

FALL IS ALMOST HERE!

*Time to get back into action!
Get ready for a new Active Wellness session!*

STAY ACTIVE! STAY HEALTHY! ACTIVE WELLNESS CLUB

The fall session runs September 12 to December 1, 2017

Monday

4:30 pm - Funfit with Cheryl Kooning

Tuesday

4:30 pm - Yoga with Gail Spencer-Lamm
5:45 pm - Pound & Pump with Arlene & Gail

Wednesday

5:30 pm - Dancefit with Arlene Patterson

Thursday

5:30 pm - Ultimate Mix with Cheryl Kooning and Patsy Duncan

Friday

9:00 am - Gentle Yoga with Gail Spencer-Lamm

For more information and class descriptions, call 204-467-2582 or check out our website: www.si55plus.org

Fees

Full Session (12 Weeks)

	Member	Non-Member
One class:	\$80	\$95
Two classes:	\$140	\$170
All Access:	\$200	\$230

1/2 Session (6 Weeks)

	Member	Non-Member
One class:	\$40	\$50
Two classes:	\$70	\$85
All Access:	\$100	\$215

