

## 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

**Contact: Alison, Rita or Susan**

Main Phone: (780) 496-7369

Fitness Centre: (780) 442-0949

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Central Lions  
Seniors Recreation

## Fitness Centre Information

11113 - 113 Street

780 496-7369

[www.clsa2.com](http://www.clsa2.com)



CENTRAL LIONS  
SENIORS ASSOCIATION

**WINTER 2012**

## COME TRY OUT OUR 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.***

## Fitness Centre Hours:

January - May

Monday - Friday

8:30 am - 3 pm

### Fees:

Drop-in Fee: \$3.50

10 Visit Pass: \$30.00

Monthly Pass: \$35.00

Personal Training: \$36.00 per/hr

### ***Closed on STAT Holidays:***

*Monday, January 2*

*Monday, February 20*

*Friday, April 6*

*Monday, April 9*

*Monday, May 21*

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

- Squat Machine
- Seated Leg Curl
- Leg Extension
- Ab Crunch
- Chest Press
- Seated Row
- Lat Pull Down
- Dual Adjustable Pulley Machine
- SciFit Pro-Armagometer  
- easy to use programs
- Various sizes of dumbbells  
- for a more advanced workout
- Bosu Balls & Exercise Balls
- Body Bars
- Foam Rollers
- Walking Poles

*"Hours and prices are subject to change"*