

Active Wellness Club

Winter Session: January 9 – March 15, 2024

Tuesday

9:00-9:45 am
Step, Strength & Stretch
(In Person & Zoom)

5:00-5:45 pm
F.I.T.
(In Person Only)

Wednesday

9:30-10:30 am
Dynamic Yoga
(Zoom only)



Thursday

9:00-10:00 am
Yin Yoga
(In Person & Zoom)

4:30-5:30 pm
Beginner Strength Training
(In Person Only)

Friday

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*.

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*.

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.

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.

Beginner Strength Training by Liz – As we age we lose muscle. Retaining muscle and grip strength is essential for maintaining functionality and independence. Not everyone is comfortable going to the gym and if we go we aren't sure what to do. This will be a hands on class providing proper technique and exercises to maintain healthy muscle tone. Please bring a mat, weights*, water bottle

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

Save when you sign up for the full session!

10 Weeks

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

5 Weeks

1 class/ wk: \$45
2 classes/ wk: \$80
3 classes/ wk: \$110
4 classes/ wk: \$135
All Access: \$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

Get it all with an

ALL ACCESS PASS!

Pick and choose from 6 great classes each week for one great price! Receive the links to join classes on Zoom or in person (when applicable). Choose the best time to move your body.

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

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