

Active Wellness Club

Fall Session

September 19 – November 24

Tuesday Wednesday Thursday Friday

9:00-9:45 am

Step, Strength & Stretch Class

(In Person & Zoom)



9:30-10:30 am

Dynamic Yoga

(Zoom Only)

5:30-6:15 pm

Ultimate Mix

(In Centre Only)

9:00-10:00 am

Yin Yoga

(In Person & Zoom)



9:30-10:30 am

BLISS

(Zoom Only)



CLASS DESCRIPTIONS

Step, Strength and Stretch by Cheryl – Suitable for all fitness levels, all ages, male and female! This class consists of low impact but high calorie-burning cardio on or off a step. Strength training will consist of hand weights, bands and Pilates. Expect a full body workout to increase your strength, stamina, bone density, balance and flexibility in 45 minutes! Please bring water, a mat, bands*, weights*.

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.

Ultimate Mix with Cheryl – This short and effective multi-fitness class offers a lot for all levels of exercisers: easy to follow, joint-friendly, full body cardio moves designed to get your heart-pumping and burn calories; strengthen and sculpt muscles using a variety of weights and Pilates; finish with a long, relaxing stretch with yoga inspired poses. Join this functional and fun workout with great music to boot! Bring a mat, hand weights*, water and a good attitude (but we will take all attitudes!)

Yin Yoga with Liz - A Class with a focus on increasing flexibility and mobility. A style of yoga concentrating on longer stretches and mental stillness. Includes a long rest period at the end of class to encourage peace for the mind and body. Please bring water and a yoga mat.

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 weights*, a resistance band*, a chair, and a mat (and don't forget water!)

*A selection of weights and bands are available at the centre for use in class.

Instructors: Cheryl Kooning, Liz Luke and Gail Spencer-Lamm

10 Weeks

1 class/ wk: Members \$80
2 classes/ wk: Members \$130
3 classes/ wk: Members \$175
4 classes/ wk: Members \$215
5 classes/ wk: Members \$250

5 Weeks

1 class/ wk: Members \$45
2 classes/ wk: Members \$80
3 classes/ wk: Members \$110
4 classes/ wk: Members \$135
5 classes/ wk: Members \$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 per class

Ready to Register?

Call our office at (204) 467-2582
or email si55plus@mymts.net

for more information or to sign up!

The 55 Plus Centre Reserves the Right to Cancel a Class