

50+ FITNESS CLASSES – SPRING SESSIONS 2026



PRE-REGISTER – by FEBRUARY 18TH

Dates: Wednesdays, March 4th to May 27th

Member Fees:

Pre-Paid - 13 weeks @ \$6.00 per session = \$78.00

Drop ins - \$8.00 each class

Instructor: Tracy Rollo

Classes: Online at the Lake Country Activities Centre

Please note: 10 advance paid registrations are required for the Fitness Class to be added to the monthly calendar

Also, don't forget that you need to be a member of the Society to participate in this class. Memberships are \$7.00 per calendar year.

Registration fees may be paid by cash at the office (Wednesdays or Fridays 10-2 pm), cheque or e-transfer to lakecountryseniorscentre@gmail.com

Have a wonderful day!
Marsha Fulton and Diana Yandt
250-766-4220

