

# ACTIVE WELLNESS CLUB



**Due to the Postponement of Classes  
We are encouraging YOU to STAY ACTIVE!  
Practice Videos Recommended by Your Instructors  
Are AVAILABLE! FREE!**



Yoga & Chair Yoga

Pilates

Dancefit/Zumba

Strength & Cardio Workouts



**FOR INFO  
OR TO REGISTER FOR LINK**

**CALL: 204-467-2582**

**OR EMAIL: [si55plus@mts.net](mailto:si55plus@mts.net)**

