

## Fall Fitness Classes at Creekside Hall

Tues, Sept 3th - Thurs, Dec. 19th 2019

All classes are self-paced and open to all CSA Members.

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 & Floor:

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 Core Strength:

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, walking and seated chair exercises.

**Mondays & Thursdays**

**Time: 10:45 - 11:30am**

### Sport Conditioning for Everyday Life:

Get set for those long snowshoe or ski days ahead. Build your core strength, legs, arms, shoulders and back to keep you on the move. This hourlong workout will improve your aerobic capacity, mobility, balance and strength for your favorite sport or everyday life. Everyone is welcome.

**Tuesdays**

**Time: 9:30 - 10:30am**

**Cost: Membership to the CSA: \$45 for the year**

**One Class Drop in: \$7 10 Punch: \$65**

**Instructor: Lynn Borrowman**

**AFLCA, First Aid/CPR Certified**

**Email [borrowman@telus.net](mailto:borrowman@telus.net) or Call 403.678.8428 for more information**