

STAY ACTIVE! STAY HEALTHY!

ACTIVE WELLNESS CLUB

WINTER SESSION Ends March 16th

Wednesday, March 14 – Yoga will be at 10:00 am

Ultimate Mix – Bonus Classes! – March 22 & 29 @ 5:30 pm

Yoga – Make Up Class – Tuesday, March 27 @ 4:30 pm

SPRING SESSION

April 9 – June 15, 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

4:30 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



NEW TIME!!



FEES

Full Session(10 weeks)

One class:
Two classes:
All Access:

Member

\$70
\$120
\$180

Non-Member

\$80
\$140
\$200

Apr 9 – June 15

Half Session(5 weeks)

One class:
Two classes:
All Access:

Member

\$35
\$60
\$90

Non-Member

\$40
\$70
\$100

**Apr 9 – May 11
May 11 – June 15**

