

Active Wellness Club

Fall Session 2024

September 18 – November 29

Tuesday Wednesday Thursday Friday

9:30-10:15 am

F.I.T.

(In Person & Zoom)



10:00-11:00 am

Level 1 Yoga

(Zoom Only)

5:00-5:45 pm

Ultimate Mix

(In Person Only)

9:30-10:30 am

Restorative Yoga

(In Person & Zoom)

5:00-6:00 pm

Pilates

(In Person Only)

10:00-11:00 am

Yogalates

(Zoom Only)



CLASS DESCRIPTIONS

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. You will need a mat, weights.* and water.

Level 1 Yoga with Liz - Learn yoga poses or enhance them with this level one yoga class. Basic poses can be modified to assist with mobility restrictions or to challenge those that are more advanced. Mat and water required. Blocks, strap and a pillow optional.

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!)

Restorative 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.

Pilates by Liz – Develop your core strength and enhance flexibility. Improve your balance and stability. Strengthen your lower back, hips, gluteus and abdominal muscles. Barre movements help sculpt and tone your muscles. Bring a mat, resistance band*, water bottle.

Yogalates by Liz – Enjoy this yoga class that will add a few challenges to your practice. Some of the class will focus on strengthening your body especially core and glute muscles. Mat and water required and an exercise band for those who want more of a challenge. Blocks/straps optional.

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

Save when you sign up for the full session!

10 Weeks	5 Weeks
1 class/ wk: \$80	1 class/ wk: \$45
2 classes/ wk: \$130	2 classes/ wk: \$80
3 classes/ wk: \$175	3 classes/ wk: \$110
4 classes/ wk: \$215	4 classes/ wk: \$135
All Access: \$250	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 and Liz Luke

**Call our office at (204) 467-2582
or email si55plus@mymts.net
for more information or to register!**