

# ACTIVE WELLNESS CLUB

**DATE:** Starts September 14<sup>th</sup>

12 week session: Sept 14 – Dec 4

Or 6 week sessions:

Sept 14 – Oct 23 & Oct 26 – Dec 4

**PRE-REGISTRATION REQUIRED!**



## WE'RE BACK!

*Let's make* HEALTHY HAPPEN

## SCHEDULE

- Mon** - Body Blast @ 4:30 Cheryl Kooning (45 min)  
- Yoga @ 5:30 Gail Spencer-Lamm (50 min)
- Tues** - Pilates and Barre @ 4:30 Liz Luke
- Wed** - Yoga @ 10:15 Liz Luke  
- Zumba @ 5:15 pm Christine MacNeil
- Thurs** - Yin Yoga @ 8:30 Liz Luke  
- F.I.T @ 5:30 Cheryl Kooning (50 min)
- Fri** - Yoga @ 9:00 Gail Spencer-Lamm



**PRE-REGISTRATION REQUIRED FOR EACH CLASS**

Classes are 1 hour unless otherwise indicated

## FEES

**Full Session (12 weeks):**

- 1 class / wk: M \$85 | NM \$105  
2 classes / wk: M \$145 | NM \$165  
3 classes / wk: M \$200 | NM \$220  
4 classes / wk: M \$252 | NM \$275  
5 classes / wk: M \$300 | NM \$320

**Half Session (6 weeks):**

- 1 class / wk: M \$45 | NM \$65  
2 classes / wk: M \$75 | NM \$95  
3 classes / wk: M \$100 | NM \$120  
4 classes / wk: M \$126 | NM \$146  
5 classes / wk: M \$150 | NM \$170

## DESCRIPTIONS

**Body Blast** – a 15-15-15 style class meaning the class will contain 15 minutes of cardio, 15 minutes of strength training with a core focus and 15 minutes of stretching and relaxing.

**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.

**Yoga** - You will focus on uniting body, mind and spirit and develop ease of movement, strength, and flexibility with flowing, rhythmic yoga

**Zumba/Zumba Gold** - This fun aerobic dance workout is guaranteed to bring on good vibrations. Bring your water because you will sweat, and if you don't come in with a smile we know you will leave with one!

**Yin Yoga** - A class with a focus on increasing flexibility and mobility. Includes a long rest period at the start and end of class to encourage peace for the mind and body.

**F.I.T – Fun Interval Training** - variety of alternating cardio and strength training moves for a full body workout. Fastest way to burn fat, get lean and burn calories even after the class is over. Work at your own level. Emphasis on kickboxing and great music. Co-ed participation encouraged. Try something new!



**FOR INFO OR TO REGISTER CALL: 204-467-2582**

*The 55 Plus Centre Reserves the Right to Cancel a Class*

