



We're still



Steppin' Up!

Come and Join us!

Virtual Classes via Zoom: Mondays to Saturdays @ 9:00 am

Wednesdays @ 9:00 am – In Centre*

55 Plus Centre

Odd Fellows Hall - 374 1ST Street West, Stonewall

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.*

****Virtual Participation will be offered for Wednesday Classes!***

**We still have room for
you to join us in Centre!
Call or email us to
reserve your spot.**



Pre-Registration is required!

To register for classes,
or for more
information:

Call the 55 Plus Centre
at (204) 467-2582 or

Email

si55plus@mymts.net