

STAY ACTIVE! STAY HEALTHY!

ACTIVE WELLNESS CLUB

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 Pat

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)

Member

Non-Member

One class:

\$70

\$80

Two classes:

\$120

\$140

All Access:

\$180

\$200

Half Session(5 weeks)

Member

Non-Member

One class:

\$35

\$40

Two classes:

\$60

\$70

All Access:

\$90

\$100

Apr 9 – June 15

**Apr 9 – May 11
May 11 – June 15**



Call 55 Plus to Register: 204-467-2582