

Active Wellness Club

Spring Session: April 10 – June 16

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am BLISS (Zoom only)	9:30 am Dynamic Yoga (Zoom only)	9:30 am Easy-Walk Dance Fitness (Zoom only)	9:30 am BLISS (Zoom only)	9:30 am Dynamic Yoga (Zoom only)
	4:00 pm FIT (45 min) In Person & Zoom	5:30 pm Body Blast (45 min) In Person & Zoom		

CLASS DESCRIPTIONS

B.L.I.S.S. INTERVAL TRAINING - Gail delivers her BEST LOW IMPACT STEADY STATE workout. It's a simple and low-to-moderate aerobic, easy-on-the-joints and hard-on-fat hour which intersperses cardiovascular training intervals with full body strength development. You will need dumbbells, a resistance band, a chair, and a mat (and don't forget water!)

BODY BLAST – Cheryl leads you in 15 mins of calorie burning cardio, 15 mins of strength training with weights and Pilates and finishing off with some well-deserved stretching. Bring: a mat, variety of weights.*

EASY-WALK DANCE FITNESS- Join us for low-impact aerobic dance intervals! We will accomplish 4000 easy to follow steps or more. Suitable for small spaces where you can move four steps forward and back or side to side. This class is all standing, so you won't need a mat! Light dumbbells optional.

DYNAMIC YOGA by Gail - flowing body postures and breathing anchored in Hatha yoga [balancing the body, breath and the mind]. Classes begin with a gentle warm-up and build to more energetic sequences developing strength, stamina and flexibility, varying each week. You will be encouraged to work at your own pace and to move with self-awareness and acceptance. Please bring your yoga mat.

F.I.T - FUN INTERVAL TRAINING – Cheryl's class alternates a variety of cardio and strength training with rest intervals for a full body workout. (Ex. 30 sec of work then 10 sec of rest) It's the fastest way to burn fat, get lean and burn calories even after the class is over. Work at your own level. Bring: a mat, weights.*

*A selection of weights is available at the centre for use in class

Instructors: Cheryl Kooning and Gail Spencer-Lamm

The 55 Plus Centre Reserves the Right to Cancel a Class

Save when you sign up for the full session!

<u>10 Weeks</u>	<u>5 Weeks</u>
1 class/ wk: M \$80	1 class/ wk: M \$45
2 classes/ wk: M \$130	2 classes/ wk: M \$80
3 classes/ wk: M \$175	3 classes/ wk: M \$110
4 classes/ wk: M \$215	4 classes/ wk: M \$135
All Access: M \$250	All Access: M \$150
An extra \$10 admin fee will apply to those who are not current members of the South Interlake 55 Plus.	
Drop-In fee: \$10/class	

Get it all with an
ALL ACCESS PASS!

Pick and choose from 7 great classes each week for one great price! Receive the links to join classes on Zoom or in person (when applicable). With classes happening every weekday, you can choose the best time to move your body.

Ready to Register?

Call our office at (204) 467-2582

or email si55plus@mymts.net

for more information

or to sign up!