

STAY ACTIVE! STAY HEALTHY!
ACTIVE WELLNESS CLUB

Schedule

Fall Session:

Starts: September 10th

½ Session:

- Sept 10th – Oct 15th

Full Session:

- Sept 10th – Dec 3rd



**Note:
 Sept 10th
 Class Starts
 @ 4:15**

Monday
 4:30 pm – **Step and Strength** - Cheryl Kooning

Tuesday
 4:30 pm – **Yoga** - Gail Spencer-Lamm

Wednesday
 10:15 am - **Yoga** - Elizabeth Luke
 4:30 pm – **Dancefit** – Arlene Patterson

Thursday
 5:30 pm – **Body Blast** - Cheryl Kooning

Friday
 9:00 am – **Gentle Yoga** - Gail Spencer-Lamm



FEES

<u>Full Session</u> (12 weeks):	Member	Non-Member
One class:	\$80	\$95
Two classes:	\$140	\$170
All Access:	\$200	\$230
<u>Half Session</u> (6 weeks):	Member	Non-Member
One class:	\$40	\$50
Two classes:	\$70	\$85
All Access:	\$100	\$115

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

