



Steppin' Up!

Come and Join us!

Wednesdays @ 9:00am - In Person
374 1st Street West
(Still available by Zoom!)

Mondays to Saturdays @ 9:00am – on Zoom

*This popular program supports and encourages **ALL** adults to embrace an active lifestyle, offering a self-sustaining, accessible, high quality exercise program at **No Cost**.*

Program is being offered by our volunteer leaders virtually with live feed using Zoom.

Membership to South Interlake 55 Plus is encouraged to support the program.



Pre-Registration is required!

To register for classes, or for more information:
Call the 55 Plus Centre at (204) 467-2582 or
Email
si55plus@mymts.net