

Community Wellness Center of Winamac

Weekly Class Schedule for Fall 2024

120 W 15th St, Winamac, IN 46996
(574) 946-4150

Monday:

5:30-6:30 **AM**—Yoga
10:30-11:30 **AM**—Silver Sneakers
5:30-6:30 **PM**--Pilates

Tuesday:

10:30-11:30 **AM**--Silver Sneakers
5:45-6:45 **PM**-- Pound

Wednesday:

5:30-6:30 **AM**--Yoga
5:30-6:30 **PM**--Pilates

Thursday:

10:30-11:30 **AM**--Silver Sneakers

Friday:

5:30-6:30 **AM**--Yoga
10:30-11:30 **AM**--Silver Sneakers

Saturday:

8:00-9:00 **AM**--Strength
9:00-10:00 **AM**--Yoga

Class Fees:
Your first class is FREE!

\$4.00 each
Or buy a pass
\$36.00 for 12 classes

*****All classes are included**
with a CWC membership***



Instructors:

Silver Sneakers - Valerie Powers
Pilates - Vickie Manikowski
Yoga and Strength - Cara Dulin
Pound - Katie Surma

Visit our website:
<http://winamacwellness.com/>



Community Wellness
Center of Winamac



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