

Spring is Around the Corner!

Get Ready for those Summer Activities!

Sign Up for A Wellness Class!

ACTIVE WELLNESS CLUB

April 10th – June 16th

April 10th – May 12th
Week 1 - 5

Monday

4:30 Dancefit
5:30 Funfit

It's Back!

Tuesday

4:30 Yoga
5:45 Pound*

5 Weeks Only!

Wednesday

8:15 Gentle Yoga
5:30 Interval Training

Thursday

4:30 Zumba*
6:00 Ultimate Mix

5 Weeks Only!

Friday

8:30 Gentle Yoga

May 15th - June 16th
Week 6 - 10

Monday

4:30 Dancefit
5:30 Funfit

It's Back!

Tuesday

4:30 Yoga

Wednesday

8:15 Gentle Yoga
5:30 Interval Training

Thursday

4:30 Ultimate Mix

NEW TIME!

Friday

8:30 Gentle Yoga



FEEES

Pay for 5 weeks or 10 weeks!

	<u>Member</u>	<u>Non-Member</u>
One Class / week:	5 wks / 10 wks \$ 35 / 70	5 wks / 10 wks \$ 40 / 80
Two Classes / week:	\$ 60 / 120	\$ 70 / 140
All Access:	\$ 90 / 180	\$100 / 200

Drop In Fee: \$10 / class

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