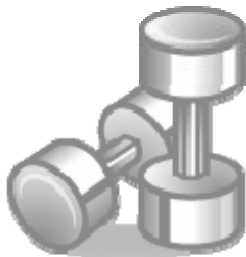


The Benefits of Physical Activity

- A healthy and active lifestyle
- Relaxation and reduced stress
 - Better physical and mental health
- Improved quality of life
 - More energy
- Better posture and balance
 - Weight maintenance
- Stronger muscles and bones
- Reduces heart disease, obesity, diabetes, osteoporosis, stroke, colon cancer, depression, falls & injuries and premature death



Central Lions Seniors Association

11113 - 113 Street, Edmonton, AB T5G 2V1

Phone: (780) 496-7369

Fax: (780) 496-6976

Contact: Vince Buono (Fitness and Active Living Coordinator)

Phone: (780) 442-0935

Email: vince.buono@edmonton.ca

Central Lions
Seniors Recreation

Fitness Centre Information

11113 - 113 Street

780-496-7369

www.clsa2.com



Central Lions Seniors
Association

COME TRY OUT OUR NEW FITNESS CENTRE!

- Senior friendly
- Knowledgeable staff
- Non-intimidating atmosphere
- No contracts or sign up fees

Even if you have never been to a Fitness Centre before, *getting started is easy.*

Take a FREE Orientation

Prior to using the Fitness Centre, members must complete an orientation regarding:

- 1) how to use the equipment
- 2) the Center's rules and regulations
- 3) tips on exercising safely.

Register for orientations at the Fitness Centre.

Note: Must be a member of CLSA prior to joining the Fitness Centre.

Join a Group Fitness Class

Looking for more motivation?

Register for a Fit Machines class for Men or Women.

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Fitness Centre Hours:

Mondays, 10:00 am-3:30 pm

Tuesdays, 10:00 am-3:30 pm

Wednesdays, 10:00 am-3:00 pm

Thursdays, 10:00 am-3:30 pm

Fridays, 9:00 am-3:00 pm

Fees:

Drop-in Fee: \$3.50

10 Visit Pass: \$30.00

Monthly Pass: \$35.00

Personal Training: \$36.00/hr

OR 3 sessions for \$90.00

Group Personal Training:

4 friends for 4, 1-hour sessions:
\$45.00/person

2 friends for 4, 1-hour sessions:
\$85.00/person

“Hours and prices are subject to change”

Check out our NEW Equipment!
Easy to use, designed for all ability levels, great for improving cardio & for increasing muscle strength and bone density.