

# URBAN

## WELLNESS CENTRE

vital ENERGY! news

**UPDATE #6**

**WINTER 2010**



Welcome to the 6<sup>th</sup> update of our vital ENERGY news! We have a lot of fantastic programs coming up in the New Year to tell you about and hope to entice you to join in on!

I would like to take this opportunity to thank you all for being a member of the Urban Wellness Centre! February 2011 represents our 2<sup>nd</sup> year anniversary so we hope to see you on February 3<sup>rd</sup> at our Member Appreciation event!

*Sincere wishes to all for a very Happy Holiday season on behalf of all the staff at the Urban Wellness Centre*



Check out our website frequently for updates at [www.urbanwellnesscentre.ca](http://www.urbanwellnesscentre.ca)



GREAT STOCKING STUFFER IDEA .



UWC is carrying the Lifestyle Pass  
*over \$1400 in wellness savings for only \$40!*

<http://www.thelifestylepass.com/lsp/winnipeg/healthy-hot-spots/>

*WE ALSO HAVE GIFT CERTIFICATES AVAILABLE FOR ANY OF OUR SERVICES*

**\*\*\*\*\*PLEASE NOTE:\*\*\*\*\***

There will be no fitness classes from December 24<sup>th</sup> on resuming January 3, 2011. Our schedule is online at [www.urbanwellnesscentre.ca/classes](http://www.urbanwellnesscentre.ca/classes) or hard copies available onsite

# Fee for Services Schedule 2011

- **Massage Therapy**

- book your appointment on the reception counter just outside of the massage room or call 949-1846.
- Olivia is now available for appointments on **Tuesdays, Wednesdays and Fridays!**

**RATES:**

UWC Members

**55 minutes= \$50**

**25 minutes= \$30**

Non-member Rates:

**55 minutes=\$60**

**25 minutes= \$40**

Both therapeutic and relaxation massage is available. Receipts available upon request. \$10 charge for failure to cancel with 24 hours notice. Gift certificates are available for purchase.



- **Chiropractic Care**

**Dr. Sasha Kamani** is working out of the massage room on Mondays from 11:30 a.m. until 2:00 p.m. His appointment clipboard is located on the reception desk. Receipts and direct billing available.

**RATES:**

\$35 initial exam

\$30 treatments

( Non-UWC members pay \$5 more per session )

**Call 949-1846 to schedule your appointment.**

**NEW! \$30 A YEAR TO RENT A DRAWER TO LEAVE YOUR TOILETRIES IN WOMEN'S CHANGE ROOM ONLY**

# Fee for Service Schedule

## Fitness Professional Services

<b>Personal Training</b>	Member	Non-member
Initial session: (60 min)	\$68.25	\$78.75
Follow-up: (45 min)	\$52.50	\$63.00
Package of 5	\$236.25	\$294.00
Package of 10	\$420.00	\$525.00

<b>Fitness Testing</b>	Member	Non-member
	\$63.00	\$78.75

<b>Packages</b>	Member	Non-member
Starter fitness Package	\$115.25	\$131.25

## Professional Life Coaching Services

	Member	Non-member
<b>Single Coaching Session:</b>	\$75.00	\$110.00
Package of 5	\$359.00	\$495.00
Package of 10	\$649.00	\$880.00

<b>Laser Coaching (15 minute sessions)</b>	Member	Non-member
<b>Face to Face:</b>	\$15.00	\$19.00
<b>Telephone:</b>	\$13.00	\$17.00
<b>Email:</b>	\$10.00	\$15.00

## \*Dietitian Services

	Member	Non-member
Initial session: (45 min)	\$68.25	\$89.00
Follow-up: (30 min)	\$37.00	\$59.00
Package of 5	\$175.00	\$275.00
Package of 10	\$319.00	\$529.00

<b>Diet Analysis</b>	Member	Non-member
	\$75.00	\$95.00

<b>Packages</b>	Member	Non-member
Starter Nutrition Package	\$229.00	\$279.00

## \*Combination Services

	Member	Non-member
<b>Wellness Package</b>	\$69.00	\$89.00
<b>Balanced Package</b>	\$123.00	\$161.00

<b>Relaxation Package</b>	Member	Non-member
	\$144.00	\$189.00

<b>Create your own package</b>	Member	Non-member
<b>Choose any 3 services</b>	12% rebate	10% rebate

\*80%-100% coverage by most insurers. Check your coverage.  
GST included in all services.

\*Speak to an Urban Wellness Centre team member for information on all services.  
Corporate Packages available: [www.urbanwellnesscentre.ca](http://www.urbanwellnesscentre.ca)

## Corporate Offerings

Life coaching  
Onsite Fitness and Nutrition Consultations  
Group Workshops/keynote speaking  
Worksite Wellness Programs

Call 949-1846 for details

# UPCOMING EVENTS

JANUARY 6<sup>TH</sup>



## 1st Annual Pounds Off Classic

### Categories:

- TEAM of 3 enters for \$10 each  
(non-members pay \$15 each)
- INDIVIDUAL entry \$15 (non-members pay \$25)

INITIAL Weigh in at Urban Wellness Centre on:

Jan. 6, 2010 10:00 a. m. to 7 p.m. by apt.

(entry fee includes hand held body fat test , BMI, weight and dietary analysis along with tip sheets on exercise and nutrition)

Contest runs for 8 weeks total

Interim weigh-in date: February 3rd

Final weigh-in date: March 3rd

GREAT PRIZES!

Call 949-1846 to register yourself or your team

**JANUARY 15<sup>TH</sup>**

# Why Wait?!

Feeling Stuck & Unmotivated in Work & Life?  
Less than desirable Work Relationships?  
Overweight & Financial Challenges?  
Addictions?

What are you waiting on?  
If you could spend a weekend that  
is guaranteed to positively  
transform your life, would you wait  
to find out how?

This course will use powerful coaching  
tools and strategies to work with you to  
build a solid foundation and then create  
and maintain structures in your life for  
permanent success.



January 15, 2011 Weekend Intensive

Location: TBD

Time: Sat 8:30am - 5:00pm

Facilitator: Phyllis Reid-Jarvis

Dietitian, Life Coach, Certified Diabetes Educator

Site: [PhyllisReidJarvis.com](http://PhyllisReidJarvis.com)

e: [solutions@phyllisreidjarvis.com](mailto:solutions@phyllisreidjarvis.com)

\* Price: \$114.45/person

(include all taxes, course fee and workbooks).

For more information call: **204-942-8179**

**\$114.45**

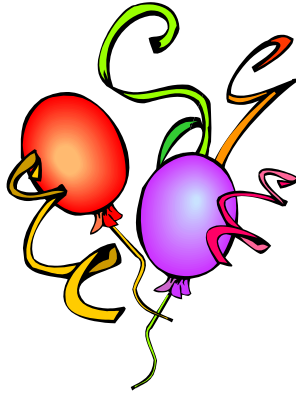
[www.PhyllisReidJarvis.com](http://www.PhyllisReidJarvis.com)

**WEEKEND INTENSIVE**

**Phyllis Reid-Jarvis** RD, CDE, LIFE COACH

**FEBRUARY 3<sup>RD</sup>**

**MEMBER APPRECIATION DAY 2-6 P.M.**



*Celebrating 2 years in business!*

Stop by between 2 and 6 p.m. for a chance to win a gift basket and sample some goodies!

-INTERIM WEIGH IN DATE FOR POUNDS OFF CLASSIC

**MARCH 3**

FINAL WEIGH-IN DATE FOR POUNDS OFF CLASSIC



## Featured Resistance Training Exercise

### PULLOVERS

**Purpose** - To Build pectorals and expand the rib cage. Works directly on serratus anterior muscle to develop the back.  
This exercise is done lying across on a bench or stability ball with a heavy dumbbell or medicine ball.

Lie across on a bench on your shoulders so that your head is hanging.

1. Grasp a dumbbell with both hands and get it straight over your chest as shown in the picture.
2. Lower the dumbbell in an arc slowly getting a good stretch in your rib cage.
3. Lower the dumbbell as far as possible and then raise it back to the starting position.



Please contact Kathryn at 949-1846 with suggestions or comments, or email [info@urbanwellnesscentre.ca](mailto:info@urbanwellnesscentre.ca)

HAPPY NEW YEAR!!

