIDAY	Functional Fitness Beginner - 13 classes	Sept 27 - Dec 20	\$104	\$195

all prices subject to GST #8464152248RT0001