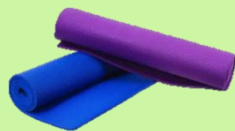


**FOR MORE INFO OR
TO REGISTER CALL:
204-467-2582**

Active Wellness Summer Session

July 4 – August 15, 2022

CLASSES



Monday

9:30 am – Energizing Yoga with Tess (by Zoom)

Tuesday

9:30 am – FIT with Cheryl (In Person & by Zoom)

Wednesday

9:30 am – Dance & Drum with Gail (by Zoom)

Thursday

9:30 am – Body Blast with Cheryl
(In Person & by Zoom)

Friday

9:30am – Dynamic Yoga with Gail
(In Person & by Zoom)

Member Price

6 Weeks

1 Class/week: \$50

2 Classes/week:
\$90

**All Access Pass:
\$99**

Non-Member Price

6 Weeks

1 Class/week: \$70

2 Classes/week:
\$110

**All Access Pass:
\$119**

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!

Drop-In Fee: \$10/class!

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

Please check with our website or contact the office for updates for any changes in delivery.



DESCRIPTIONS

ENERGIZING YOGA – 60 minutes of energizing yoga designed to boost energy while improving strength and flexibility. The perfect morning pick-me-up and a great way to start your day!

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.

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!

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.

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.

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

The 55 Plus Centre Reserves the Right to Cancel a Class

