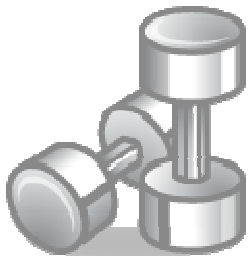


## The Benefits of Physical Activity

- 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

Fax: (780) 442-0946

## Central Lions Seniors Recreation

## Fitness Centre Information

11113 - 113 Street

780-496-7369

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



Central Lions Seniors Association

**FALL 2009**

## 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.

### **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”**

### **Fitness Centre Hours:**

***September 8 - December 18***

Mondays, 9 am - 3:30 pm

Tuesdays, 9 am - 7 pm

Wednesdays, 9 am - 3:30 pm

Thursdays, 9 am - 7 pm

Fridays, 9 am - 3:30 pm

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