



SUMMER EXERCISE PROGRAMS

STEPPIN' UP

Wednesdays @ 9:30 am



Steppin' Up is a peer led exercise program.

This program supports and encourages ALL adults to embrace an active lifestyle. Offering a self-sustaining, accessible, high quality exercise program at no cost.



Line Dancing

Tuesdays

Step Class @ 11:15 am
Beginner & Intermediate
@ 11:30 am

Thursdays @ 11:00 am

\$2.00 per Class

**Beginners
Welcome**



AGE FRIENDLY
Manitoba



Steppin' Out

Join friends & neighbours
@ The 55 Plus, 374 1st St West
Every Tuesday @ 10:00 am
for a walk around our town

Indoor Walkers Welcome!

Tuesdays & Wednesdays @ 10:30 am
Thursdays & Fridays @ 9:30 am

STEPPIN' UP: Back to Basics



Fridays @ 10:30 am

New exercise program using chair and light exercise equipment.
A basic workout using Steppin' Up principles.

Come and have some fun!!