

STAY ACTIVE! STAY HEALTHY!

ACTIVE WELLNESS CLUB

South Interlake 55 Plus
Odd Fellows Hall – 374 – 1st Street West
204-467-2582

Bonus "Free" YOGA Class



with Liz

Tuesday, December 5 @ 4:30

Friday, December 8 @ 9:00 AM

BONUS CLASSES

Pre-Christmas Stress Reliever



STEP & STRENGTHEN INTERVAL CLASS

with Cheryl Kooning

Mondays at 4:30 pm



December 4



December 11



December 18



