

Active Wellness Club

Fall 2025 Session:

Starts September 16 – 10 week session

Tuesday

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

5:00-5:45 pm
Interval Ignite
(In Person Only)

Wednesday

Stay Active.
Stay Healthy.

5:00-5:45 pm
Step, Strength &
Stretch Fusion
(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.

Interval Ignite – “Getting Stronger by the Minute” with Cheryl. Fire up your metabolism in an efficient 45 minute interval class designed to maximize results. You’ll alternate between cardio and strength exercises with rests. All fitness levels welcome with modifications offered throughout. Come ready to work and leave feeling unstoppable!

Step, Strength & Stretch with Cheryl – Boost your energy, build strength, improve your mobility and balance in just 45 minutes. Calorie burning cardio with targeted strength training to tone your entire body. The class wraps up with a guided full body stretch to leave you feeling strong, flexible and refreshed. Perfect for all fitness levels, this class keeps you moving and smiling from start to finish! Please arrive at least 5 minutes before class to set up your station. Bring water, indoor running shoes, and maybe a towel.

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 sculpt and tone your muscles. Bring a mat, resistance band*, water bottle.

*Some weights, bands and mats 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 <u>ALL ACCESS PASS!</u>	
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!

The 55 Plus Centre Reserves the Right to Cancel a Class