

STAY ACTIVE! STAY HEALTHY!

ACTIVE WELLNESS CLUB

Schedule

Monday

4:30 pm – Body Blast - Cheryl Kooning

5:45*pm – Pilates – Elizabeth Luke

**45 min class*

Tuesday

4:30 pm – Yoga - Gail Spencer-Lamm

Wednesday

10:15* am - Yoga - Elizabeth Luke

**10:00 am on Luncheon Day*

4:30 pm – Yoga Fusion – Gail Spencer-Lamm

Thursday

5:30 pm – Step & Strength - Cheryl Kooning

Friday

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

Winter Session:

Starts: January 7th

Half Session:

Jan 7th – Feb 4th

Full Session:

Jan 7th – Mar 15th



FEES

<u>Full Session</u> (10 weeks):	Member	Non-Member
One class:	\$70	\$80
Two classes:	\$120	\$140
All Access:	\$180	\$200
<u>Half Session</u> (5 weeks):	Member	Non-Member
One class:	\$35	\$40
Two classes:	\$60	\$70
All Access:	\$90	\$100

For more information and class descriptions,

Call 204-467-2582

or check out our website: www.si55plus.org

