



55 Plus Satellite Programming

# **YOGA-DANCE FUSION**



***Starts:***

***Wednesday, November 7<sup>th</sup>***

Step out of your hectic life for one delicious hour as you get your groove on with music and Gail Spencer-Lamm. You will focus on uniting body, mind and spirit and developing cardiovascular fitness, ease of movement, strength, and flexibility with flowing, rhythmic yoga and dance inspired movements. You will be encouraged to lean against your edge with considerate persistence and to honor your needs. Work hard, rest when necessary and choose from options to make the class just the right fit. Sweat, but leave refreshed and energized! You will want bare feet, loose cool clothes and your mat for this class and, of course, your water bottle!

**Wednesdays @ 10:00 am**

**5 Classes**

**Gunton Community Hall**

**FEE:**

**\$50.00 Member**

**\$60 Non-Member**

**Drop In Fee: \$15.00**

**Register with 55 Plus @ 204-467-2582**

**REGISTRATION DEADLINE: Friday, November 2<sup>nd</sup>**  
**Minimum Required for Class: 7 Registered Participants**

*55 Plus Reserves the Right to Cancel Program due to Insufficient Registrations.*