



WE'RE STILL



STEPPIN' UP!

COME AND JOIN US!

***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.



To register for classes, or for more information:
Call the 55 Plus Centre at (204) 467-2582 or Email
si55plus@mymts.net