

Active Wellness Club

Winter Session: January 7 – March 14, 2025

Tuesday

9:30-10:30 am
Good Morning Stretch
(In Person & Zoom)

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

Wednesday



5:00-5:45 pm
Ultimate Mix
(In Person Only)

Thursday

9:30-10:30 am
Restorative Yoga
(In Person & Zoom)

5:00-6:00 pm
Pilates
(In Person Only)

CLASS DESCRIPTIONS

Good Morning Stretch with Liz – Come join us for an hour as we wake up our bodies with stretches and twists. As we age, our need to maintain flexibility and mobility is important for a healthy, happy and independent lifestyle. Please bring a yoga mat, yoga blocks, resistance bands and water.

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* and water.

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 sculp 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 with 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 sculp and tone your muscles. Bring a mat,

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 any of these 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

Ready to Register?

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