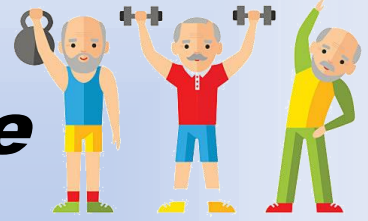


STEPPIN' UP!



Virtual & In Centre Classes!



**Wednesdays @ 9:00 am – In Centre*
Starts September 2!**

55 Plus Centre

Odd Fellows Hall - 374 1ST Street West, Stonewall

Virtual Classes via Zoom: Mondays to Saturdays @ 9:00 am

A peer-led, light 1 hour exercise class for all that focuses on cardio, strength, stretching & stability – designed for men & women!

*A high quality exercise program offered at **no cost**.
Membership is encouraged to support the program.*

***Virtual Participation will be offered for Wednesday Classes!**

To Register for Classes

Or for More Information,



Call the 55 Plus Office **204-467-2582**

Or email: si55plus@mts.net

**PRE-
REGISTRATION
REQUIRED!**

**Get
Active**