

## Come give us a try!

As you are probably aware SACA offers a variety of exercise classes, some during the day and some in the evening. SACA is very aware there are many facilities offering similar classes, but what you may not know is how we differ from those facilities!

SACA offers a more relaxed environment than traditional gyms, with a number of unique features:

- Small class sizes
- No mirrors
- Individualized instruction
- Specialized classes for those 55+
- Walkable location for many
- Supportive sense of community
- Ample complementary parking
- Ability to connect with neighbours

Here's what our many participants have to say about our programs:

- "Thank you for bringing in such a great variety of classes with very experienced and delightful instructors. I'm grateful to be living in Scenic Acres and a member of SACA."
- "I like the variety of registration options such as the 10 class pass or drop in, so I can attend classes even if I know I'm going to be away travelling"

Zumba Gold Mondays at 10:30am, Eve Zumba Tuesdays at 7:30pm, Zumba Gold Fridays at 9:15am

- "Virginia is the best! She makes you feel so welcome and her classes are so much fun. It's also a fantastic workout for the body and mind."
- "Virginia is Terrific, Personable and Fun. She assess the abilities of the class and make suggestions to adapt moves to individual abilities."
- "Virginia has a phenomenal amount of energy. She is exceptionally well qualified. She loves teaching. She always asks for feedback from her students. I really enjoy her classes."

Beginner Dancing Tuesdays at 10:30am; Intermediate Dancing Tuesdays at 11:35am

- "Reba J has great energy, enthusiasm and patience. I appreciate how she breaks down the dances into more manageable pieces. Love the quote or joke of the day!"
- "Reba J is a great teacher! She is always so upbeat and never judgmental. Lots of fun!!!"

Core Conditioning Mondays at 9:15am; Morning Yoga Tuesdays at 9:15am; Barre Class Wednesdays at 11:15am

- "Wanita is a GREAT instructor! She always gives alternatives to exercises because we are a varied group."
- "Wanita is Wonderful. I appreciate how she adds more relative information to her classes and shares a thoughtful reading to reflect on during our practice. I also appreciate how she give modifications to all the poses."

Beyond Yoga Basics Mondays at 1:15pm; Yoga Basics Thursdays at 9:15am

- "Jennifer is an AWESOME yoga teacher! She takes time to listen to everyone in the class and tailor the class to help alleviate everyone's individual aches, pains and areas of tightness."
- "Jen is an amazing yoga instructor who balances her program with the yoga needs and abilities of the participants."

Bliss Yoga Mondays at 7:30pm; Evening Yoga Wednesdays at 7:30pm

- "Holly is a positive, genuine, attentive instructor and has a unique way of teaching. She is very engaged with her participants, expressing love, care, and compassion. She is wonderful!"
- "Holly is a very special teacher. It's great exercise with a strong meditative element in a wonderfully supportive environment."
- "Holly is an open, grounded, insightful woman, incredibly skilled at yoga with a gift for teaching."

If you've never been to a SACA class and would like to experience one first hand, we welcome you to come and take a complementary class anytime between January 9<sup>th</sup> and 20<sup>th</sup>! If you have any questions at all please contact the office [scenicacresca@shaw.ca](mailto:scenicacresca@shaw.ca) or **403.547.9589**, we will be reopening Wednesday January 4<sup>th</sup>.