

SOUTH INTERLAKE ACTIVITY CENTRE

ACTIVE WELLNESS CLUB



<u>Mon:</u>	Funfit		5:30 pm
<u>Tues:</u>	Yoga & Pilates Zumba		4:15 pm 5:30 pm
<u>Wed:</u>	Interval Training		5:30 pm
<u>Thurs:</u>	Funfit		5:30 pm
<u>Fri:</u>	Gentle Yoga Dancefit Gold		8:30 am 9:30 am

Instructors:

Gail Spencer-Lamm, Cheryl Kooning, Arlene Patterson & Patsy Duncan

SESSION # 2
MAY 24TH – JUNE 27TH 2016

Get Fit – Stay Healthy

**Classes will be held @ our NEW location;
 The Oddfellows Hall
 374 1st Street West**

# of Classes/Week	SESSION #2	
	Member	Non-Member
1	\$35	\$40
2	\$60	\$70
All Access Pass	\$85	\$100

Register @ 204-467-2582 for More Information