

55 Plus Satellite Programming

Spring Session

Warren Community Hall



Yoga-Dance Fusion

Tuesdays @ 10:30 am

April 14 – June 2

Step out of your hectic life for one delicious hour as you get your groove on with music and **Gail Spencer-Lamm**. You will focus on uniting body, mind and spirit and developing cardiovascular fitness, ease of movement, strength, and flexibility with flowing, rhythmic yoga and dance inspired movements. Work hard, rest when necessary and choose from options to make the class just the right fit. Sweat, but leave refreshed and energized! You will want bare feet, loose cool clothes and your mat for this class and, of course, your water bottle!

Dynamic Yoga

Thursdays @ 10:30 am

April 16 – June 4

This one hour program with **Gail Spencer-Lamm** gently works to improve your strength, flexibility and balance as it encourages you to honor your limits. You will lean against your edge as you decide what is “just enough”. Learn to harmonize body/mind/spirit in this class. It’s the perfect place to begin your practice, you will leave refreshed and ready to face the rest of your day. You will want bare feet, loose cool clothes and your mat for this class and, of course, your water bottle!



FEE:

\$80.00 Member ~ \$90 Non-Member

Drop In Fee: \$15.00

Register with 55 Plus @ 204-467-2582 or email: si55plus@mts.net

REGISTRATION DEADLINE: Thursday, April 9th

Minimum Required for Class: 10 Registered Participants

55 Plus Reserves the Right to Cancel Program due to Insufficient Registrations.