

**STAY ACTIVE! STAY HEALTHY!**

# **ACTIVE WELLNESS CLUB**

## **Schedule**

### **Monday**

**4:30 pm – Body Blast** - Cheryl Kooning

**5:45 pm – Pilates & Barre** – Elizabeth Luke

*\*45 min class*

### **Tuesday**

**4:30 pm – Yoga** - Gail Spencer-Lamm

### **Wednesday**

**10:15\* am - Yoga** - Elizabeth Luke

*\*10:00 am on Luncheon Day*

**4:30 pm – Dancefit** – Gail Spencer-Lamm

### **Thursday**

**5:30 pm – Step & Strength** - Cheryl Kooning

### **Friday**

**9:00 am – Gentle Yoga** - Gail Spencer-Lamm

### **Spring Session:**

**Starts: April 1<sup>st</sup>**

#### **Half Session:**

Apr 1<sup>st</sup> – May 3<sup>rd</sup>

#### **Full Session:**

Apr 1<sup>st</sup> – June 10<sup>th</sup>

*No Classes Monday, May 20 - Victoria Day*



**Dancefit is  
Back!**

## **FEES**

### **Full Session (10 weeks):**

**One class:**

**Member**

**Non-Member**

\$70

\$80

**Two classes:**

\$120

\$140

**All Access:**

\$180

\$200



### **Half Session (5 weeks):**

**One class:**

**Member**

**Non-Member**

\$35

\$40

**Two classes:**

\$60

\$70

**All Access:**

\$90

\$100

**For more information and class descriptions,  
Call 204-467-2582  
or check out our website: [www.si55plus.org](http://www.si55plus.org)**

