

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

# Active Wellness Winter Session

January 10-March 21, 2022

## CLASSES

### Monday

9:30 am – B.L.I.S.S. Interval Training with Gail (**Zoom only**)  
4:30 pm – Strong 4 Life with Tess (**Zoom only**)  
5:30 pm – Slow Strong Yoga Flow with Tess (**Zoom only**)

### Tuesday

9:30 am – Dynamic Yoga with Gail (**Zoom only**)  
4:30 pm - Body Blast with Cheryl (45 min)

### Wednesday

9:30 am – DanceFit with Gail (**Zoom only**)  
4:30 pm – Strong 4 Life with Tess  
5:30 pm – Slow Strong Yoga Flow with Tess

### Thursday

9:30 am – B.L.I.S.S. Interval Training with Gail (**Zoom only**)  
5:30 pm – F.I.T. with Cheryl (45 min)

### Friday

9:30am – Dynamic Yoga with Gail



### PRE-REGISTRATION REQUIRED FOR EACH CLASS

Classes are 1 hour unless otherwise indicated

### ALL ACCESS PASS!

Get access to all 11 classes for a discounted price, in person and online! Call us at (204) 467-2582 for more information, or to sign up today!

#### Member Price

#### Non-member Price

##### 10 Weeks

1 class/wk: M \$80  
2 classes/ wk: M \$130  
3 classes/ wk: M \$175  
4 classes/ wk: M \$215  
All Access: M \$250

##### 10 Weeks

1 class/wk: M \$100  
2 classes/ wk: M \$150  
3 classes/ wk: M \$195  
4 classes/ wk: M \$235  
All Access: M \$270

##### 5 Weeks

1 class/wk: M \$45  
2 classes/ wk: M \$80  
3 classes/ wk: M \$110  
4 classes/ wk: M \$135  
All Access: M \$150

##### 5 Weeks

1 class/wk: M \$65  
2 classes/ wk: M \$100  
3 classes/ wk: M \$130  
4 classes/ wk: M \$155  
All Access: M \$170

#### Drop-In Fee

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

Can only be used for virtual classes until restrictions allow. Pre-register for your drop in by 3:00pm the day before class to guarantee your spot!

Classes will be available in person (Manitoba Health restrictions permitting) unless otherwise indicated. Please check with our website or contact the office for updates for any changes in delivery.

## 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 center) 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.

**DanceFit** - Gail will lead you through this fun and easy-to-follow aerobic dance workout inspired by "Zumba" which is guaranteed to bring on good vibrations. Cool down, balance work, and stretching can be done using chairs, so no mats are required. Bring your water because you will sweat, and if you don't come in with a smile we know you will leave with one!

**B.L.I.S.S. INTERVAL TRAINING** - Gail delivers her BEST LOW IMPACT STEADY STATE workout. It's a simple and low-to-moderate aerobic, easy-on-the-joints and hard-on-fat hour which intersperses cardiovascular training intervals with full body strength development. You will need dumbbells, a resistance band, a chair, and a mat (and don't forget water!)

**DYNAMIC YOGA** by Gail - flowing body postures and breathing anchored in Hatha yoga [balancing the body, breath and the mind]. Classes begin with a gentle warm-up and build to more energetic sequences developing strength, stamina and flexibility, varying each week. You will be encouraged to work at your own pace and to move with self-awareness and acceptance. Please bring your yoga mat.

**Slow Strong Flow** - A 60 minute opportunity to practice self-care as we move through poses that build flexibility and holistic strength. This class is rooted in the basics of Vinyasa Yoga. We will work on being present in our bodies as we let go of our judgements and expectations of ourselves. Suitable for all fitness levels. Required equipment: your body and a yoga mat; water is recommended.

**Strong For Life (S4L)** - Learn the basics of how to keep your body strong for life with this introductory level class. Simple and easy to follow classes that help build and maintain strength. The goal of this class is to keep you doing the things that you love in life with ease. Suitable for individuals at all life stages and fitness levels. Required equipment: dumbbells, elastic, chair, mat and water bottle.

The 55 Plus Centre Reserves the Right to Cancel a Class

