

STAY ACTIVE! STAY HEALTHY!

ACTIVE WELLNESS CLUB

WINTER SESSION

January 8 – March 16, 2018

Monday

4:30 pm - Funfit with Cheryl Kooning

Tuesday

4:30 pm - Yoga with Gail Spencer-Lamm

Wednesday

10:15 am - Yoga with Elizabeth Luke

5:30 pm - Dancefit with Gail Spencer-Lamm

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(10 weeks)

Jan 8 - Mar 16

One class:
Two classes:
All Access:

Member
\$70
\$120
\$180

Non-Member
\$80
\$140
\$200

Half Session(5 weeks)

Jan 8 - Feb 9
Feb 12 - Mar 16

One class:
Two classes:
All Access:

Member
\$35
\$60
\$90

Non-Member
\$40
\$70
\$100

