

# Active Wellness Spring Session

April 4 – June 17, 2022

## CLASSES

### Monday

9:30 am – B.L.I.S.S. Interval Training with Gail

### Tuesday

6:15 am - F.I.T. with Cheryl **\*NEW TIME!**

9:30 am – Dynamic Yoga with Gail

12:00 pm – Energizing Yoga with Tess **\*NEW CLASS!**

### Wednesday

9:30 am – Dance & Drum with Gail

12:00 pm – The Complete 30 with Tess **\*NEW CLASS!**

4:30 pm – Strengthen & Stretch with Tess **(In Person!)**

### Thursday

9:30 am – B.L.I.S.S. Interval Training with Gail

12:00 pm – Energizing Yoga with Tess **\*NEW CLASS!**

5:30 pm – Body Blast with Cheryl **(In Person!)**

### Friday

9:30am – Dynamic Yoga with Gail **(In Person!)**

12:00 pm – The Complete 30 with Tess **\*NEW CLASS!**

## ALL ACCESS PASS!

Get access to all 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: \$10/class! In Person or Virtual!

To ensure you get the link for your virtual class, please let the office know at least an hour before class.

All classes will be available by Zoom, even those held in person . 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, and a mat or carpeted area.

**DANCE & DRUM** – Gail will lead you through this fun and easy-to-follow aerobic dance workout inspired by “Zumba” and “Pound” 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.

**STRENGTH & STRETCH** – The best of both worlds! This two part class will focus on building strength using dumbbells and body weight, followed by a half hour of yoga to stretch and soothe our muscles. Get strong, toned and grounded with this combination style class.

**ENERGIZING YOGA** – 30 minutes of energizing yoga designed to boost energy while improving strength and flexibility. The perfect midday pick-me-up and a great way to get active during your lunch break!

**THE COMPLETE 30** – A 30 minute full body workout designed to build strength and get you moving. Perfect for those tight on time, or who prefer shorter workouts. Spice up your mid-day routine with this class!

**Instructors: Cheryl Kooning, Tess Lamm and Gail Spencer-Lamm**

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