

# ACTIVE WELLNESS CLUB

6 week sessions available

Oct 26 – Dec 4

**PRE-REGISTRATION REQUIRED!**

**When Code Orange Restrictions are lifted, classes will return to original times.**



## 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 (**11:30 - Code Orange**) 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 (**10:30 -Code Orange**) Gail Spencer-Lamm

**PRE-REGISTRATION REQUIRED FOR EACH CLASS**

## FEES

**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*