

## Membership

### All Inclusive — \$205

The six month membership includes all classes and use of the gym during open gym periods.

### Month to Month — \$45

The month to month membership includes all classes and use of the gym during open gym periods.

### Drop-In — \$10

Our pay per class option. This applies to any of our exercise groups.



## Our Trainers

Prairie Oasis is committed to contracting experienced and well-certified trainers. We value the comfort and confidence our clients feel knowing that their instructor can provide a safe, supportive and productive environment.

### Ashley Hosfield

Ashley received her Bachelor's Degree in Exercise Science & Fitness from Brandon University. She went on to receive a Master's Degree in Exercise Science from Concordia.

Ashley is a certified personal trainer through the Canadian Society for Exercise Physiology and works as a strength & conditioning coach for Sport Manitoba.

### Sue Palmer

Sue has many years of experience teaching and practicing yoga and stretching. She is a certified group fitness instructor and teaches classes in multiple studios, including here at Prairie Oasis and at the YMCA.



Interested in joining? Contact us:

**Activities Department**

204 727 6641

[elizabeth.morrow@prairieoasis.ca](mailto:elizabeth.morrow@prairieoasis.ca)

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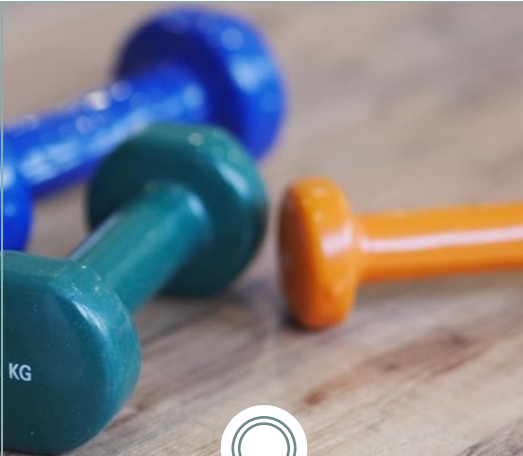


## Prairie Oasis Exercise Program

241 8th Street

Brandon, MB

204 727 6641



## It's never too late to start.

Here are some of the common benefits of adding exercise to your weekly routine.

### Improves

- Strength and balance
- Body composition
- Flexibility
- Coordination
- Bone density
- Quality of sleep
- Energy & mood

### Decreases risk of:

- Falling & injury
- Aches & pains
- Heart disease
- Joint problems
- High blood pressure



Our mission is to provide a positive environment for seniors of all ages and all levels of fitness. Our goal is to lead and challenge our members so they can achieve and maintain the very best quality of life.

## Groups

### Strength & Cardio

Monday, Wednesday & Friday  
9 & 11 AM

### Stretching & Balance

Tuesday & Thursday  
11AM

Classes are 45 minutes long.

Please consider bringing proper footwear that you only wear indoors.

Coffee and water are made available to all attendees.



April 2022