

Do You Need to Recharge?

Give Yourself the Gift of ONE Hour a Week!

Sign Up for A Wellness Class!

ACTIVE WELLNESS CLUB

January 9 – March 17, 2017
10 Weeks

Monday – 4:30 Solid Gold Dancefit
Monday – 5:30 Step, Strengthen & Stretch



Tuesday – 4:15 Yoga & Pilates
Tuesday - 5:30 Sweat with Celine (starts January 17th)



Wednesday – 8:15 Gentle Yoga
Wednesday – 5:30 Interval Training

Thursday – 6:00 Ultimate Mix

Friday – 8:30 Gentle Yoga



Fall Session Ends
December 2

Make up Yoga Classes:
Wed., Dec 7 @ 8:15 am
Fri., Dec 9 @ 8:30 am

**** NEW ****

SWEAT with CELINE – Welcome Celine Doll for the Winter Session of the Active Wellness Club!

SOLID GOLD DANCEFIT is **Back!**

FEES

| | <u>Member</u> | <u>Non-Member</u> |
|---------------------|---------------|-------------------|
| One Class / week: | \$ 70 | \$ 80 |
| Two Classes / week: | \$120 | \$140 |
| All Access: | \$175 | \$200 |

Drop In Fee: \$10 / class

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