

# Spring is Around the Corner!

Get Ready for those Summer Activities!

Sign Up for A Wellness Class!

## ACTIVE WELLNESS CLUB

April 10<sup>th</sup> – June 16<sup>th</sup>

April 10<sup>th</sup> – May 12<sup>th</sup>  
Week 1 - 5

**Monday**

4:30 Dancefit  
5:30 Funfit



**Tuesday**

4:30 Yoga  
5:45 Pound\*



**Wednesday**

8:15 Gentle Yoga  
5:30 Interval Training



**Thursday**

4:30 Zumba\*  
5:30 Ultimate Mix

**Friday**

8:30 Gentle Yoga

May 15<sup>th</sup> - June 16<sup>th</sup>  
Week 6 - 10

**Monday**

4:30 Dancefit  
5:30 Funfit



**Tuesday**

4:30 Yoga

**Wednesday**

8:15 Gentle Yoga  
5:30 Interval Training



**Thursday**

4:30 Ultimate Mix

**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](mailto:si55plus@mts.net)