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 NEW!
Monday – 5:30 Step, Strengthen & Stretch

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

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

Thursday – 6:00 Ultimate Mix

Friday – 8:30 Gentle Yoga

** NEW **

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

SOLID GOLD DANCEFIT is ***Back!***

FEES

	Member	Non-Member
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