



**NORD-BRIDGE**  
SENIOR CITIZENS ASSOCIATION

# 2020 FALL PROGRAM AT A GLANCE

## **Yoga Combo**

This yoga class combines chair, stability, and gentle yoga together in order to strengthen the body and mind connection through slow gentle movements which are done in a non-intimidating manner. Modifications are always offered.

Begins: Tuesday, September 8 - October 20 (7 Classes)

Time: 9:00 am - 10:00 am

Fee: Members: \$35.00

Max. participants: 25

Location: Multi-Purpose Hall

Instructor: Melanie Hillaby

Non-Members: \$55.00

## **Keep Fit (Aerobic)**

This class is great to get your heart rate up and will increase your cardio levels. You will work through range of motion exercises and use your own body weight for resistance. This class can be done either standing or sitting. **\*This class will be also offered through Zoom LIVE\***

Begins: Tuesday, September 8 - October 20 (7 Classes)

Time: 10:30 am - 11:15 am

Fee: Members: \$30.00

Max. participants: 15

Location: Multi-Purpose Hall

Instructor: Melanie Hillaby

Non-Members: \$50.00

## **Keep Fit (Strength & Conditioning)**

Want to tone and shape your muscles? This class is geared to develop muscular strength and endurance. Light hand weights and resistance bands will be utilized in this class\* please sign out Nord-Bridge's weights and take home\* No impact functional exercises will focus on strengthening independence in daily living activities. This class can be done either standing or seated. **\*This class will also be offered through Zoom LIVE\*\***

Begins: Wednesday, September 9 - October 21 (7 Classes)

Time: 9:00 am - 9:45 am

Fee: Members: \$30.00

Max. participants: 15

Location: Multi-Purpose Hall

Instructor: Melanie Hillaby

Non-Members: \$50.00

## **Yoga Combo** \*Please see class description under Yoga Combo

Begins: Thursday, September 10 - October 22 (7 Classes)

Time: 9:00 am - 10:00 am

Fee: Members: \$35.00

Max. participants: 25

Location: Multi-Purpose Hall

Instructor: Melanie Hillaby

Non-Members: \$55.00

## **Zumba GOLD** \*This is for those who had their previous Zumba class cancelled due to COVID-19\*

For active older adults who are looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. This class focuses on all elements of fitness: cardiovascular, muscular conditioning

Begins: Friday, September 11 – October 23 (7 classes)

Time: 11:15am - 12:00 pm

Fee: Members: \$35.00

Max. participants: 15

Location: Multi-Purpose Hall

Instructor: Sheila Mulgrew

Non-Members: \$55.00

**\*All classes will have COVID-19 restrictions in place including temperature checks before entering class, mandatory masks before, during (if possible) and after the class, and safe social distancing of 2 meters. Thank you for your understanding. Please call 403-329-3222 to register.**

# VIRTUAL PROGRAMS



## **Guided Meditation**

In this class we will be working on progressive relaxation, guided imagery, and mindfulness. New comers are welcome, no experience required. The class will be done seated in a chair for 45 minutes and by the end of this session you will be relaxed, rejuvenated, and at peace. This class will be done over ZOOM video conference. When registering make sure to get the meeting id and password for the session. We will help set up ZOOM on your device if needed.

Begins: Monday, September 14 - November 2 (7 Classes)  
Time: 9:00 am - 9:45 am  
Fee: Members: \$20.00

Instructor: Ashley Kern  
Non-Members: \$40.00

## **Town and Country Line and Wash with Donna Gallant**

This class will work on watercolor techniques for color mixing and creating different textures. Participants will intertwine with our pen and ink strokes as well as touch on some perspectives elements of buildings but our main focus is how landscape and structures can work together. This class is for all levels. This class will be done over ZOOM video conference. When registering make sure to get the meeting id and password for the session. We will help set up ZOOM on your device if needed. Make sure to also get a copy of the supply list when registering.

Begins: Monday, September 28 - November 23 (8 Classes)  
Time: 10:15 am - 12:15 pm  
Fee: Members: \$50.00

Instructor: Donna Gallant  
Non-Members: \$70.00

## **Virtual Cooking Class – Sausage Leek Ragu Gnocchi**

Explore new ways to cook healthy, delicious food with fresh, seasonal produce. All ingredients are pre-portioned and dropped off at your door step! This class will be done over ZOOM video conference. When registering make sure to get the meeting id and password for the session. We will help set up ZOOM on your device if needed. \*Must be a senior 55+ and live within Lethbridge city limits.

Begins: Monday, September 21  
Time: 11:00 am - 12:00 pm  
Fee: Members: \$15.00

Instructor: Ashley Kern  
Non-Members: \$15.00