

Town of Legal

Family & Community Support Services/Recreation: 780-961-3773



Office Hours: 8:30 a.m. - noon 12:30 - 4:30 p.m. Monday - Friday

**Look for details on fall programs in the Legal-Lerie or on our website: www.town.legal.ab.ca
Unless otherwise stated please register with the Town Office.**

GLIDING REVOLUTION

We will be using the new gliding discs in a full body workout. This class will incorporate body sculpting, balance, flexibility, core and cardio. Bring your discs and a mat. Please advise if you require discs when registering.

WHERE: Community Centre
WHEN: Mondays (No class Oct. 11)
DATE: September 27 – December 6, 7:00 – 8:00 PM
FEE: \$63.00 (gliding discs \$15.00 extra if required)
INSTRUCTOR: Chasity Cyr

BOOT CAMP

Participants of all ages, shapes, experience and fitness levels will achieve great results. Whether you are new to fitness or a “vet” this is an adventure you do not want to miss! You choose your activity level and push yourself to YOUR limits! One thing is for sure, after the 10 weeks are over, you WILL see an improvement to your physical well-being. Components include core conditioning, muscular strength, circuit training, and much more! This class guarantees to get your heart rate up, blood flowing and adrenaline pumping. Bring a mat.



WHERE: Community Centre
WHEN: Mondays (No class Oct. 11)
DATE: September 27—December 6, 8:00—8:45 PM
FEE: \$63.00
INSTRUCTOR: Chasity Cyr

YOGA

This mind and body fitness class will help you improve your overall fitness. Elements from both Yoga and Pilates will be incorporated. Exercise mat required.

WHERE: Community Centre
WHEN: Tuesdays
DATE: September 28 – November 30, 7:00 - 8:30 PM
FEE: \$63.00
INSTRUCTOR : Karen Lakusta

PILATES YOGA FUSION WITH RESISTANCE

Resistance Dynabands will be incorporated into the course to provide another challenging dimension to your fitness program. Please advise if you require the 6ft. dynaband when registering. Bring a mat.

WHERE: Community Centre
WHEN: Thursdays
DATE: September 30 – December 9, 7:00 – 8:00PM
FEE: \$63.00 (dynabands \$9.00 extra if required)
INSTRUCTOR : Chasity Cyr

WOMEN'S FLOOR HOCKEY

WHERE: Community Centre
WHEN: Thursdays at 8:15 PM
DATE: September 23 – December 9
FEE: \$15.75



LADIES SELF-DEFENSE

An introduction to various self defense techniques that can help you in many situations from saying “no” to a dance to defending yourself on the street. Dress in something loose and comfortable as you will be practicing all the techniques. Teens welcome!

WHERE: Community Centre
WHEN: Saturday, October 30th, 1-4 PM
FEE: \$45.00
INSTRUCTOR: Sensei Manuel deSa

DESA SCHOOL OF KARATE

Community Centre
Sept. 14 – Dec. 14
5:00 to 7:00 PM White to Brown Belts (category times to be advised)

Sept. 21—Nov 9
Kickstart (4-5 yrs)
4:15 to 5:00 PM

For complete registration information please contact Sensei Janet Vranas at 780-458-6931 or desakarate@shaw.ca

SCOTTISH HIGHLAND DANCE

WHERE: Community Centre
WHEN: Sundays Sept 12—Jan 30 (no classes: Nov 7, Dec 26, Jan 2)
Dance (3-5 y/o) 2:15– 3:00 PM
Fee: \$108.00 + tax
Dance (6+ y/o) 3:00—4:00 PM
Fee: \$126.00 + tax
Competitive Class 4:00—5:15 PM
Fee: \$144.00 + tax
Champion Class 5:00—6:30 PM
Fee: \$180.00 tax

LEGAL CURLING CLUB

League:	Monday – Mens	Tuesday – Seniors
	Wednesday – Ladies	Thursday – Juniors
		Friday - Mixed
Bonspeils:	January—Mens	February—Ladies
	March—Mixed	April—Spring-Mixed
CONTACT:	Legal Curling Club 961-3767 (Message)	

Box 390, 5021 - 50 Street , Legal, Alberta TOG 1L0
Phone: 961-3773 Fax: 961-4133
Website: www.town.legal.ab.ca