

Active Wellness Club

Winter 2026 Session starts January 6, 2026

Cheryl's classes

Tuesdays 5:00 – 5:45 pm

(In Person Only, 7 week class)
January 6 to February 17, 2026

Interval Ignite Class: "Getting Stronger by the Minute". 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!

Wednesdays 5:00–5:45 pm

(In Person Only, 7 week class)
January 7 to February 18, 2026

Ultimate Mix Class: 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!)

**Cost For
Cheryl's classes**

7 Weeks
1 class/ wk: \$56
2 classes/ wk: \$91

5 Weeks
1 class/ wk: \$45
2 classes/ wk: \$80

Drop-In Fee
\$10.00 per class

An extra \$10 admin fee will apply to those who are not current members of the South Interlake 55 Plus

Liz's classes

Tuesdays 9:30–10:30 am

(In Person & On Zoom)
January 6 to March 10, 2026
10 week class

Good Morning Stretch: 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.

Thursdays 9:30–10:30am

(In Person & On Zoom)
January 8 to March 12, 2026
10 weeks class

Restorative Yoga: 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.

Thursdays 5:00–6:00 pm

(In Person Only)
January 8 to March 12, 2026
10 weeks

Pilates: 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 and water bottle.

**Cost For
Liz's classes**

10 Weeks
1 class/ wk: \$80
2 classes/ wk: \$130
3 classes/ wk: \$175

5 Weeks
1 class/ wk: \$45
2 classes/ wk: \$80
3 classes/ wk: \$110

Drop-In Fee
\$10.00 per class

An extra \$10 admin fee will apply to those who are not current members of the South Interlake 55 Plus

To register for these classes or for more information please contact the South Interlake 55 Plus Centre, 374 1st Street West, Stonewall, 204-467-2582, si55plus@mymts.net



South Interlake 55 Plus Centre Reserves the Right to Cancel a Class if Necessary