



Online and Mail-in Registration will begin on **July 20th, 2020 @ 8:30 AM** and is strongly recommended. Please refer to the “**How to Register**” page of your package. Please also review the “**Restrictions and Guidelines**” page of your package before you register for programs.

The facility will be open to the members starting on August 4th, 2020 @ 8:30 AM  
Please note our **NEW OFFICE HOURS**

Mon - Fri, 8:30 AM - 4:00 PM (closed 12:00 - 12:30 PM daily)



Program durations scheduled are inclusive of the time required for instructor and participant equipment and shared-space disinfection and sanitization.

**Age Reversing Essentrics**® (Mon, max. 11ppl)  
**Samara and Meaghan Hipkin** (Fri, max. 8ppl)

This is an age reversing workout that will restore movement in your joints, improve flexibility and strength in your muscles, relieve pain and stimulate your cells to increase energy, vibrancy and your immune system. Level 2 – Gentle to Moderate fitness, includes standing and some floor work (back and side only). Some movement modifications available. Bring a yoga mat and water.

- A)** Mon, Aug 10-31 / 10:15-11:15 AM / 4 Wks
  - B)** Fri, Aug 7-28 / 10-11 AM / 4 Wks
- \$45**

**Cardio Plus** (max. 26ppl)  
**Falon Fleming**

Start the day with Falon leading you through a variety of exercises to get the heart rate up, strengthen muscles and tone your whole body. Must be able to lower to floor to do mat work.

- A)** Mon, Aug 10-31 / 8:45-9:45 AM / 4 Wks
  - B)** Wed, Aug 5-26 / 8:45-9:45 AM / 4 Wks
  - C)** Fri, Aug 7-28 / 8:45-9:45 AM / 4 Wks
- \$25**

**Chair Dance** (max. 9ppl)  
**Harmeet Khaira**

Let's join the dance party with Harmeet! Each class includes stretching, strengthening, coordination and mobility exercises, all to the rhythm and tempo of the music. These updated aerobics classes are a fun way to get moving while also improving balance and coordination, reducing stress and boosting your overall fitness level. All exercises are done in the chair while seated.

- Thu, Aug 6-27 / 11AM-12 PM / 4 Wks
- \$25**

**Chair Total Body Workout** (max. 9ppl)  
**Harmeet Khaira**

Harmeet will lead you through effective exercises and stretches for the entire body. Improve joint range of motion and release tense muscles. Each major muscle group will be focused on. Using bands, walls and chairs, this class is a great fit for all participants. No floor work.

- Thurs, Aug 6-27 / 12:15-1:15 PM / 4 Wks
- \$25**



**Chair Yoga** (max. 11ppl)

**Barb Deneka**

Chair Yoga is one of the gentlest forms of yoga available. This class uses a chair for all postures, sitting and standing. It is a great way to practice yoga if you have limitations that keep you from attending a traditional yoga class. No mat work.  
Thurs, Aug 6-27 / 12-1 PM / 4 Wks

**\$35**

**Clogging for Beginners** (max. 11ppl)

**Adele Brewer**

No experience or clogging shoes required.

Mon, Aug 10-31 / 1-2 PM / 4 Wks

**\$38**

**Clogging Beginner Level 2 and 3** (max. 15ppl)

**Adele Brewer**

Wed, Aug 5-26 / 1:30-2:30 PM / 4 Wks

**\$38**

**Clogging Intermediate** (max. 11ppl)

**Adele Brewer**

Mon, Aug 10-31 / 2:15-3:15 PM / 4 Wks

**\$38**

**Clogging EZ Intermediate** (max. 15ppl)

**Adele Brewer**

Wed, Aug 5-26 / 2:45-3:45 PM / 4 Wks

**\$38**

**Essentrics ® for Seniors** (max. 11ppl)

**Samara Hipkin**

This class is aimed at regaining your mobility while slowly building strength and reawakening the power of your 650 muscles. This is a slower paced class and is designed for those who have muscle stiffness/atrophy, frozen shoulder, chronic aches and pains, and for those who are beginning to exercise after being inactive. Ideal for seniors who are looking for a gentle, slow tempo class that focuses on improving mobility, balance and strength. Level 1 – Gentle Fitness, standing and chair work.

Mon, Aug 10-31 / 11:30 AM-12:30 PM / 4 Wks

**\$45**

**Essentrics ® for Stretch and Tone** (max.12ppl)

**Samara and Meaghan Hipkin**

A full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening and stretching.

The technique develops lean, strong and flexible muscles with immediate changes to your posture.

Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints. With a diverse music playlist accompanying each routine, this equipment-free workout leaves you feeling energized, youthful and healthy. Level 3 – Moderate fitness, includes standing and floor work (back and side only). Bring a yoga mat and water.

**A)** Mon, Aug 10-31 / 9-10 AM / 4 Wks

**B)** Fri, Aug 7-28 / 8:45-9:45 AM / 4 Wks

**\$45**

**Fit For Your Life** (max. 26ppl)

**Falon Fleming**

A perfect mixture of aerobic activity, strength training and stretching, participants are urged to go at their own pace and enjoy this well-rounded fitness class. No floor work.

**A)** Mon, Aug 10-31 / 10-11 AM / 4 Wks

**B)** Wed, Aug 5-26 / 10-11 AM / 4 Wks

**C)** Fri, Aug 7-28 / 10-11 AM / 4 Wks

**\$25**

**Fun'n'Fitness** (max. 26ppl)

**Harmeet Khaira**

This class involves plenty of mobility to help improve the cardiovascular system. The class also incorporates balance, strength, and flexibility activities with the use of portable exercise equipment. No floor work.

Mon, Aug 10-31 / 12:45-1:45 PM / 4 Wks

**\$25**

**Gentle Yoga** (max. 12ppl)

This can benefit those with health conditions like fibromyalgia, chronic back pain, arthritis and other mobility issues. Focus is on gentle yoga stretches and poses, breathing and relaxation techniques to help alleviate pain and increase range of motion. Some mat work is required.

**Beverley Moore**

**A)** Tues, Aug 4-25 / 12:15-1:30 PM / 4 Wks

**\$35**

**Barb Deneka**

**B)** Thurs, Aug 6-27 / 10:30-11:45 AM / 4 Wks

**\$35**



**Limber and Laughter** (max. 26ppl)  
**Harmeet Khaira**

Join in for an effective seated workout using portable equipment and a range of modified movements. This class welcomes all levels of exercisers and is very beneficial to those with limited mobility.  
Mon, Aug 10-31 / 11:30 AM - 12:30 PM / 4 Wks  
**\$25**

**Stretch'n'Tone Yoga: Beginner** (max. 12ppl)  
**Beverley Moore**

Tone your body while improving flexibility, endurance and well-being. Enjoy the energizing effects of gentle stretching and the peacefulness of yoga.  
Tues, Aug 4-25 / 10:30 AM - 11:45 AM / 4 Wks  
**\$35**

**Stretch'n'Tone Yoga: Intermediate** (max. 12ppl)

Tone your body while improving flexibility, endurance and well-being. Enjoy the energizing effects of gentle stretching and the peacefulness of yoga.

**Beverley Moore**  
A) Tues, Aug 4-25 / 8:45 - 10:00 AM / 4 Wks  
**\$35**

**Barb Deneka**  
B) Thurs, Aug 6-27 / 8:45 - 10:00 AM / 4 Wks  
**\$35**

**Triple S** (max. 6ppl)

**Jollean Ferrari**  
Stretch, Strengthen, and Suspend! Join us for a total body workout that includes stretching overactive muscles and strengthening those less active using weights, resistance bands, and suspension trainers. Some floor work.

**Beginner**  
A) Tues, Aug 4-25 / 9:45-10:45 AM / 4 Wks  
B) Wed, Aug 5-26 / 9:45-10:45 AM / 4 Wks  
C) Thurs, Aug 6-27 / 9:45-10:45 AM / 4 Wks  
**\$25**

**Intermediate** (Pre-requisite: Triple S - Beginner)

D) Tues, Aug 4-25 / 8:30-9:30 AM / 4 Wks  
E) Wed, Aug 5-26 / 8:30-9:30 AM / 4 Wks  
F) Thurs, Aug 6-27 / 8:30-9:30 AM / 4 Wks  
**\$25**

## What's NEW in the NESAs Fitness Centre?

- An online reservation system has been adopted to help us keep you safe and ensure we do not exceed the allowed occupancy inside the fitness centre. The expected opening date is **August 4th, 2020**. Please check for updated information on NESAs website under "What We Do" and in the section called "Fitness Centre" for more information about how you can book your next visit to the fitness centre.
- Increased cleaning protocols during and in-between exercise sessions
- Reconfiguration of some machines to accommodate social distancing requirements

### What is the status on the fitness centre passes since NESAs closed on March 13, 2020?

The amount of time the center was closed for (20 weeks) will be added to all 10/12 visit and annual passes that were still active prior to the facility closure. Monthly Passes purchased after February 13th will be extended by one month.

**Still have questions?**

**Please call the Fitness Centre Coordinator Jollean at 780.496.4915**





In adherence to the restrictions set forth by Alberta Health Services and the City of Edmonton, and in keeping member safety at top priority, in-person registrations will not be made available at this time. We are pleased to provide you with online and mail-in registration options for the coming season, and strongly encourage you to participate in online registration for the best chances at securing a spot in your activity, as space is limited. Online registration will begin on **July 20th, 2020 @ 8:30 AM** and mail-in registrations will be processed in the order they are received, after the first day of online registration.

**Please review the following information carefully as our registration options have changed.**

If you are a Landry Leisure Pass (LLP) cardholder, please contact a staff member directly to assist with your registration by calling **780.496.6969**

For additional resources on registration including extra printable forms, tutorials and tips, visit [www.nesa1.ca](http://www.nesa1.ca), under 'Get Involved', then 'Register'.

*We are pleased to provide you with the (2) following options for registration:*

- 1) Online Registration** – You are now able to sign up and pay entirely online for your activities by visiting [www.myactivecenter.com](http://www.myactivecenter.com). Select 'New Users' at the top, search for North Edmonton Seniors Association, then follow the steps to register and pay completely online with or without a PayPal account (see our tips on our website about Bypassing a PayPal Account if you do not have one!). **Note:** Use the identifying information on your "Welcome Back" letter to complete your online registration.
  
- 2) Mail-In Registration** – This option is still the same! Fill out the included mail-in registration form and mail it in with a cheque to 7524 – 139 Avenue, Edmonton, AB, T5C 3H7.

***Thank you for reviewing the above options carefully.  
Please contact staff directly with any additional inquiries.  
We are so excited to have you back!***



**North Edmonton Seniors Association**

at Northgate Lions Seniors Recreation Centre  
 7524-139 Avenue, Edmonton, AB T5C 3H7  
 780.496.6969 | fax 780.496.4707 | www.nesa1.ca

**Option 2: Mail-In Registration**

Simply mail the completed form (please print clearly) with payment  
 (cheque payable to **North Edmonton Seniors Association**)

**Important – Mail-in registrations:**

- will be processed **the day after** the first day of registration and as received thereafter;
- are accepted on a space availability basis and a space in class is not guaranteed; online registration opens first and receives priority.
- Due to current circumstances, only current members are invited to register at this time. Failure to have a completed membership will result in your registration not being processed until your complete membership enrollment and payment are received. Thank you for understanding.
- For further resources (printable forms, tutorials and tips) visit [www.nesa1.ca](http://www.nesa1.ca), click 'Get Involved', then 'Registration'.

**Confirmation:** Registrants will receive a confirmation receipt by mail. If you do not receive a confirmation prior to the first day of class, please call to confirm receipt of registration.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone(s): \_\_\_\_\_

Email Address: \_\_\_\_\_

Activity Code	Activity Name	Start Day/Date	Time	Fee	Office Use
<b>Payment:</b> Payment in full must accompany registration. Please do <b>NOT</b> send cash. Cheques must be made payable to: <b>North Edmonton Seniors Association.</b>				<b>Total</b>	