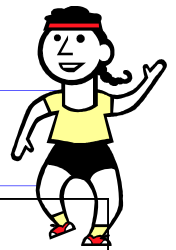


## Central Lions – Great people! Great programs! Great place!



### REMEMBER WHEN ...

Bus Outing -- Wed., Sept. 23  
9:30 am - 3:30 pm  
Fee: \$37 includes bus, lunch, gratuity and tour Stony Plain Museum & Tea House, Spruce Grove Elevator.

### EXPERIENCE MUTTART: Re-Opened Splendour

Fri., Oct. 2, 9:30 am - 2 pm  
Fee: \$20 + Lunch extra

### HOMES FOR THE HOLIDAYS

Sat., Nov. 21, 12:30 - 3:30 pm  
Fee: \$45  
Note: \$30 of fee donated to Kids Help Line and Junior League of Edmonton.

## OUTINGS

See September newsletter for details and fees.

## FITNESS, YOGA & SPORTS

### CIRCUIT TRAINING

Tues., Sept. 15 - Oct. 20 or **CF-068**  
Tues., Oct. 27 - Dec. 1 **CF-069**  
11 am – 12 pm  
Fee: \$30 (\$60 non-members)

#### Instructor: Rita Suter

Circuit training is an excellent way to improve mobility, strength and stamina. The class will combine strength and endurance exercises with aerobic work utilizing various pieces of equipment.

### CO-ED KEEP FIT

#### Moderate to Active

Fee: \$34 (\$64 non-members) each  
Mon., Sept. 14 - Dec. 7 **CF-070**  
9 - 10 am

#### Instructor: Alison McIntyre

Wed., Sept. 16 - Dec. 9 **CF-071**  
9 - 10 am

#### Instructor: Wendy Davies

Fri., Sept. 18 - Dec. 4 **CF-072**  
9:30 - 10:30 am

#### Instructor: Rita Suter

For those who like a high energy workout. Improve your heart health and stamina as the class progresses from **30 - 40** minutes of aerobic movement and exercise. Work on mobility or joint flexibility, muscle strength, balance & agility through active movement

### Gentle to Moderate

Fee: \$34 (\$64 non-members) each

**Instructor: Alison McIntyre** **CF-073**  
Mon., Sept. 14 - Dec. 7  
10:10 - 11:10 am

**Instructor: Wendy Davies** **CF-074**  
Wed., Sept. 16 - Dec. 9,  
10:10 - 11:10 am

Join us for a fun-filled, 'active' aerobic class. Walk, stretch and exercise your way to improved balance, strength, endurance, and flexibility. This class builds from **20 - 30 min.** of active aerobics followed by balance, chair and/or resistance exercises. Everyone is encouraged to work out at their own pace.

### **CORE STRENGTH** **CF-075**

Mon., Sept. 14 - Dec. 7  
12:30 – 1:30 pm  
Fee: \$52 (\$82 non-members)

#### **Instructor: Wendy Davies**

Focusing on lower back and abdominals, this program emphasizes strength development, balance and flexibility. Resistant balls, light hand weights and therabands will be used. *Note: Floor exercises are part of this class.*

## GET ACTIVE! FITNESS FUN FOR EVERYONE!

*NOTE: It is advisable to check with your doctor prior to taking any exercise program.*

### FITNESS CLASSES

GENTLE	M	T	W	Th	F
Gentle Move & Groove	AM		AM		
Renew: Back & Shoulder Rehab					PM
Tai Chi - Yang Style	PM				
Yoga	AM			AM	

MODERATE	M	T	W	Th	F
Circuit Training		AM			
Co Ed Keep Fit	AM		AM		AM
Fit Machines	AM		PM		
Pickleball				AM	
Spin 'N' Stretch				AM	
Strength Training for Life		PM		PM	
Table Tennis Lessons				PM	
Yoga	AM			AM	

ACTIVE	M	T	W	Th	F
Core Strength	PM				
Muscle Up	Eve		Eve		
Table Tennis Lessons				PM	
Total Fitness					PM

SPORTS CLUBS	M	T	W	Th	F
Badminton	PM		PM		
Lawn Bowling		PM		PM	PM
Pickleball				AM	
Shuffleboard				PM	
Snooker	AM PM	AM PM	AM PM	AM	AM PM
Table Tennis	AM		AM		AM



**M = Monday**  
**T = Tuesday**  
**W = Wednesday**  
**Th = Thursday**  
**F = Friday**

### Determine Your Ability Level

**Gentle:** A person who has been sedentary for the last few months; gets breathless easily; lacks joint flexibility; and lacks muscle tone. This individual doesn't feel ready for vigorous physical activity. Look for Gentle exercise programs.

**Moderate:** A person who has been participating in physical activities of a moderate nature over the past few months. Look for Moderate exercise programs.

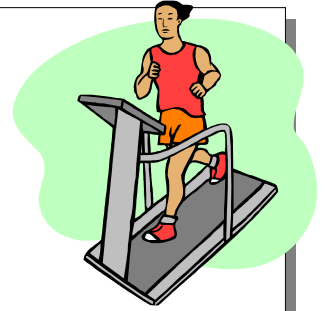
**Active:** A person who has been active for months and who can do vigorous activity for 30 minutes or more at a time. Look for Active exercise programs.

## Add Life to Your Years

### JOIN OUR FITNESS CENTRE!

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

Even if you have never been to a Fitness Centre before, *getting started is easy*. For more information drop by fitness centre or call 780 442-0949



**Take a FREE Orientation** -- The orientation will provide you with information about Centre operations, introduce you to the equipment, and provide some tips on exercising safely.

**Join a Group Fitness Class** – Looking for more motivation and socialization? Register for a Fit Machines class for men or women.

**Sign up for a Personalized Program** – One-on-one time with a Certified Fitness Instructor. Based on your needs and fitness goals, a fitness program is developed just for you!

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

#### Fees:

Drop-in Fee           \$ 3.50  
10 Visit Pass         \$30.00  
Monthly Pass         \$35.00  
Personal Training   \$36.00/hr **OR**  
2 sessions for \$60.00

#### Fitness Centre Drop-In Hours:

September 8 - December 18

Mondays - Friday, 9 am - 3:30 pm  
Tuesdays & Thursdays eve's until 7 pm

"Hours and prices are subject to change"

#### FIT MACHINES...FOR MEN

Mon., Sept. 14 - Oct. 26 **or**           **CF-076**  
Mon., Nov. 2 - Dec. 7                   **CF-077**  
11 am - 12 pm

Fee: \$42 (\$72 non-members)

**Instructor: Wendy Davies**

A full body workout specifically designed for men using equipment in the new Fitness Centre. Learn to use the equipment properly and safely. Come challenge yourself and have fun doing it!



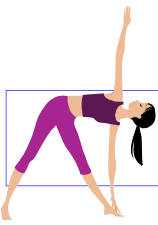
#### FIT MACHINES...FOR WOMEN

Wed., Sept. 16 - Oct. 21 **or**           **CF-078**  
Wed., Oct. 28 - Dec. 9                   **CF-079**  
1:30 - 2:30 pm

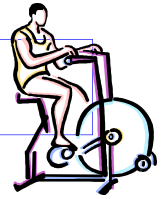
Fee: \$42 (\$72 non-members)

**Instructor: Alison McIntyre**

Learn to use cardio equipment, free and machine weights properly while your instructor helps you develop your own exercise program. Enjoy a six week cardio/strength workout with proper vigilance to ensure safety and effectiveness!



## Add Life to Your Years



### ENTLE MOVE & GROOVE

Mon., Sept. 14 - Dec. 7

CF-080

**Instructor: Alison McIntyre or**

Wed., Sept. 16 - Dec. 9

CF-081

11:30 am - 12:30 pm

**Instructor: Wendy Davies**

Fee: \$34 (\$64 non-members)



Do conditions and concerns such as arthritis, osteoporosis, and/or mobility issues keep you from exercising? Integrating gentle exercises from both standing and sitting positions, the aim of this program is to promote functional fitness. Stay independent with exercises that improve heart health, strength, balance and joint range of motion.

### MUSCLE UP

Mon., Sept. 14 - Dec. 7 or

CF-082

Wed., Sept. 16 - Dec. 9

CF-083

5 - 6 pm

Fee: \$64 (\$94 non-member)

**Instructor: Chris Ha**

This popular class is a group fitness program that adapts to your own personal needs and goals. Several fitness assessments will be used to determine your fitness level and capability. Learn proper training techniques, improve your bone strength, muscle tone, posture and overall fitness level.

### RENEW - BACK & SHOULDER REHAB

Fri., Sept. 18 - Oct. 23 or

CF-084

Fri., Oct. 30 - Dec. 4

CF-085

1 - 2 pm

Fee: \$33 (\$63 non-members)

**Instructor: Susan Redl**

This class is designed for those recovering from injuries (i.e. chronic back pain). It will consist of gentle progressive rehab exercise focusing on the upper body and core (abs and lower back). Develop a better you with ReNew!

### SPIN 'N' STRETCH INTRO

Thurs. Sept. 17 or

CF-086

Thurs. Oct. 29

CF-087

9:30 - 10 am

Fee: \$2 (you must pre-register)

**Instructor: Amanda & Donna Harasem**

Come try an introductory spin bike session.

### SPIN 'N' STRETCH

Thurs., Sept. 24 - Oct. 22 or

CF-

088

Thurs., Nov. 5 - Dec. 3

CF-089

9:30 - 10:30 am

Fee: \$26 (\$56 non-members)

**Instructor: Amanda & Donna Harasem**

Strengthen your heart and lungs with this progressive cycling class. Each class will include cardiovascular training, core conditioning and stretching in an enthusiastic and motivating environment with fun music to SPIN YOU.

### STRENGTH TRAINING FOR LIFE

Tues., Sept. 15 - Dec. 1

**Instructor: Wendy Davies or**

Thurs., Sept. 17 - Dec. 3

**Instructor: Alison McIntyre**

Fee: \$52 (\$82 non-members) each

Level 1/2 Tues. 1 - 2 pm

CF-090

Level 1/2 Thurs. 1 - 2 pm

CF-091

Level 2/3 Tues. 2:15 - 3:15 pm

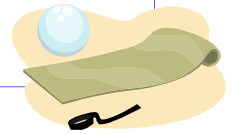
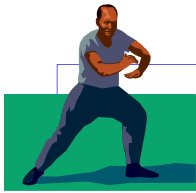
CF-092

Level 2/3 Thurs. 2:15 - 3:15 pm

CF-093

Improve your balance, strengthen your bones, tone your muscles and give your body better shape. Various arm and leg movements using weights will be taught. Includes occasional use of the new Fitness Centre. *Exercise ball will be used in Level 2/3.*





### TAI CHI - YANG STYLE

Mon., Sept. 28 - Nov. 23

**Level 1 (Beg.)** - 1 – 2 pm or

**Level 2 (Int.)** - 2:05 - 3:05 pm

Fee: \$60 (\$90 non-members)

**Instructor: Leslie Pedden**

Tai Chi is a gentle exercise that stretches, tones, and relaxes the muscles. It also exercises our ability to focus and concentrate. Using slow movements to change from one position to the next, the body and mind work as a whole. Join Leslie and discover a new 'passion' on your journey to wellness.

CF-094

CF-095

### TOTAL FITNESS

Fri., Sept. 18 - Oct. 23 or

Fri., Oct. 30 - Dec. 4

11:30 am- 12:30 pm

Fee: \$33 (\$63 non-members)

**Instructor: Susan Redl**

This cardio sculpting class combines core conditioning, strength training exercises, balance, and stretching to achieve an all around total body workout. 'Listen to the old time tunes while becoming fit.'

CF-096

CF-097

### YOGA GENTLE

Mon., Sept. 14 - Dec. 7

Thurs., Sept. 17 - Dec. 3

11:15 am - 12:15 pm

Fee: \$51 (\$81 non-members)

**Instructor: Sylvia Galbraith**

Gentle yoga exercises to increase flexibility, balance, breathing and body awareness. These exercises are done seated using equipment supplied and everyone is encouraged to work at their own pace and comfort level. No floor exercises. Let Gentle Yoga lead you to a sense of well being!

CF-098

CF-099



### YOGA FOR YOU

Mon., Sept. 14 - Dec. 7

CF-

100

9:30 - 11 am

Fee: \$75 (\$105 non-members)

**Instructor: Sylvia Galbraith**

Yoga focuses on improving your physical and mental well being using a combination of poses, breathing & meditation exercises. It will increase your strength and flexibility and is an effective tool for relieving stress, calming the mind and achieving complete physical and mental relaxation. Please bring your own yoga mat.

### SPORTS



#### LEARN TO PLAY ... PICKLEBALL

Tues. Sept. 15, 22 & 29 or

CF-101

Tues. Nov. 10, 17 & 24

CF-102

9:30 - 11:00 am

Fee: \$15 (\$45 non-members)

**Instructor: Leslie Sherstobitoff**

This new and exciting sport combines table tennis and badminton. Learn to play this popular new sport. Have loads of fun while getting exercise. A detailed warm-up and stretch will be part of this program.

#### LEARN TO PLAY ... TABLE TENNIS

Thurs., Sept. 17, 24 & Oct. 1

CF-

103

12:30 - 2:30 pm

Fee: \$15 (\$45 non-members)

**Instructor: Ted Holtby**

Want to learn to play or improve your table tennis play? Table Tennis is an excellent fitness activity. Bring your own paddle.

#### Register Early!

Registering for a program at the last minute can lead to class cancellation due to insufficient registration.

780 496-7369 [www.clsa2.com](http://www.clsa2.com)