

Fall Fitness Classes at Creekside Hall

Tues, Sept 5 - Thurs, Dec 21, 2017

All classes are self-paced and open to everyone over 55

These classes are a fine balance of cardio, strength, agility & stretching moves to challenge you and keep you on your toes!

Get Up & Go Cardio & Core:

This class is a fine blend of cardio, Tabata drills, weights and floor work. Improve your cardio capacity, flexibility and balance, build strength and tone muscles. Hand weights, Bender balls, tubing, gliders, standing strength, HITT drills, floor work and stretching throughout.

Mondays & Thursdays

Time: 9:30 - 10:30am

Gentle Paced Strength & Stretch

This 45 minute strength and stretch workout is aimed at those who would like to start moving, keep moving, strengthen for surgery and recover from injury. Increase your overall strength, flexibility, mobility and balance using light hand weights, tubing, gliders and Bender balls. Standing and seated chair exercises.

Mondays & Thursdays

Time: 10:45 - 11:30am

Get Up & Go Core Strength

Excellent for women and men, sport training and everyday living.

This functional strength workout is aimed at building and maintaining strength, toning muscle, improving flexibility and core balance. Hand weights, tubing, Bender balls, Tabata drills, gliders and floor work included to test your Brain Power! October is Winter Sport Conditioning Specific.

Tuesdays

Time: 9:30 - 10:30am

Cost: Membership to the CSA: \$25 for the year

One Class Drop in: \$6.50 10 Punch: \$60

Instructor: Lynn Borrowman

AFLCA/CANFIT PRO/First Aid/CPR Certified

Email borrowman@telus.net or Call 403.678.8428 for more information