

PROGRAM REGISTRATION open on-line AUGUST 1st!

The fastest way to register is on-line at www.scenicacresca.ca. You may also register in person during SACA's office hours. For more information contact the SACA Office scenicacresca@shaw.ca or 403-547-9589. *If you would like to discuss alternate payment options please also contact the office.*

NOTES: To qualify for the member rate, you must have a valid SACA membership.

- If your membership has expired, please renew before registering for a program.
- Online registration will require payment to be made by credit card.
- Registration confirmation will be e-mailed to you.

FOR ADULTS...

CORE CONDITIONING

This is a fun, class integrating the practice of Yoga, Pilates, Barre and strengthening exercises to build a stronger, toned and lean body. With focus on proper alignment, using light weights and small fitness props, you will get a full body workout to help you stand taller, feel stronger and tone the muscles in your shoulders, back, legs and abdominals. We finish it all off with a great 15 minute yoga stretch! All levels welcome!

Instructor: Wanita Koelbl

Monday Mornings

Dates: Sep 10 – Dec 17 (14 classes – no class Oct 8)

Time: 9:15 – 10:15 am

Early Bird Special: \$140* member / \$180 non-member

As of Sep 6: \$155 member / \$195 non-member

* \$10 per 60 minute class



ZUMBA GOLD

Designed specifically for those 55+ who are looking for a slower paced Zumba class! This is a Latin-inspired, easy-to-follow, calorie-burning, dance-fitness party. Feel the music and let loose! Zumba classes feature exotic rhythms set to Latin and international beats. Before you know it, you will be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

Instructor: Rahmi Diomande

Monday Mornings

Dates: Sep 10 – Dec 17 (14 classes – no class Oct.8)

Time: 10:30 – 11:30 am

Early Bird Special: \$140* member / \$180 non-member

As of Sep 6: \$155 member / \$195 non-member

* \$10 per 60 minute class

BEYOND YOGA BASICS

This 90 minute yoga class is for those with some Yoga experience. Students will explore intermediate flow series to their own level; working towards a variety of further advanced poses such as backbends, arm balances, as well as supported headstands and handstands. Ashtanga, Vinyasa and Anusara styles of yoga have all influenced the flow series taught. Previous yoga experience is a prerequisite. **Instructor:** Jennifer Roberts



Monday Afternoons

Dates: Sep 10 – Dec 17 (14 classes – no class Oct 8)

Time: 1:15 – 2:45 pm

Early Bird Special: \$210* member / \$250 non-member

As of Sep 6: \$225 member / \$265 non-member

* \$15 per 90 minute class

BLISS YOGA

This 90 minute class will blend Yang with Yin, brawn with bliss and ultimately leave you relaxed, rested and restored. One hour of Vinyasa Flow (linking breath with movement) and ½ hour of Yoga Nidra wakeful sleep, will strengthen, open and fine tune your body. If you've ever experienced trouble sleeping, this quite possibly could be the answer to a "restful sleep".

Instructor: Holly Dalglish

Monday Evenings

Dates: Sep 10 – Dec 17 (14 classes – no class Oct 8)

Time: 7:30 – 9:00 pm

Early Bird Special: \$210* member / \$250 non-member

As of Sep 6: \$225 member / \$265 non-member

* \$15 per 90 minute class

MORNING YOGA

This 60 minute yoga class is for every level. Beginners through to those with yoga experience. All poses can be modified to suit the individual's range of motion and yoga experience. You will use yoga props to find the right alignment for you. Sore shoulders? Problematic pelvis? Unhappy hamstrings? Join us to loosen, soften and feel open to get on with your day.

Instructor: Wanita Koelbl.

Tuesday Mornings

Dates: Sep 11 – Dec 11 (14 classes)

Time: 9:15 – 10:15 am

Early Bird Special: \$140* member / \$180 non-member

As of Sep 6: \$155 member / \$195 non-member

* \$10 per 60 minute class

DANCING - Intermediate

For those of all ages who have taken line dancing before and are looking to take their dancing to the next level. Join Reba J as she teaches a couple of new dances per week.

Instructor: Reba J

Tuesday Mornings

Dates: Sep 11 – Nov 13 (10 classes)

Time: 10:30 – 11:30 am

Early Bird Special: \$100* member / \$140 non-member

As of Sep 6: \$115 member / \$155 non-member

* \$10 per 60 minute class

DANCING - Beginner

For beginner line dancers of all ages. Join Reba J as she teaches a couple of new dances per week.

Instructor: Reba J

Tuesday Mornings

Dates: Sep 11 – Nov 13 (10 classes)

Time: 11:35am – 12:35pm

Early Bird Special: \$100* member / \$140 non-member

As of Sep 6: \$115 member / \$155 non-member

* \$10 per 60 minute class

EVENING ZUMBA

Zumba® for everybody and every body! No dance experience needed, just a desire to get fit in a quick, fun, easy-to-follow class tailored to your fitness level. Zumba® takes the “work” out of workout, by mixing low- and high-intensity moves for an interval-style, calorie-burning dance fitness party. This class combines cardio, muscle conditioning, balance and flexibility and leaves you with a big smile, boosted energy and a serious dose of feeling awesome each time you leave class!

Instructor: Kavita Chandi

Tuesday Evenings

Dates: Sep 11 – Dec 11 (14 sessions)

Time: 7:30 – 8:30 pm

Early Bird Special: \$140* member / \$180 non-member

As of Sep 6: \$155 member / \$195 non-member

* \$10 per 60 minute class

EVENING YOGA

This 75 minute Evening Yoga class is Ashtanga based but incorporates innovative sequences and poses from various styles of yoga, linked by Sun salutations. Classes will focus on synchronizing your breath with dynamic, fluid movements, allowing you to move intuitively and build a personal journey within your body and mind. Your instructor will

guide you through each movement within the sequence, offering verbal and sometimes physical adjustments and modifications. You will work with ujjayi breathing and energy locks. This class is recommended for everyone with a willingness to try. No experience necessary.

Instructor: Holly Dalgleish

Wednesday Evenings

Dates: Sep 12 – Dec 12 (14 sessions)

Time: 7:30 – 8:45 pm

Early Bird Special: \$175.00* member

/ \$215.00 non-member

As of Sep 6: \$190.00 member /

\$230.00 non-member

* \$12.50 per 75 minute class



YOGA BASICS

This 90 minute yoga class is for those of all ages, and all abilities from beginners through to those with years of yoga experience. This class will introduce and review the Basics of Yoga (the art of ancient movements that lead to a healthier body and mind), providing a foundation for a meaningful yoga practice. Whether this is your first time in a yoga class, you are returning to Yoga after an absence or are looking for a therapeutic style of Yoga, this gentle paced yoga class is for you.

Instructor: Jennifer Roberts

Thursday Mornings

Dates: Sep 13 – Dec 13 (14 sessions)

Time: 9:15 – 10:45 am

Early Bird Special: \$210* member / \$250 non-member

As of Sep 6: \$225 member / \$290 non-member

* \$15 per 90 minute class



FOR CHILDREN...

The following groups will also be providing the following programs at SACA. Please visit our web site scenicacresca.ca for program, registration and contact information.

MUSIC & PLAY

Wednesdays. 9:25am Music Pups® (6 mos to 4 yrs); 10:25am Music Cats® (4 to 5 yrs)

SPORTBALL

Parent & Child (2–3½yrs) : Wed 5-5:45pm or Fri 9:15-10am
Multi-Sport (3–8yrs) : Wed 4-5pm or Fri 10-11am

