



## REGISTRATION STARTS

November 26

A new registration system, **Recreation Online**, is coming in the new year! See page 1 for details.

# ADULT/OLDER ADULT

# FLEX PASS

Get drop-in access to our most popular registered fitness classes for \$60 per month. Purchase your monthly Flex Pass at any Strathcona County recreation facility. Programs with **BLUE** titles are included on the Flex Pass.

Classes are subject to change, find the latest Flex Pass schedule and more info at [www.strathcona.ca/flexpass](http://www.strathcona.ca/flexpass)

### HIIT and Ride

Challenge yourself with interval-based cycling drills mixed with off-bike strength and power exercises.

Omit: Feb 16, 17

Age: 16Y+		Max 20
Millennium Place	Red Room	
<a href="#">131333</a>	Jan 6 to Mar 23	Mon
	9:15 - 10:15 am	\$121.00
<a href="#">131334</a>	Jan 5 to Mar 29	Sun
	10:15 - 11:15 am	\$132.00

### MOC Cycle and Mobility Stretch

Increase your mobility and flexibility in this combination fitness class. This signature class includes 35 minutes of cycling drills followed by 25 minutes of stretching and foam rolling.

Age: 16Y+		Max 16
Millennium Place	Red Room	
<a href="#">131344</a>	Jan 8 to Mar 25	Wed
	6 - 7 pm	\$132.00

### Pure Ride

Pedal with purpose and elevate your fitness level. This cycling workout uses bike displays to monitor wattage, RPMs and resistance, so you can get the most from your indoor ride.

Omit: Feb 17

Age: 16Y+		Max 40
Millennium Place	Red Room	
<a href="#">131363</a>	Jan 6 to Mar 23	Mon
	7:15 - 8 pm	\$104.50
<a href="#">131364</a>	Jan 7 to Mar 24	Tue
	7 - 8 pm	\$132.00
<a href="#">131365</a>	Jan 7 to Mar 24	Tue
	8:15 - 9 pm	\$114.00
<a href="#">131366</a>	Jan 9 to Mar 26	Thu
	6:30 - 7:30 pm	\$132.00

### Watts Up Saturday!

Power up your cycling abilities and monitor your progress based on watts. This 90-minute workout starts with challenging cycling drills and finishes off of the bike with strength based exercises.

Omit: Feb 15

Age: 16Y+		Max 40
Millennium Place	Red Room	
<a href="#">131375</a>	Jan 4 to Mar 28	Sat
	7 - 8:30 am	\$144.00

### Strength and Stretch

Targeting every muscle group, this class introduces a variety of exercises to improve your muscular strength and flexibility.  
Omit: Feb 17

Age: 16Y+		Max 22
Glen Allan Recreation Complex	Studio 203	
<a href="#">131367</a>	Jan 6 to Mar 23	Mon
	8:15 - 9 pm	\$104.50

### Full Body Yoga

Mobility and flexibility are the foundations of strength and power. Connect the mind and body through various yoga poses, while lengthening the soft tissues and creating space in the joints.  
Omit: Feb 15

Age: 16Y+		Max 30
Ardrossan Recreation Complex	Hall	
<a href="#">131323</a>	Jan 7 to Mar 24	Tue
	7:15 - 8:30 pm	\$156.00

Ardrossan Recreation Complex	Aspen Room	
<a href="#">131324</a>	Jan 8 to Mar 25	Wed
	10:15 - 11:15 am	\$132.00

Glen Allan Recreation Complex	Studio 203	
<a href="#">131325</a>	Jan 8 to Mar 25	Wed
	6 - 7 pm	\$132.00

Millennium Place	Green Room	
<a href="#">131326</a>	Jan 10 to Mar 27	Fri
	10:30 - 11:30 am	\$132.00
<a href="#">131327</a>	Jan 11 to Mar 21	Sat
	10:15 - 11:15 am	\$110.00

### Barre Burn

This class incorporates elements of pilates and ballet to shape and define your body with the help of a barre and light resistance. You'll get a full-body, high-energy workout that will have you feeling the burn.  
Omit: Feb 17

Age: 16Y+		Max 20
Millennium Place	Green Room	
<a href="#">131186</a>	Jan 6 to Mar 23	Mon
	9:15 - 10:15 am	\$121.00
<a href="#">131187</a>	Jan 8 to Mar 25	Wed
	6 - 7 pm	\$132.00



Barre Burn



Full Body Yoga

### Pilates Bootcamp

This Pilates-based workout focuses on building core strength and increasing flexibility, fused with low-impact cardio and traditional bootcamp drills. A perfect mix all designed to make you sweat! All fitness levels welcome.  
Omit: Feb 17

Age: 16Y+		Max 20
Millennium Place	Green Room	
<a href="#">131357</a>	Jan 6 to Mar 23	Mon
	7 - 8 pm	\$121.00
<a href="#">131358</a>	Jan 7 to Mar 24	Tue
	9 - 10 am	\$132.00

### It's Friday

A new class each week, It's Friday features our most popular programs like Bootcamp, Circuit, POUND®, Barre, and more. Visit [strathcona.ca/flexpass](http://strathcona.ca/flexpass) to see the weekly class schedule.

Age: 16Y+		Max 16
Millennium Place	Purple Room	
<a href="#">131335</a>	Jan 3 to Mar 27	Fri
	9 - 10 am	\$143.00

### Fit Mix Wednesday

This full-body conditioning class is designed to make you sweat. Expect a variety of exercises and formats like intervals, High Intensity Interval Training, circuits and more. Work hard, challenge yourself, and keep moving!

Age: 16Y+		Max 25
Glen Allan Recreation Complex	Studio 203	
<a href="#">131319</a>	Jan 8 to Mar 25	Wed
	7:15 - 8:15 pm	\$132.00



### Floating Fitness

Get on board our aqua mats where you will love the added mobility challenge that a workout on water brings. Classes require a basic level of fitness. Be prepared to get wet. Wear something that is comfortable in the water and on the board. Balance, strength, stability and cardio will be tested in this bootcamp format.

Age: 16Y+		Max 13
<b>Emerald Hills Leisure Centre</b>	<b>Teach Pool</b>	
<a href="#">131321</a>	Jan 8 to Mar 25	Wed 7:45 - 8:30 pm \$114.00
<a href="#">131322</a>	Jan 9 to Mar 26	Thu 7 - 7:45 pm \$114.00

### Aqua X-Train

Dive into deep water for a high energy, low impact workout perfect for all fitness levels. This class focuses on running drills to challenge your cardio level and exercises to improve your strength. This is a great cross-training alternative to your fitness routine.

Omit: Feb 17

Age: 16Y+		Max 12
<b>Millennium Place</b>	<b>The McKay Team Aquatics Centre</b>	
<a href="#">131181</a>	Jan 6 to Mar 23	Mon 7:45 - 8:45 pm \$121.00

### Baby Worx

Bring your little one and your stroller for a fun, high energy class suitable for all fitness levels. This full-body functional workout will challenge your strength, cardio and core. Drop-in is available for \$9.00 per class.

Age: 16Y+		Max 20
<b>Millennium Place</b>	<b>MaxWell Realty Field 2</b>	
<a href="#">131183</a>	Jan 7 to Mar 24	Tue 10:15 - 11:15 am \$102.00
<a href="#">131184</a>	Jan 9 to Mar 26	Thu 10:15 - 11:15 am \$102.00

### Baby Worx H2O

You and your little one will love this high-energy water workout. This action packed aqua class is designed for all fitness levels while your baby enjoys some floating fun. Please bring a baby float and swim diapers.

Age: 6M+		Max 15
<b>Emerald Hills Leisure Centre</b>	<b>Teach Pool</b>	
<a href="#">131185</a>	Jan 10 to Mar 27	Fri 9 - 9:45 am \$114.00

### All In One!

The name says it all! Challenge your cardio, strength, balance and flexibility to reach your fitness goals. Old school aerobics meets new age fitness while using the beat of the music to keep your heart pumping. Stay for a coffee social after the class.

Age: 16Y+		Max 15
<b>Ardrossan Recreation Complex</b>	<b>Aspen Room</b>	
<a href="#">131179</a>	Jan 7 to Mar 24	Tue 9:30 - 10:30 am \$132.00
<b>Ardrossan Recreation Complex</b>	<b>Hall</b>	
<a href="#">131180</a>	Jan 9 to Mar 26	Thu 10 - 11 am \$132.00

### Move and Groove

This lower impact, aerobics class is perfect for all fitness levels. Increase your cardio, strength, mobility and flexibility set to music that makes you want to groove along.

Age: 18Y+		Max 25
<b>Glen Allan Recreation Complex</b>	<b>Studio 203</b>	
<a href="#">131345</a>	Jan 7 to Mar 24	Tue 7:15 - 8:15 pm \$132.00

### Circuit

Time flies in this workout as you zip through exercise stations while working on everything from cardio and strength to agility and core. The types of exercises and equipment will vary each class for a different workout each week. Saturdays class will be held in the weight room.

Omit: Feb 15, 17

Age: 16Y+		Max 20
<b>Glen Allan Recreation Complex</b>	<b>Studio 203</b>	
<a href="#">131193</a>	Jan 6 to Mar 23	Mon 6:15 - 7 pm \$104.50
<b>Glen Allan Recreation Complex</b>	<b>Level 2 - Apple Fitness Centre</b>	
<a href="#">131194</a>	Jan 4 to Mar 28	Sat 8:15 - 9:15 am \$132.00

### P90X Live™

Join us for P90X Live in a group setting! This full-body cardio and strength class is broken up into different sections of Cardio X, Lower Body X, Upper Body X and Core X.

Age: 16Y+		Max 24
Millennium Place	Green Room	
<a href="#">131356</a>	Jan 7 to Mar 24	Tue
	7:30 - 8:30 pm	\$132.00

### Advanced Bootcamp

This next level bootcamp will test your strength, speed, power and agility with functional, sports-related exercises and traditional bootcamp drills. Omit: Feb 17

Age: 16Y+		Max 25
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">131173</a>	Jan 6 to Mar 23	Mon
	6 - 7 pm	\$121.00

### High Fitness™

This high intensity, total body workout combines cardio and body weight exercises to the beat of the hottest music tracks. The choreographed moves are fun and easy to follow. You will keep coming back for more!

Age: 16Y+		Max 24
Millennium Place	Green Room	
<a href="#">131332</a>	Jan 9 to Mar 26	Thu
	6:15 - 7:15 pm	\$132.00

### POUND®

Rock out in this exhilarating, full-body workout with choreographed movements set to music. This class combines cardio conditioning and strength training in a fun atmosphere perfect for letting loose, getting energized, and toning up. All fitness levels welcome.

Age: 16Y+		Max 18
Millennium Place	Purple Room	
<a href="#">131360</a>	Jan 8 to Mar 25	Wed
	7:15 - 8 pm	\$114.00

### TRX Strong

Train smart, fast and efficiently with this muscle conditioning class for all levels. The TRX system uses your body weight against gravity to work strength, core stability and flexibility. Finish off with a mobility session!

Age: 16Y+		Max 16
Millennium Place	Purple Room	
<a href="#">131369</a>	Jan 9 to Mar 26	Thu
	6:15 - 7:15 pm	\$132.00

### Happy Hour

Finish your day with this high-energy, motivating class. If the music doesn't get you moving after work, the variety of exercises and equipment certainly will. It's Happy Hour, the healthy way!

Age: 16Y+		Max 18
Glen Allan Recreation Complex	Studio 203	
<a href="#">131331</a>	Jan 9 to Mar 26	Thu
	5:15 - 6:15 pm	\$132.00

### Kickboxing

Build strength and stamina through kicking and punching skills! No experience needed. We focus on fun and fitness using a variety of boxing drills and partner work. Gloves and focus pads provided during class. Get ready to have a blast.

Age: 16Y+		Max 16
Millennium Place	Purple Room	
<a href="#">131338</a>	Jan 7 to Mar 24	Tue
	6:30 - 7:30 pm	\$132.00



**FUN FACTORY**

Fun Factory is a **drop-in babysitting** service for people participating in a recreation program or activity. Enjoy your workout while your little one has fun in a safe and caring environment. Available at Millennium Place and Ardrossan Recreation Complex.



Check online for more information.  
[www.strathcona.ca/funfactory](http://www.strathcona.ca/funfactory)

## Wellness - Adult/Older Adult

### Registered Programs

### Cardio Salsa

No dance partner required! This energetic, upbeat class is based on Salsa, Merengue, Cha Cha, and Rumba moves, taught to pulsing Latin rhythms. Come prepared for a ton of fun.

Age: 16Y+		Max 20
Glen Allan Recreation Complex	Studio 206	
<a href="#">131190</a>	Jan 7 to Mar 24	Tue
	6:15 - 7 pm	\$114.00
Millennium Place	Green Room	
<a href="#">131191</a>	Jan 8 to Mar 25	Wed
	11:45 am - 12:45 pm	\$114.00

### Get Started

The perfect class for beginners or those looking to get back into a fitness routine. Learn the basics in this blended group fitness and wellness centre workout class. Enjoy a comfortable and encouraging environment that introduces you to a variety of exercises and equipment.

Omit: Feb 16

Age: 16Y+		Max 16
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">131328</a>	Jan 8 to Mar 11	Wed
	5:30 - 6:30 pm	\$95.00
Millennium Place	Personal Training Room	
<a href="#">131329</a>	Jan 12 to Mar 15	Sun
	9:30 - 10:30 am	\$85.50

### Cycle Swim

Boost your fitness level with a heart pounding cycle class followed by a coached swim workout. This class is a perfect cross training alternative for runners and for those wanting help with swim technique. All swim abilities welcome.

Age: 16Y+		Max 20
Millennium Place	Red Room	
<a href="#">131195</a>	Jan 7 to Mar 24	Tue
	8:15 - 9:45 pm	\$156.00



**Aqua Zumba**

### Aqua Zumba®

Perfect for those looking to make a splash by adding a high-energy workout to their fitness routine. This class blends the Zumba format with water resistance for one pool party you don't want to miss.

Omit: Feb 17

Age: 16Y+		Max 25
Kinsmen Leisure Centre	Pool	
<a href="#">131182</a>	Jan 27 to Mar 23	Mon
	6 - 6:50 pm	\$88.00

### Adult Swim Training

Take your swimming to the next level. This program offers high caliber coaching to help you improve your form and endurance in the pool.

Omit: Feb 17

Age: 16Y+		Max 16
Millennium Place	The McKay Team Aquatics Centre	
<a href="#">131170</a>	Jan 6 to Mar 23	Mon
	10:30 - 11:30 am	\$110.00
<a href="#">131172</a>	Jan 7 to Mar 24	Tue
	9 - 9:45 pm	\$114.00
<a href="#">131171</a>	Jan 10 to Mar 27	Fri
	10:30 - 11:30 am	\$120.00

### Floating Family Bootcamp

The ultimate family workout on water! This class features fun games and exercises on floating aqua mats. Each registration includes one adult and one child.

Omit: Feb 15

Age: 8Y+		Max 12
Emerald Hills Leisure Centre	Teach Pool	
<a href="#">131320</a>	Jan 18 to Mar 21	Sat
	3:30 - 4:15 pm	\$144.00



#### Services include:

- Physical Therapy
- Massage
- Acupuncture
- Intramuscular Stimulation (IMS)
- SportFit
- KneeFit
- GolfFit
- CycleFit

[www.sherwoodparkphysio.com](http://www.sherwoodparkphysio.com) | 780-464-5915

Located on the second floor of Millennium Place.

**Adult Power Skate/Learn to Play Hockey**

Work on your skating technique and hockey skills with Jim Fleming. Learn proper body control and positioning to improve your skating skills while developing hockey essentials like stick handling, puck control and shooting. Full equipment including sticks is required. Pucks will be provided.  
Omit Feb 17

Age: 16Y+		Max 20
Strathcona Olympiette Centre	Ice - Main	
<a href="#">131168</a>	Jan 27 to Mar 30	Mon 7:30 - 8:30 pm \$150.00
<a href="#">131169</a>	Jan 27 to Mar 30	Mon 8:45 - 9:45 pm \$150.00

**Kung Fu**

Tibetan White Crane Kung Fu is a complete traditional martial art system that integrates internal and external methods of kicking, striking, wrestling and grappling. This system also provides training in sword, staff and pole arms. Suitable for beginners and experienced martial artists.  
Omit: Feb 16

Age: 12Y+		Max 16
Millennium Place	Doctors Eyecare Blue Room	
<a href="#">131340</a>	Jan 12 to Mar 29	Sun 12 - 1 pm \$104.50

**Kettlebell Circuit**

Tap into your powerful side with this full-body, strength based program. Each week you'll learn new skills and movements using a kettlebell weight to build on your strength, power and stamina.

Age: 16Y+		Max 12
Millennium Place	Purple Room	
132641	Jan 9 to Mar 26	Thu 7:30 - 8:30 pm \$132.00
Millennium Place	Red Room	
<a href="#">131337</a>	Jan 10 to Mar 27	Fri 9 - 10 am \$132.00

# Fit for NOW

Adult Wellness Orientation

Need help getting started?

Get a 30 minute orientation of our wellness center with one of our fitness technicians. See the wellness desk for booking details.

[www.strathcona.ca/fitness](http://www.strathcona.ca/fitness)



**Essentrics™**

Essentrics is a full-body stretch workout based on the continual flow of movement, resulting in increased flexibility, improved posture and pain relief.

Age: 16Y+		Max 22
Millennium Place	Green Room	
<a href="#">131312</a>	Jan 7 to Mar 24	Tue 6:15 - 7:15 pm \$132.00
<a href="#">131313</a>	Jan 10 to Mar 27	Fri 9:15 - 10:15 am \$132.00
Glen Allan Recreation Complex	Studio 203	
<a href="#">131314</a>	Jan 9 to Mar 26	Thu 7:30 - 8:30 pm \$132.00

**Essentrics™ Barre**

Lengthen and strengthen your muscles using the barre, floorwork and light resistance. This combination class will make you sweat and stretch.  
Omit: Feb 15

Age: 16Y+		Max 16
Millennium Place	Green Room	
<a href="#">131315</a>	Jan 11 to Mar 28	Sat 9 - 10 am \$121.00



Essentrics

## Wellness - Adult/Older Adult Registered Programs

### Aging Backwards with Essentrics™

Improve your range of motion and mobility in this class based on the best-selling book, Aging Backwards. Through gentle and effective movements you will engage every muscle and liberate your joints to improve your overall health.

Omit: Feb 17

Age: 50Y+		Max 22
Millennium Place	Green Room	
<a href="#">131175</a>	Jan 6 to Mar 23	Mon
	12:15 - 1 pm	\$104.50
Ardrossan Recreation Complex	Aspen Room	
<a href="#">131177</a>	Jan 7 to Mar 24	Tue
	12 - 12:45 pm	\$114.00
Glen Allan Recreation Complex	Studio 203	
<a href="#">131174</a>	Jan 9 to Mar 26	Thu
	1:45 - 2:30 pm	\$114.00
<a href="#">131176</a>	Jan 10 to Mar 27	Fri
	12:15 - 1 pm	\$114.00

### Tai Chi

This class emphasizes overall health and fitness through the development of slow and controlled movements in a fixed sequence. It also aims to promote circulation of 'chi' energy and foster a calm and tranquil mind.

Age: 16Y+		Max 20
Millennium Place	Green Room	
<a href="#">131368</a>	Jan 14 to Mar 17	Tue
	1 - 2 pm	\$95.00

### Turning Back the Clock

Kick aging to the curb in this class that focuses on maintaining strength to stay healthy and strong. Utilizing the wellness centre equipment, participants will follow an individualized program under the guidance of a certified trainer.

Age: 50Y+		Max 16
Glen Allan Recreation Complex	Studio 206	
<a href="#">131370</a>	Jan 7 to Mar 24	Tue
<a href="#">131371</a>	9:15 - 10:15 am	\$114.00
	10:15 - 11:15 am	\$114.00
<a href="#">131372</a>	Jan 9 to Mar 26	Thu
<a href="#">131373</a>	9:15 - 10:15 am	\$114.00
	10:15 - 11:15 am	\$114.00

### Chair Yoga

A gentle yoga practice that integrates the assistance of a chair for seated and standing poses, to increase flexibility, strength and body awareness.

Age: 16Y+		Max 15
Millennium Place	Green Room	
<a href="#">131192</a>	Jan 16 to Mar 19	Thu
	11:15 am - 12:15 pm	\$110.00

## Seniors Dance & Social



<b>Jan 16</b>	Sparkling Tones
<b>Feb 20</b>	Dynamics
<b>Mar 19</b>	Chwill Brothers

**Dance:** 7 - 10 p.m.  
(doors open at 6:30 p.m.)

**Tickets:** \$12 at the door

**Location:** Log Cabin  
50 A Spruce Avenue, Sherwood Park

- Dance, socialize or just come and enjoy the music!
- Partners and singles welcome.

**For more information call 780-416-7234**

Seniors Wellness Days and Seniors Dance and Social are proudly sponsored by



**TRINA HODGES**  
&  
**MEGAN MOHR**

RE/MAX ELITE

## Seniors Wellness Days

Join us for a featured workout that is suitable for all fitness levels or take part in a walk on our track and then stay for a special guest speaker. We'll also be serving coffee and snacks. It's a great way to be active, learn something new and meet new friends.

**All programs are located at Millennium Place.**

### Jan 23

10:15 - 11 am POUND® for Seniors  
11:15 am - 12 pm Surprising facts about your vision:  
with Doctors Eyecare

### Feb 27

10:15 - 11 am Aging Backwards with Essentrics™  
11:15 am - 12 pm Alzheimer Society

### Mar 26

10:15 - 11 am Tai Chi  
11:15 am - 12 pm Healthy Eating for Aging:  
with Primary Care Network

**Drop-in admission or Millennium Card required**  
**780-416-7234** or visit [www.strathcona.ca/events](http://www.strathcona.ca/events)



# DO YOU HAVE A CHRONIC HEALTH CONDITION?

**Strathcona County offers programs that assist in managing health conditions, chronic diseases and mobility issues.**

If you or a loved one is experiencing health challenges, consider registering in a program outlined on page 68 or 69. Programs are tailored to the varying needs in the class. Participating in one of these programs is one way to manage a new lifestyle, keep active and meet new people who are impacted by a similar set of health-related circumstances.

## **Remaining active is key for:**

- ✓ Managing pain
- ✓ Slowing the progression of your illness
- ✓ Improved joint function, strength and balance

**For more information or to register:  
780-416-7233**

  
**STRATHCONA  
COUNTY**





## Next Step Program

Do you have chronic health conditions or are finishing a medically-supervised post-rehab program? The Next Step Program is designed for people who want to become more physically active. All Next Step programs are led by a certified instructor and address varying participant abilities.

**Choose what's best for you!**



### Individual Program

#### **Glen Allan Recreation Complex**

Join us in the weight room as you work on improving your endurance, strength, balance and mobility. Participants will follow a program specifically designed to address their needs and goals. Finish off the class with a group stretch.

**Initial program design fee \$75**

**Mon/Wed/Fri** 9:30 - 11 am

**Mon/Fri** 11 am - 12:30 pm

### Deep/Shallow Water Program

#### **Emerald Hills Leisure Centre**

This reduced-impact exercise alternative is ideal for people with mobility issues as we focus on improving joint function, strength and cardiovascular fitness. Our warm water pool, featuring deep and shallow formats, is fully accessible.

**Wed** 10 - 11 am (deep)

**Fri** 10 - 10:50 am (shallow)

### Group Program

#### **Millennium Place**

Move better and make everyday activities easier as we focus on building balance, strength, and endurance in these different formats. **\*Offered in partnership with Parkinson Association of Alberta**

**\*Mon** 10:15 - 11:15 am *Fighting Back - Pole Walking/Circuit*

**Tue** 10 - 11 am *Strength, Endurance & Balance*

**\*Wed** 10:30 - 11:30 am *Fighting Back - Boxing Circuit*

**Thu** 10:15 - 10:45 am *Directional Stepping*

**Register by phone only:**

**Call 780-416-7233**



**Buoyancy and Balance**

This falls prevention program uses the pool as its foundation to benefit anyone looking to improve their balance. A Registered Occupational Therapist will lead the class and begin with a 10 minute on-deck instructional session on a specific component of balance. This is followed by a 50 minute in-pool training session using a variety of equipment including the aqua mats.

Omit: Feb 16

Age: 40Y+		Max 13
<b>Emerald Hills Leisure Centre</b>	<b>Teach Pool</b>	
<a href="#">131189</a>	Jan 12 to Mar 1	Sun
	8:50 - 9:50 am	\$112.00

**Fighting Back**

For people with Parkinson's and other chronic conditions, this boxing and circuit training program will help you feel and function better. With a focus on fast-action exercises, as well as increasing strength, power and flexibility, this program is designed to enhance quality of life. This program is offered in partnership with the Parkinson Association of Alberta.

Omit: Feb 17

Age: 16Y+		Max 16
<b>Millennium Place</b>	<b>MaxWell Realty Field 2</b>	
<a href="#">131316</a>	Jan 6 to Mar 30	Mon
	10:15 - 11:15 am	\$96.00

<b>Millennium Place</b>	<b>Combatives Room</b>	
<a href="#">131317</a>	Jan 8 to Apr 1	Wed
	10:30 - 11:30 am	\$104.00



Fighting Back



Next Step - Deep Water

**Joint Health**

This low-impact water program is specifically designed to help ease the aches of joint-pain to make everyday living easier. In the warmer, shallow pool, the instructor will lead participants through slower movements to benefit all key joint areas by increasing range of motion, strength and flexibility.

Omit: Feb 17

Age: 50Y+		Max 16
<b>Emerald Hills Leisure Centre</b>	<b>Teach Pool</b>	
<a href="#">131336</a>	Jan 6 to Mar 23	Mon
	10:45 - 11:45 am	\$104.50

**Minds in Motion™**

Designed for people in the early stages of dementia, this supportive, welcoming program starts with a 45-minute fitness class followed by a cognitive portion including games, puzzles and other activities. A friend, family member or care partner is required to attend and is included in the registration fee. This class is held in partnership with the Alzheimer Society of Alberta and NWT.

Age: 16Y+		Max 12
<b>Millennium Place</b>	<b>Doctors Eyecare Blue Room</b>	
<a href="#">131341</a>	Jan 9 to Feb 27	Thu
	12 - 2 pm	\$90.00
<a href="#">131342</a>	Mar 5 to Apr 23	Thu
	12 - 2 pm	\$90.00