Active Wellness Program

Fall 2026 2nd Session

Cheryl's classes

Tuesdays 4:45 – 5:30 pm
(In Person Only, 5 week class)
November 10 – December 8, 2026

Ultimate Mix is a class designed with the "hormone shifting" body in mind. Maintaining muscle mass, bone density, flexibility and balance are all delivered in 45 minutes with low impact, functional strength training while targeting core work and extended stretching. Backed by current fitness and wellness trends and delivered in a supportive fun, environment with motivating music. If it's not now…when?

Wednesdays 4:45-5:30 pm
(In Person Only, 5 week class)
November 18 – December 16, 2026
(No class Remembrance Day, Nov 11)

F.I.T. – FUNctional Interval Training. Get stronger by the minute. This is an efficient fun, music-driven class that blends joint-friendly cardio, strength training and core stability using timed intervals such as HIIT, Tabata etc. (ex. 20 seconds of effort. 10 secs. of rest). It is designed to support hormone changes, muscle retention, bone health and balance. Smart, effective and approachable for all fitness levels. Several options are provided so you can work at your level and/or be challenged without intimidation. Every rep protects your future self! This is how we stay independent.

Liz's classes

Tuesdays 9:30–10:30 am
(In Person & On Zoom)
November 10 – December 8, 2026
5 week class

Good Morning Stretch: Come join us for an hour as we wake up our bodies with stretches and twists. As we age, our need to maintain flexibility and mobility is important for a healthy, happy and independent lifestyle. Please bring a yoga mat, yoga blocks, resistance bands and water.

Thursdays 9:30-10:30am
(In Person & On Zoom)
November 12 – December 10, 2026
5 week class

Restorative Yoga: A Class with a focus on increasing flexibility and mobility. A style of yoga concentrating on longer stretches and mental stillness. Includes a long rest period at the end of class to encourage peace for the mind and body. Please bring water and a yoga mat.

Thursdays 5:00–6:00 pm
(In Person Only)
November 12 – December 10, 2026
5 week class

Core Fitness: Develop your core strength and enhance flexibility. Improve your balance and stability. Strengthen your lower back, hips, gluteus and abdominal muscles. Barre movements help sculpt and tone your muscles. Bring a mat, resistance band and water bottle.

Cost For Classes:

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

Drop-In Fee
$10.00 per class

An extra $10 admin fee will apply to those who are not current members of the South Interlake 55 Plus

To register for these classes or for more information please contact the South Interlake 55 Plus Centre, 374 1st Street West, Stonewall, 204-467-2582, si55plus@mymts.net

South Interlake 55 Plus Centre Reserves the Right to Cancel a Class if Necessary