



# Active Wellness Summer



July 6-August 13, 2021

## CLASSES

All Classes starting at 9:30 AM

**Tuesday** -Body Blast-Cheryl Kooning (45 minutes)

**Wednesday** -Yoga-Gail Spencer-Lamm

**Thursday** -F.I.T- Cheryl Kooning (45 minutes)

**Friday** -Yoga-Gail Spencer-Lamm

### PRE-REGISTRATION REQUIRED FOR EACH CLASS

Classes are 1 hour unless otherwise indicated

Classes will run 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** Active Wellness Classes

**6 weeks-\$96.00**

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

### Fees-(6 weeks)

Pick a class

1 class/wk: **M \$48.00 / NM\$68.00**

2 classes/wk: **M \$90 / NM \$110**

### Drop-In Fee

**\$10.00/class-M/\$15.00/class-NM**

If you are interested in dropping in for a class, registration/payment needs to be received by 3:00 p.m. the day before the class. E-transfer payment only accepted. Non-Refundable.

## DESCRIPTIONS

### Body Blast

45 minutes of overall wellness containing approximately 15 minutes of calorie burning cardio, 15 minutes of strength training with weights and Pilates and finishing off with some well-deserved stretching.

You'll require a variety of weights (some can be borrowed from the centre) and a mat or carpeted area.

### F.I.T - Fun Interval Training

This 45 minute class alternates a variety of cardio and strength training with rest intervals for a full body workout. (Ex. 30 seconds of work then 10 seconds of rest) It's the fastest way to burn fat, get lean and

burn calories even after the class is over. Work at your own level. Suitable for Co-ed participation.

You'll require a variety of weights (some can be borrowed from the center) and a mat or carpeted area.

### Yoga

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

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

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