

ACTIVE WELLNESS CLUB

DATE: Starts September 14th

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 @ 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.

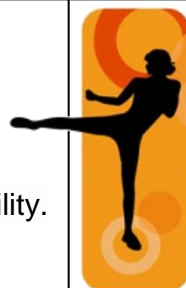
Yoga - You will focus on uniting body, mind and spirit and develop ease of movement, strength, and flexibility with flowing, rhythmic yoga

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 in a circuit format 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. Co-ed participation encouraged. *

**Modifications for "Just Returning" or to challenge your fitness level will be included in the instruction of the classes. Welcome Gift Draw if you sign up for these classes – free massage!*



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

The 55 Plus Centre Reserves the Right to Cancel a Class