

# ACTIVE WELLNESS CLUB

**10 Week Classes Available  
Jan 11-March 21,  
2021**

**Will run classes according to current Health Restriction Guidelines. Please check with our website or contact the office for updates for any changes in delivery.**



## Full Access Zoom Pass

Good for **all 10** Active Wellness Classes  
**5 weeks-\$190.00**  
**10 weeks-\$300.00**

Classes can only be attended by Zoom even if Restrictions change and in-Centre classes resume.

## CLASSES

- Mon** - Body Blast @ 4:30-Cheryl Kooning (45 min)  
- Yoga @ 5:30-Gail Spencer-Lamm (50 min)
- Tues** -Yoga @ 9:30- Liz Luke  
-Yoga Dance Fusion @ 1:00 –Gail Spencer-Lamm  
-Pilates @ 4:30 Liz Luke
- Wed** -Yoga @ 10:15 Liz Luke  
-Zumba @ 5:15 pm-Christine MacNeil
- Thurs** -Yin Yoga @ 9:00-Liz Luke  
-F.I.T @ 5:30-Cheryl Kooning (50 min)
- Fri** -Yoga @ 9:00 Gail Spencer-Lamm



## **FEES Full Session (10 weeks)**

1 class/wk: M \$80 / NM\$100  
2 classes/ wk: M \$150 / NM \$170  
3 classes/ wk: M \$210 / NM \$230  
4 classes/ wk: M \$260 / NM\$280  
5 classes/ wk: M \$300 / NM \$320

## **FEES Half Session (5 weeks)**

1 class/wk: M \$47.50 / NM\$67.50  
2 classes/ wk: M \$90 / NM \$110  
3 classes/ wk: M \$127.50/ NM \$147.50  
4 classes/ wk: M \$160/ NM\$180  
5 classes/ wk: M \$187.50/ NM \$207.50

## **PRE-REGISTRATION REQUIRED FOR EACH CLASS**

Classes are 1 hour unless otherwise indicated



## 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. Will include barre movements to 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.

**Yoga Dance Fusion** - Enjoy this unique fusion of Yoga & Dance. You will focus on uniting body, mind and spirit and developing cardiovascular fitness, ease of movement, strength, and flexibility with flowing, rhythmic yoga and dance inspired movements.

**\*Modifications for “Just Returning” or to challenge your fitness level will be included in the instruction of the classes.**

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

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

