

**NEW**

***Come Out  
for a Fun Class!***



# ***STEPPIN' UP***

**Tuesdays & Fridays @ 11:00 am  
Sprucewood Place, Balmoral**

Steppin' Up is an exercise program  
For men & women led by  
**Gail Spencer-Lamm**



This 45 minute class supports and encourages all adults to embrace an active lifestyle by offering self-sustaining, accessible, high quality, no cost exercise.

***For More Information,  
Call 55 Plus @ 204-467-2582  
Or Gail @ 204-467-5079***

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## **Steppin' Up Instructors Needed**

***FREE training provided***

**VOLUNTEERS  
NEEDED!**

- **Do You Enjoy Exercising with a Group?**
- **Do You Have 1 to 2 hours per month to Volunteer?**

