



# LSCO

Lethbridge  
Senior Citizens  
Organization

# Winter Program Guide

January - April 2026

This guide is “under construction” and will be expanded in the coming weeks.

# Welcome to the Lethbridge Senior Citizens Organization!

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We're thrilled to have you as part of our community or to know that you're considering joining our organization. We believe that your membership with us will not only meet but also surpass your expectations.

Since its inception in 1975, our concept of 'service to seniors by seniors' has been at the heart of LSCO. Over the years, we've evolved into one of the largest organizations in Canada for adults aged 55 and older and are an active charity in the community

Our Community Centre is a multipurpose 56,200 square foot senior centre located in the heart of the city. It is designed to be the community focal point on aging where older persons as individuals or in groups can come together for services, activities and sociability.

The Board of Directors, staff, and members of LSCO extend a warm welcome to you. We're excited to have you as part of our dynamic organization!"

## Getting to the LSCO

### GO FRIENDLY SHUTTLE

The LSCO and Nord-Bridge senior centres are pleased to offer the Go Friendly Shuttle to transport seniors from their homes to and from the senior centres, thanks to generous funding from the City of Lethbridge. This service is offered Monday to Friday from 8:00am to 3:30pm.

- 10x Pass is \$21.00
- 30 Day Pass for \$28.00
- Yearly Pass for \$280.00

Book your ride by calling Nord-Bridge Senior Centre at 403-329-3222 no later than 3:00pm the day before.

### LSCO PARKING PASSES

You may park in the lot owned by the city adjacent to our building for up to two hours. If you will be at the Centre longer, parking passes are available for \$13 for 12 months. If you are renewing your existing parking pass then the cost is \$10 when you return your old pass. Parking spaces are on a first come, first serve basis and are not guaranteed. Parking passes are available at the Administration Desk with the proof of current years membership. The parking passes are placed on your rear view mirror and allows you to park in the parking lot and along the west side of 11th Street between 4th Street and 6th Avenue.

# MEMBERSHIP INFORMATION

## BENEFITS OF BEING A MEMBER

- Discounts on programs.
- Voting Privileges at the AGM.
- Greater access to resources and information
- Volunteer opportunities and community building
- Free or reduced rate for services from the Foot Doctor, Hearing Specialists, legal advice among others.
- Purchase of yearly parking pass.

## MEMBERSHIP FEES

Membership are non refundable. See bylaw #2 memberships

- SENIOR 12 Month Memberships – Individuals 55 years +  
Renewal/New Member \$60
- ADULT 12 Month Membership – Individuals 35 – 54 years  
Renewal/New Member \$90

## LSCO DISCOUNTS

### Volunteer Discount

- For every 50 hours of verifiable volunteer time worked, members receive \$10 off their annual membership fee. Volunteer hours must be entered in the MySeniorsCenter System.

### Recruit a Non-Member Friend to Join Discount

- Get a non-member friend to join the LSCO and get \$5 off your next years membership. In fact, we'll give you \$5 off EVERY non-member you get to join to a maximum of \$50.

## WELCOME POLICY

The Welcome Policy allows individuals to access membership and programs at LSCO at a lower cost. Please ask for more information at the Administration Desk.

The subsidy is dependent on the income of the individual(s). Please bring in your prior year income tax for verification. See income guidelines below.

SINGLE	COUPLE
<b>Prior Year Income (Line 15000 of tax return)</b> Under 30,000	<b>Prior Year Income (Line 15000 of tax return)</b> Under 50,000
<b>Fee Subsidy</b> 25%	

# PROGRAMS & FITNESS

Embrace active living with our fitness classes and engaging programs! We have something for everyone - whether you exercise multiple times a week, are just getting back on the saddle, or prefer to learn, socialize and be creative. Your LSCO Membership provides a discount and allows you to access members only clubs and classes.

Check the monthly LSCO Times, Facebook, Instagram, website and other social media platforms for the most up to date information. Registration is available in person and online for most programs.

## FITNESS CENTRE

A variety of exercise machines, cardio equipment, free weights are available for individuals of all fitness levels to get a fantastic workout! For your safety, it is recommended that you schedule a free orientation to ensure you use the machines properly. Please ask at the Administration Desk. LSCO

Monthly Membership: Unlimited access to the Fitness Centre during hours of operation & FREE equipment orientation. Memberships can be purchased up to 4 months at a time.

Fitness Centre Drop In: Unlimited access to the Fitness Centre for the day. Please keep your receipt with you.

10x Class Fitness Pass: This pass can be used for Fitness Centre and Class Drop Ins. Pass expires 6 months from the date of purchase. No extensions. No cash value

	<b>Monthly Membership</b>	<b>Drop in</b>	<b>10x Class/Fitness Pass</b>
Member	\$25/Month	\$8	\$70
Non-Member	\$40/ Month	\$10	\$100

## PERSONAL TRAINING

Whether you are looking to get started, lose weight, or take your training to the next level Andrea is here to help you with all your health and fitness goals. Please note, individuals must have a fitness centre membership to to advantage of personal training opportunities

Contact Andrea at [fitness@lethseniors.com](mailto:fitness@lethseniors.com) or 403-320-2222 ext. 303 to get started.

# Ultimate Fitness Memberships

## Membership Benefits

1. **Members have unlimited access to the Fitness Centre** during hours of operation.
2. **Members can register for their allotted number of classes without additional charges** (see pricing in "Fees" section) all additional classes can be registered at standard LSCO member price.
  - ▷ **Certain classes are not included in this membership.** Excluded programs will be stated in program descriptions wherever the program is advertised and a comprehensive list of exclusions is available at the administration desk during operating hours. Badminton and Tennis are included with the UFM but Pickleball is not. **Classes included in the Ultimate Fitness Membership may change without notice.** Ask at the Administration Desk.
  - ▷ Classes not included in the UFM (as of March 2025): Pilates, Essentrics, Spring Forest QiGong, Strength & Mobility, Strength Circuit, Tuesday Evening Flow Yoga, Nia, Moving to Heal, Yovascia, Intermediate Tai Chi, Advanced Tai Chi, Creative Arts Classes
3. **Members can drop in to classes that are included in the UFM, without additional charges, IF space is available.**
  - ▷ The instructor will inform participants 5-10 minutes prior to the start of the class if space is available.

## Registration

- Individuals purchasing the membership will be required to sign an Agreement Form, be 55 years of age or older, and be current LSCO members.
- It is suggested that you **register early for the class you would like to participate in.** Many of them fill up quickly. If the class is full, please leave your name on the waitlist. We may be able to register you at a later date or you may be able to attend on a drop-in basis.

## General Information

- Medical Membership Holds: Members will only be put on hold when unable to participate for more than 2 weeks. Provide written notice to the Program Department manager via email at [programs@lethseniors.com](mailto:programs@lethseniors.com). Doctor note is preferred if possible.
- LSCO will not put a hold on Ultimate Memberships during holiday hours or unforeseen circumstances
- At times classes may be canceled due to instructor availability, special LSCO events, or low attendance.

## Fees

LSCO 12-month \$60 Membership is required prior to purchasing the UFM.

- **Tiered pricing** is available to customize price points for members with different levels of usage: (All include unlimited drop ins)
  - ▷ 4 registered classes/week .....\$280 (Approximately 33% discount; \$4.50 per class)
  - ▷ 5 registered classes/week .....\$320 (Approximately 42% discount; \$4.00 per class)
  - ▷ 6 registered classes/week .....\$335 (Approximately 50% discount; \$3.50 per class)
- Entire 4-month membership must be paid in full at point of purchase.
- Ultimate Fitness Memberships are sold seasonally (January-April, May-August, September-December) but may be prorated if purchased mid-season.
- No refunds available for Ultimate Fitness Memberships; if you are unable to use your mem-

# REGISTRATION INFORMATION

## REGISTRATION INFORMATION

- **REGISTER IN PERSON** 8:00 – 4:00 pm Monday – Friday
- **REGISTER ONLINE** at [www.lethseniors.com](http://www.lethseniors.com). Click "register now" and create a MyActiveCentre Account**DROP IN**. Check space availability with the instructor prior to the class. Pay for your drop in at the front desk and show receipt to the instructor.

Please **complete an Exercise/Fitness Waiver** from your instructor or administration desk if you have not filled one out in the last 12 months

This newspaper lists classes open for registration or drop in. If a class was listed in a previous month and is no longer, the class is either full or cancelled.

## CREDITS & REFUNDS

**Please ensure you are registering for the correct class. Refunds cannot be given after the register by date.**

Participants withdrawing from a class after the register by date has passed will be subject to a \$10 Administration Fee.

If withdrawing due to medical reasons contact the Program Manager as soon as possible. A Doctor's note is preferred to issue a credit/refund.

- Credits/Refunds will be prorated for any classes attended.
- Credits/Refunds will be given if LSCO cancels a course.
- Credits must be used in 12 months from the date given.

When weather or other unforeseen circumstances, cause LSCO to cancel classes or close the facility, unfortunately we will not be able to make up the classes, give credits or refunds.

## IMPORTANT THINGS TO KNOW

At times programs may be canceled due to meetings, holidays, low attendance, special events, etc. Please watch for notices. If the instructor is unavailable to teach due to illness or unforeseen circumstances, we will do our best to contact you prior to your class.

**There is a 15 minute transition time scheduled between all programs.** Please allow participants to clean up and exit the space before the you enter. If your class has just finished, please gather your belongings and exit so the room can be prepared for the next class.

Dress in layers as the temperature in rooms may vary.



# CREATIVE ARTS PROGRAMS

Program	Instructor	Session	Time	Cost	Location
<b>Pen and Ink for Beginners</b>	Donna Gal-lant	Mondays, Feb. 2-23	10 am - 12 pm	\$100 (\$120)	Arts & Crafts Room
Pen and ink drawings are dynamic and eye-catching due to their strong dark/light contrast and textural qualities. In this four-week class, you will learn different pen strokes and how to create realistic textures. You will also learn to analyze images to create good compositions and drawings. <u>Ask for a supply list upon registration.</u>					
<b>Naked Trees in Line &amp; Wash</b>	Donna Gal-lant	Mondays, Mar. 16-30	10 am - 12 pm	\$75 (\$90)	Arts & Crafts Room
In this three-week class, you will learn to draw and then paint winter trees using a line and wash technique. Pen and ink will be used to focus on the beautiful barks and lacy branches, while subtle watercolor will portray remnants of fall leaves. <u>Ask for a supply list upon registration.</u>					
<b>Heritage Blankets</b>	Marcelle Velve	S1: Mon. Jan. 26 S2: Feb. 23 S3: Mon. Mar. 30 S4: Apr. 27	10 am - 12 pm	\$110 (\$125)	Arts & Crafts Room
Join Marcelle for a fun, creative workshop to transform your photos into a beautiful, personalized 50x60 inch keepsake blanket. You will select a template and insert your images to create a unique gift or addition to your home. Marcelle will assist with scanning physical photos or transferring images from other devices.					
<b>Winter Skies in Acrylic</b>	Donna Gal-lant	Mondays, Jan. 5 - 26	10 am - 12 pm	\$100 (\$120)	Arts & Crafts Room
In this class, you will study different winter skies and the effects of snowy landscapes on sky colors. We will explore creating darker skies contrasted with the lighter, reflective earth. While prior experience with acrylics is helpful, it is not required. <u>Ask for a supply list upon registration.</u>					
<b>How to Use Watercolor Pencils, Crayons &amp; Brushes</b>	Donna Gal-lant	Mondays, Apr. 13-27	10 am - 12 pm	\$75 (\$90)	Arts & Crafts Room
In this three-week class, you will learn to use various watercolor substitutes, including watercolor pencils, crayons, and brush pens. Each medium has unique characteristics that can enhance your painting and can be mixed with traditional watercolor or other media. You are only required to bring one of the specified materials (pencils, crayons, or brush pens). <u>Ask for a supply list upon registration</u>					
<b>Paint &amp; Chat</b>	Donna Gal-lant	S1: Tues. Jan. 13 S2: Feb. 10 S3: Tues. Mar. 10 S4: Apr. 14	1 - 3 pm	\$55 (\$65)	Arts & Crafts Room
Join Donna as she guides both beginner and advanced painters through techniques and tricks to complete an acrylic painting. She provides all the necessary supplies for the session. All you need to bring is a willingness to learn and have fun with this experienced Southern Alberta artist.					

# FITNESS & MOVEMENT PROGRAMS

Session	Time	Cost	Drop-In	Room	Instructor
<b>Bike &amp; More</b>	This is a cardio combo class where participants begin with an energetic cycle workout guided by music. After the ride, you will move off the stationary bike for resistance training using various equipment like dumbbells and bands. Bring a water bottle and clean indoor shoes for this effective full-body workout.				
Wednesdays, Jan. 7 – Apr. 29	9:00 – 10:00 am	\$119 (\$153)	\$8 (\$10)	Gym 2	Nancy Purkis
<b>Cardio &amp; Balance</b>	This joint-friendly class is divided into two parts. The first half focuses on cardio movements to improve cardiac health using fun music and varied equipment. The second half of the class is dedicated to balance training to reduce the risk of falls and improve overall fitness.				
Tuesdays, Jan. 6 – Apr. 28	9:00 – 9:50 am	\$119 (\$153)	\$8 (\$10)	Gym 1	Gabrielle Dumont
<b>Cardio Strength</b>	Start your week right with this mixed cardio and strength training workout. Participants will utilize many different pieces of fitness equipment to engage their whole body. This workout is intended for intermediate to advanced fitness levels, but individuals are encouraged to exercise at their own pace.				
Mondays, Jan. 5 – Apr. 27	8:00 – 8:50 am	\$105 (\$135)	\$8 (\$10)	Gym 2	Gabrielle Dumont
<b>Cardio to the Core</b>	This class features a variety of different moves and exercises designed to deliver an intense, full-body workout. The focus is on a high level of cardio engagement followed by core work. Participants should bring a mat and water bottle.				
Wednesdays, Jan. 14 – Apr. 29	8:00 – 8:50 am	\$112 (\$128)	\$8 (\$10)	Gym 2	Deb Palmer
<b>Chair Exercises</b>	This class uses a chair for support while focusing on stretching and exercise to promote stress reduction. It aims to increase strength, flexibility, and range of motion for your joints. With many options provided, this class is suitable for all fitness levels.				
S1: Thursdays, Jan. 8 – Feb. 26 S2: Thursdays, Mar. 5 – Apr. 30	9:30 – 10:15 am	\$40 (\$56) \$45 (\$63)	\$6 (\$8)	Stage	Andrea Clarke

● For All Fitness & Mobility Levels
 ● For Average Fitness & Mobility Levels
 ● For Advanced Fitness & Mobility Levels

Member Price (Non Member Price)



● For All Fitness & Mobility Levels ● For Average Fitness & Mobility Levels

● For Advanced Fitness & Mobility Levels

Member Price (Non Member Price)

Session	Time	Cost	Drop-In	Room	Instructor
<b>Core &amp; Stretch</b>	This class focuses on challenging your core using a combination of resistance training strategies and bodyweight exercises. The high-intensity core work is followed by a relaxing and beneficial deep stretching segment.				
Mondays, Jan. 19 – Apr. 27 Wednesdays, Jan. 21 – Apr. 29	10:10 – 11:00 am 9:10 – 10:00 am	\$104 (\$117) \$120 (\$135)	\$8 (\$10) <b>FULL</b>	APR	Tracy Simons
<b>Cycle Combo</b>	Perfect for when you can't ride outdoors, this class features an energetic, low-impact ride on a stationary bike to boost cardiovascular fitness. Participants can ride at a self-selected pace, ensuring a comfortable yet effective workout. The session concludes with necessary stretching.				
Tuesdays, Jan. 6 – Apr. 28 Thursdays, Jan. 8 – Apr. 30	9:00 – 9:55 am	\$119 (\$153)	\$8 (\$10)	Gym 2	Andrea Clarke Stephanie Girodat
<b>Cycle For All Levels</b>	When outdoor riding isn't an option, come cycle with us in this energetic, low-impact stationary bike class. The instructor will guide you through the ride to improve cardiovascular fitness, but participants are encouraged to move at their own pace. The session concludes with stretch				
Fridays, Feb. 6 – Apr. 24	8:00 – 8:45 am	\$88 (\$99)	\$8 (\$10)	Gym 2	Tracy Simons
<b>Essentrics</b>	Essentrics dynamically combines strengthening and stretching to create a strong, toned, and balanced body. The workout ensures your muscles do not inhibit movement, enhancing your mobility and joint flexibility. The goal is to move each joint and muscle freely and with a full range of motion. <u>Not included in the ultimate fitness membership.</u>				
Tuesdays, Jan. 13 – Apr. 28 (No Class Apr 7),	11:30 am – 12:15 pm	\$126 (\$154)	<b>FULL</b>	Gym 2	Lindsay Anderson
<b>Fitness/Power Walking</b>	Participants will walk at a self-selected pace to effectively improve cardiovascular fitness. The instructor incorporates both high and low intensity options and uses various exercise equipment to increase overall body strength.				
Wednesdays, Jan. 7 – Apr. 29	9:00 – 9:55 am	\$119 (\$153)	\$8 (\$10)	Gym 1	Andrea Clarke

● For All Fitness & Mobility Levels ● For Average Fitness & Mobility Levels

● For Advanced Fitness & Mobility Levels

Member Price (Non Member Price)

Session	Time	Cost	Drop-In	Room	Instructor
<b>Functional Fitness</b>	This class is designed for individuals with limited mobility or impaired motor control who wish to improve activities of daily living. A variety of exercise equipment will be used to build strength, core stability, and balance.				
S1: Mondays, Jan. 5 – Feb. 23 S2: Mondays, Mar. 2 – Apr. 27	11:30 am – 12:15 pm	\$35 (\$45) \$40 (\$56)	\$6 (\$8)	Stage	Andrea Clarke
<b>Gentle Exercise</b>	This gentle class is designed for individuals of all skill levels and abilities. It includes low-impact moves to elevate your heart rate, resistance equipment to strengthen muscles, and stretches to keep you limber. Chairs and various equipment are used, so wear inside shoes and comfortable clothes.				
Mondays, Jan. 5 – Apr. 27 Wednesdays, Jan. 7 – Apr. 29 Fridays, Jan. 9 – Apr. 24	10:15 – 11:00 am	\$105 (\$135) \$119 (\$153) \$105 (\$135)	<b>FULL</b> \$8 (\$10) \$8 (\$10)	Gym 1	June Dow Donna Teifenbach Andrea Clarke
<b>Line Dancing - Beginner</b>	If you love music and want to learn how to line dance, this class is perfect for you. Instructor Gloria-Rose will teach you basic line dances in a comfortable and welcoming environment. Guys are welcome to join this class, just be sure to wear comfortable indoor footwear and bring water.				
Wednesdays, Jan. 7 – Apr. 29	12:45 – 1:45 pm	\$85 (\$119)	\$6 (\$8)	Gym 2	Gloria-Rose Puurveen
<b>Line Dancing - Experienced Beginner</b>	This class is intended for those who have taken a beginner dance class, and/or have some line dance experience and are comfortable dancing to faster music. Less time will be spent on reviewing, and more dancing will occur. Come dance like no one is watching!				
Wednesdays, Jan. 7 – Apr. 29	11:30 am – 12:30 pm	\$85 (\$119)	\$6 (\$8)	Gym 2	Gloria-Rose Puurveen
<b>Low Impact Barre</b>	Low Impact Barre uses ballet-inspired positioning and various tools, like dumbbells and resistance bands, for effective resistance training. This is a great class to challenge your strength, stability, and endurance, with a dedicated segment for traditional strength training. It's ideal for those who enjoy choreography without complex footwork. Please bring a yoga mat.				
Mondays, Jan. 12 – Apr. 27	11:15 am – 12:00 pm	\$112 (\$126)	\$8 (\$10)	A/B	Sheila Mulgrew

● For All Fitness & Mobility Levels    
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● For Advanced Fitness & Mobility Levels

Member Price (Non Member Price)

Session	Time	Cost	Drop-In	Room	Instructor
<b>Pilates</b>	This class involves a series of classical Pilates exercises performed on a mat, emphasizing breath, core conditioning, and body awareness. Light weights, resistance tubing, and other props may be used to add stretch and strength work while focusing on proper alignment and form. Please bring a yoga mat, towel, and water bottle. <u>Not included in the ultimate fitness membership.</u>				
Mondays, Jan. 5 – Apr. 27 Thursdays, Jan. 8 – Apr. 30	11:15 am – 12:30 10:15 am – 11:30	\$120 (\$135) \$136 (\$153)	<b>Both</b> <b>FULL</b>	APR A/B	June Dow
<b>Pilates For Beginners</b>	This class is for those new to Pilates or who wish to build a firm foundation before advancing. The instructor will guide you from the ground up, ensuring you are challenged while still being successful in each class. Please remember to bring a yoga mat, water bottle, and a towel.				
S1: Tuesdays, Jan. 6 – Feb. 24 S2: Tuesdays, Mar. 3 – Apr. 28	8:45 – 9:45 am	\$49 (\$63)	\$8 (\$10)	A/B	June Dow
<b>Pound</b>	This Pound (cardio drumming) session provides a challenge for your entire body. Participants use Ripstix to drum along to music for a fun, full-body workout. This class is suitable for absolutely everyone, with modifications provided, as needed.				
Wednesdays, Jan. 14 – Apr. 29,	11:00 – 11:45 am	\$128 (\$144)	\$9 (\$10)	APR	Sheila Mulgrew
<b>Strength &amp; Mobility</b>	This is a group strength training class specifically designed for the Active Older Adult (55+). The class uses weights, resistance bands, and other equipment to build strength and mobility. Options are always given, making it suitable for both beginners and more experienced participants. <u>Not included in the ultimate fitness membership.</u>				
S1: Tues & Thurs, Jan. 13 – Mar. 5, S2: Tues & Thurs, Mar. 10 – Apr. 30	1:30 – 2:30 pm	\$80 (\$112)	<b>FULL</b>	Fitness Centre	Andrea Clarke
<b>Strength and Balance</b>	This is a joint-friendly class designed for all fitness levels. Using a variety of equipment, the focus is on developing whole-body strength and enhancing balance. The goal of the class is to improve overall fitness and reduce the risk of falls				
Thursdays, Jan. 8 – Apr. 30	9:00 – 9:50 am	\$119 (\$153)	\$8 (\$10)	Gym 1	Gabrielle Dumont

● For All Fitness & Mobility Levels   
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Session	Time	Cost	Drop-In	Room	Instructor
<b>Strength Circuit</b>	This class is designed for individuals who are new to using resistance training machines or are returning to exercise after a break. The circuit is designed to develop muscular endurance, strength, balance, and agility, while teaching you to use the Fitness Centre to its full potential. <u>Not included in the ultimate fitness membership.</u>				
Thursdays, Jan. 8 – Apr. 30	10:15 – 11:15 am	\$119 (\$153)	<b>FULL</b>	Fitness Centre	Instructor TBD
<b>Tabata</b>	This is a high-energy fitness class designed to give you an exhilarating workout using the Tabata training format. Participants perform a variety of challenging exercises in timed intervals (20 seconds max effort/10 seconds rest, repeated 8 times).				
Mondays, Jan. 5 – Apr. 27 Fridays Jan. 9 – Apr. 24	9:00 – 9:55 am	\$120 (\$135)	\$8 (\$10)	Gym 1	Stephanie Girodat Tracy Simons
<b>TRX Plus</b>	TRX is a functional suspension training system that uses gravity and your own bodyweight as resistance. It is an effective way to build strength, balance, coordination, core stability, and joint stability. A variety of equipment will be used in this class, which is welcoming to all fitness levels.				
Monday, Jan. 12 – Apr. 27	9:00 – 9:50 am	\$119 (\$153)	<b>FULL</b>	Gym 2	Andrea Clarke
<b>Zumba®</b>	Zumba® is a Latin Dance-based fitness class that provides a great cardiovascular workout disguised as a dance party. Participants are encouraged to sweat, smile, and lose themselves in the infectious music.				
Mondays, Jan. 5 – Apr. 27	9:00 – 9:55 am	\$105 (\$135)	\$8 (\$10)	APR	Gabrielle Dumont
<b>Zumba Gold/Toning</b>	This class combines the benefits of two programs: half the time is spent on Zumba Gold, a dance fitness class without weights. The second half is Zumba Gold Toning, which uses handheld toning sticks to focus on muscle conditioning and increasing bone density. It's truly exercise in disguise!				
Tuesdays, Jan. 13 – Apr. 28	11:15 am – 12:15 pm	\$128 (\$144)	\$9 (\$10)	APR	Sheila Mulgrew

# MIND-BODY & YOGA PROGRAMS

Session	Time	Cost	Drop-In	Room	Instructor
<b>Chair Yoga</b>	This gentle class uses the aid of a chair to perform yoga poses and breathing exercises. It is suitable for all fitness levels and conditions. Chair Yoga may help you increase strength, flexibility, range of motion for joints, and stress reduction.				
S1: Mondays, Jan. 5 – Feb. 23 S2: Mondays, Mar. 2 – Apr. 27 S1: Wednesdays, Jan. 7 – Feb. 28 S2: Wednesdays, Mar. 4 – Apr. 29	10:00 – 10:45 am	\$45 (\$63) \$40 (\$56) \$40 (\$56) \$45 (\$63)	\$6 (\$8)	Stage	Corrine Myers
<b>Classic Nia</b>	Classic Nia is a one-hour movement practice incorporating elements of dance, martial arts, and healing arts. This joyful practice uses soul-stirring music to improve coordination, balance, agility, and ease in your body. <u>Not included in the ultimate fitness membership.</u>				
Thursdays, Jan. 8 – Apr. 30	5:15 – 6:15 pm	\$200 (\$220)	\$15 (\$20)	Gym 2	Lise Schulze
<b>Gentle Yoga</b>	Gentle Yoga is a great place to take things slower and experience the foundational benefits of a yoga practice. This class is ideal if you are new to yoga or haven't practiced in a while. Wear comfortable clothing, bring a mat, blanket, and water bottle.				
Tuesdays, Jan. 6 – Apr. 28 Thursdays, Jan. 8 – Apr. 30	10:00 – 11:00 am	\$119 (\$153)	<b>FULL</b>	APR	Donna Teifenbach
<b>Moving To Heal</b>	This one-hour movement practice focuses on healing and balancing the body and mind. Using a chair for stability, participants move to music to find ease and joy. Healing, balance, and conditioning are the positive by-products of this Nia Technique. <u>Not included in the ultimate fitness membership.</u>				
Thursdays, Jan. 8 – Apr. 30	4:00 – 5:00 pm	\$200 (\$220)	\$15 (\$20)	A/B	Lise Schulze
<b>Saturday Flow Yoga</b>	Energize the start of your weekend with this moderately paced flow class, guided by breath. The practice explores asanas to build stability, mobility, and balance, while also helping to calm and center the mind. Bring your mat, water bottle, and dress in layers.				
Saturdays, Jan. 10 – Apr. 25	10:00 – 11:15 am	\$120 (\$150)	\$8 (\$10)	A/B	Rumi Graham

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Member Price (Non Member Price)

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Member Price (Non Member Price)

Session	Time	Cost	Drop-In	Room	Instructor
<b>Spring Forest Qigong</b>	Qigong is founded on the belief that everyone is born with the natural ability to heal by activating the Qi (life energy) in their body. You will acquire the knowledge, techniques, and support to help awaken this innate gift. Activating the Qi in our body is the first step to healing.				
S1: Tuesdays, Jan. 13 – Feb. 24 S2: Tuesdays, Mar. 10 – Apr. 28	10:00 – 11:15 am	\$48 (\$54 ) \$64 (\$72)	\$8 (\$10)	Stage	Roxy Wright
<b>Tai Chi 108 Yang Style Form Practice</b>	This session is a dedicated practice time for the 108 Yang Style Form and is not a formal lesson. It is intended for individuals who already have some experience in this specific Tai Chi form. Come and utilize this time to refine your practice.				
Wednesdays, Jan. 7 – Apr. 29	10:15 – 11:15 am	\$35 (\$55)	N/A	Gym 2	
<b>Traditional Qigong</b>	Traditional Qigong is an embodied exploration of ancient “mindful movement” techniques designed to make your life feel amazing. This class explores traditional exercises focusing on cultivating healing energy through proper external and internal movement principles. Participants should be able to stand for the duration of the class.				
Thursdays, Jan. 8 – Apr. 30	10:15 – 11:15 am	\$119 (\$153)	N/A	Gym 2	Adrian Tomei
<b>Tuesday Evening Flow Yoga</b>	This flow yoga class is perfect for ending your day by releasing tension and moving through postures to enhance flexibility and build strength. Modifications are offered, making it suitable for all skill levels. Bring a mat and water bottle. <u>Not included in the ultimate fitness membership.</u>				
Tuesdays, Jan. 13 – Apr. 28	5:00 – 6:00 pm	\$112 (\$144)	\$8 (\$10)	A/B	Donna Tiefenbach
<b>Vinyasa Yoga</b>	This gentle style of Vinyasa yoga is a moving meditation that integrates the importance of breath with movement. The class strengthens the body as the breath safely guides participants through the flow of movements. This adaptable class caters to all ages and abilities and helps stabilize joints, regain mobility, and build body awareness.				
Tuesdays, Feb. 3 – Apr. 28 Thursdays, Feb. 5 – Apr. 30	8:00 – 8:55 am	\$91 (\$117)	N/A	APR	Melanie Hillaby



Session	Time	Cost	Drop-In	Room	Instructor
<b>Yin Yoga</b>	Yin Yoga is a slow, static practice where props are used to support the body in poses held for 3–5 minutes. This practice works on ligaments, joints, and deep fascial networks to create a quiet, deep, and relaxing experience. Participants must have prior Yin Yoga experience and be able to hold poses for the required duration with support.				
Wednesdays, Jan. 7 – Jan. 28	10:15 – 11:30 am	\$36 (\$48)	\$10 (\$15)	A/B	Shawn Hamilton
<b>Yoga For Seniors</b>	You are never too old to reap the rewards of yoga in this safe and effective class designed for seniors. Regular practice can lead to host of benefits, including greater flexibility, improved balance, lower stress, and better sleep. Bring a mat, water bottle, and dress in comfortable layers.				
S1: Mondays, Jan. 5 – Feb. 23 S2: Mondays, Mar. 2 – Apr. 27 S1: Fridays, Jan. 9 – Feb. 27 S2: Fridays, Mar. 6 – Apr. 24	1:00 – 2:00 pm 10:15 – 11:15 am	\$49 (\$56) \$56 (\$63) \$49 (\$56) \$49 (\$63)	\$8 (\$10) FRI FULL	A/B (Mon) APR (Fri)	Corrine Myers
<b>Yoga Nidra</b>	Yoga Nidra, or “yogic sleep,” is a deep meditation method intended to induce full body relaxation. It uses techniques like guided imagery and body scanning to bring incredible calmness, quietness, and clarity to the body and mind. Participants can expect to leave the practice feeling restored and rejuvenated, so bring a mat and any comfort props.				
S1: Fridays, Jan. 9 – Feb. 27 S2: Fridays, Mar. 6 – Apr. 24	11:30 am – 12:30 pm	\$56 (\$63) \$49 (\$63)	\$8 (\$10)	A/B	Corrine Myers
<b>Yoga Refresh</b>	Get ready for a rejuvenating class full of interesting movement and playful exploration. This gentle yet exciting class offers a great blend of nourishment, challenge, and creativity. Yoga practitioners of all skill levels will find themselves at home here.				
Fridays, Jan. 9 – Apr. 24	9:00 – 10:00 am	\$105 (\$135)	\$8 (\$10)	APR	Shawn Hamilton. & Stephanie Girodat.
<b>Yovascia: Mobility, Balance, Rejuvenation</b>	This unique fusion is designed to enhance mobility and activate the body's natural rejuvenation systems. Yovascia focuses on the fascial network, vagus nerve stimulation, lymphatic flow, and mindful breathwork to support overall vitality. Through guided techniques, you can improve joint mobility, balance, and flexibility, while fostering deep relaxation. <u>Not included in Ultimate Fitness Membership.</u>				
S1: Mondays, Jan. 12 – Feb. 9 S2: Mondays, Feb. 23 – Mar. 30 S3: Mondays, Apr. 13 – May 11	8:30 – 9:30 am	\$45 (\$50) \$54 (\$60) \$45 (\$50)	\$8 (\$10)	A/B	Elaine Jagielski

# SPECIAL INTEREST GROUPS

These are member groups that meet all year (some may break over the summer).

<b>Amateur Radio</b>	Wednesdays: 9 am – 11 am (or longer on request and with notice)	\$29/year + LSCO Membership	Radio Room
The LSCO Amateur Radio Group advances amateur radio interests and provides emergency and community communications support. Newcomers are welcome to visit the Radio Room to view the collection of bygone and current equipment. Anyone wishing to join must have an amateur radio license, and volunteers are available to help you with the licensing process at no cost.			
<b>Billiards</b>	LSCO Hours, \$6 (\$7NM) Drop In	\$55/year + LSCO Membership	Billiards Room
Members are welcome to play pool daily in the second-floor Billiards Room. New players should notify staff to arrange for instructions. Non-members may drop in provided they are accompanied by a billiard member.			
<b>Badminton</b>	Mondays, Wednesdays, Fridays: 11:15 – 12:45 Thursdays: 10:15 am – 12:15 PM	\$68/year + LSCO Membership	Gym 1
Everyone of all skill levels is welcome to play badminton during the scheduled sessions. Thursdays are specifically a good day to focus on working and improving your skills. Please check the etiquette and protocols before playing.			
<b>Computers</b>	Mondays, Wednesdays, Fridays: 1 – 4 pm	\$21/year + LSCO Membership	Computer Lab
Individuals interested in attending workshops, learning about technology, and sharing their knowledge are encouraged to join the Computer Club. A variety of information sessions and workshops are offered throughout the year, with a small fee for non-members attending workshops.			
<b>Crib</b>	Thursdays: 1 pm – 3 pm, \$2 Drop in	LSCO Membership	Card Area
If you enjoy playing crib, you are welcome to join the fun every week, and newcomers are always welcome. LSCO Members may also play cards and other board games throughout the day provided tables are available, but players must provide their own cards or game boards.			
<b>Genealogy</b>	Wednesdays: 10 am – 3 pm	\$21/year + LSCO Membership	Board Room
Members of this group meet weekly to research their family history, sharing tips on accessing document sources like immigration lists and birth records. Members range from beginners to those with extensive experience. It is recommended to bring your own laptop for research.			
<b>Karaoke</b>	Tuesdays: 1 – 3:30 pm, \$2 Drop in	\$30/year + LSCO Membership	Board Room
If you love to sing and enjoy socializing, join the LSCO Karaoke singers on Tuesday afternoons. Non-members are welcome to attend for a small drop-in fee. Please consider bringing your own microphone.			
<b>Knitting, Crochet &amp; More</b>	Thursdays: 1 – 4 pm	\$11/year + LSCO Membership	Atrium
Whether you knit, crochet, or enjoy other needlework, consider joining this weekly group to work on projects, socialize, laugh, and share ideas. Those who are still learning are very welcome to join. If you don't have supplies, some are available to loan.			

<b>Lapidary (Stonecrafters)</b>	Wednesdays: 10 am – 3 pm	\$36/year + LSCO Membership	Lapidary Room
If you are interested in making jewelry or art using rocks and fine gems, experienced stonecrafters will help you safely learn how to use the machines and complete your projects. For safety, a minimum of two people must be present in the room at all times. Supply costs are extra.			
<b>Paper Tole &amp; Creative Arts</b>	Fridays: 9 am – 3 pm	\$23/year + LSCO Membership	Radio Room
If you are familiar with the art of paper tole, come talk to this group to work on your projects while socializing. Painters, knitters, and other crafters are also welcome to join to work on their respective projects. Supply costs are extra.			
<b>Quilting</b>	Tuesdays: 12 pm – 3 pm	LSCO Membership	Stage Area
If you have basic quilting skills, consider joining this group to socialize, help, and share ideas while completing your own projects. They also create items for donations and raffles. Participants must bring their own supplies			
<b>Table Tennis</b>	Mondays & Wednesdays: 2:30 – 4 pm Fridays: 10:30 am – 12 pm	\$44/year + LSCO Membership	Room C/D
Table Tennis is a great, active game for developing hand-eye coordination, and individuals of all skill levels are welcome. If you require instruction, simply let us know, and arrangements can be made to assist you. Bring your own paddle for the scheduled sessions.			
<b>Tai Chi Practice Group</b>	Mondays, Wednesdays, Fridays: 8:15 – 9:15 am	\$20/year + LSCO Membership	Stage Area
This is a dedicated practice group intended for advanced Tai Chi practitioners. The sessions are not a formal structured class but offer space for experienced individuals to practice.			
<b>Watercolour</b>	Wednesdays, 1 – 3 pm	\$52/year + LSCO Membership	Radio Room
Join this self-led watercolor group to work on your projects, share techniques, and enjoy a creative and social atmosphere. Bring your own supplies and paint at your own pace. All skill levels are welcome.			
<b>Wood Working</b>	LSCO Hours	\$250 year (or \$25/month) + LSCO Membership	Westco Woodshop
The Westco woodshop is open to both men and women interested in woodworking. All new members must attend a shop orientation and evaluation to ensure the safe operation of machinery.			

# ONLINE REGISTRATION

You must have a MyActiveCenter (MAC) account to register online. This is needed for both members and non members

## To Create an Online Account

\*You only have to do this once\*

### STEP 1: Go to [www.myactivecenter.com/signup](http://www.myactivecenter.com/signup) to create an account.

Select Lethbridge Senior Citizens Organization then Continue (If we don't show up automatically, type "Lethbridge" where it says "Search by center name"

### STEP 2: Create your account.

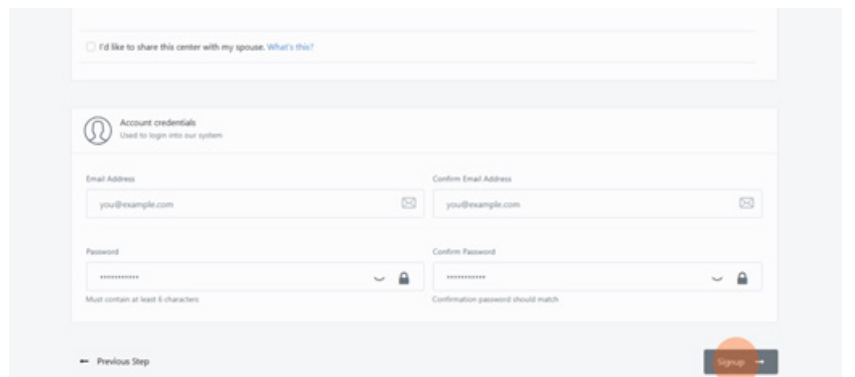
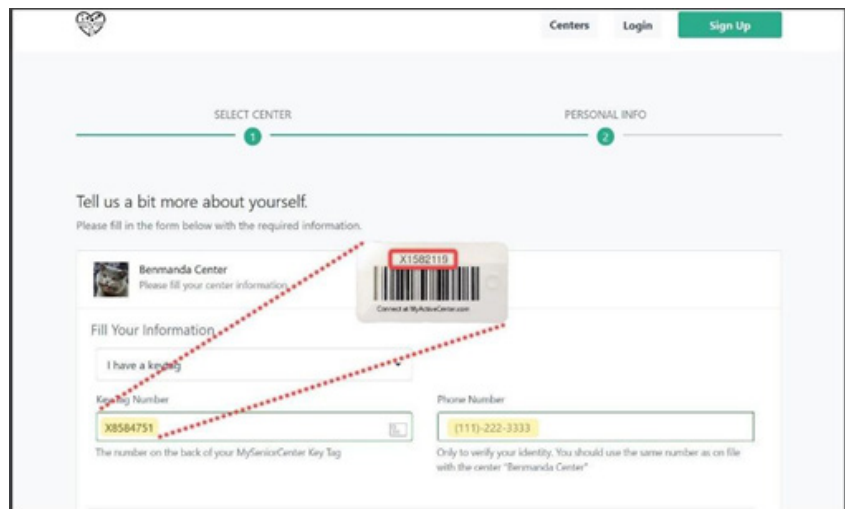
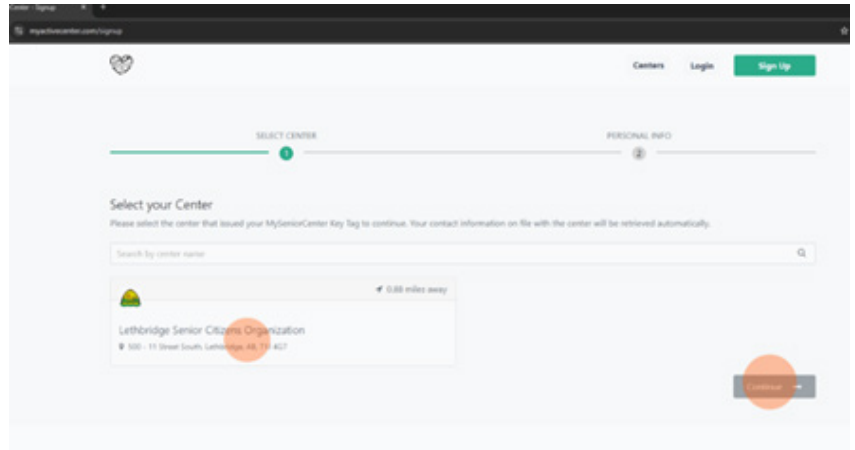
For members, choose "I have a key tag" and fill in your member number (this is the little plastic keytag with the barcode on the back you use to sign in), as well as your phone number. This phone number MUST match the phone number the LSCO has on file in order to sign up. If your phone number or member number does not match, you will receive an error when clicking "sign up" and will not be able to connect your account. please call the LSCO or visit the front desk so we can update your profile. As soon as it's updated on our end, you should be able to complete the process.

You do have the ability to share this account with your spouse. You'll have your two profiles connected to just one login and will be able to chose which spouse wants to register for each program.

For non members, chose I dont have a key tag and fill in your information.

### STEP 3: Confirm Signup

Scroll down to fill in an email address you'd like to use as well as a password. Confirm the password, and then click Signup. Please note, the LSCO does not have the ability to reset this password, so make sure you keep track of it somewhere.



# To Register for Programs

## STEP 1: Go to [www.myactivecenter.com](http://www.myactivecenter.com) and login.

Enter your login info in the blue section on the right.

## STEP 2: Choose the activity you want to register for by clicking on it.

Classes with multiple sessions should appear when you select it. You can also filter available activities by the day they occur or their category. Alternatively, you may choose to view activities in a Calendar view.

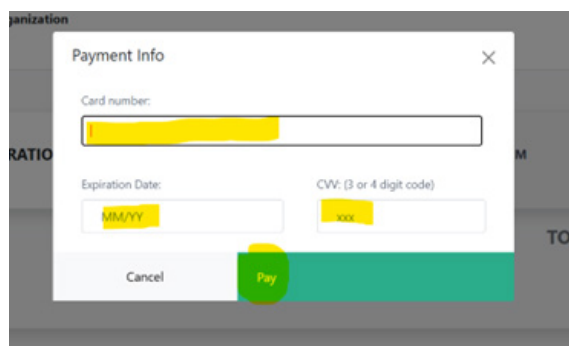
## Step 3: Click the Add to Cart button to add the sessions(s) of your choosing to your shopping cart.

If you are a member, the non-member price should be crossed out with the member price displayed instead. Your membership must be active during the entire time a program is scheduled to run or you will not be able to pay the member price. If the member discount is showing for some programs but not for others, your membership likely expires sometime during the the 4 month session.

You can see discounts applied and the days the program is scheduled to run by clicking on "Schedules and Discounts" If you qualify for the Welcome policy and have set that up at the admin desk, the price displayed for you should be even lower than the member price. Continue adding activities until you're ready to check out. Click "Activities" at the top to add more programs. If the cart preview isn't already open and you wish to navigate to your cart, you may open the cart-preview by clicking the little Cart icon in the upper right.)

## Step 4: Check out and pay when you have added all programs you would like by clicking "pay for selected items".

Fill in your credit card information and then click "pay". MyActiveCentre does not save your credit card information to keep the site as safe as possible. You will need to re-enter your credit card information any time you would like to pay.



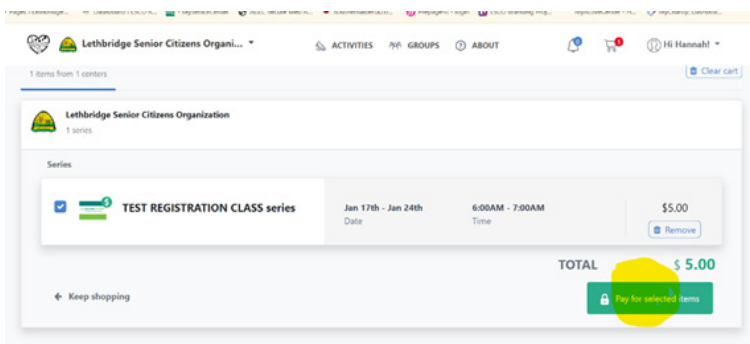
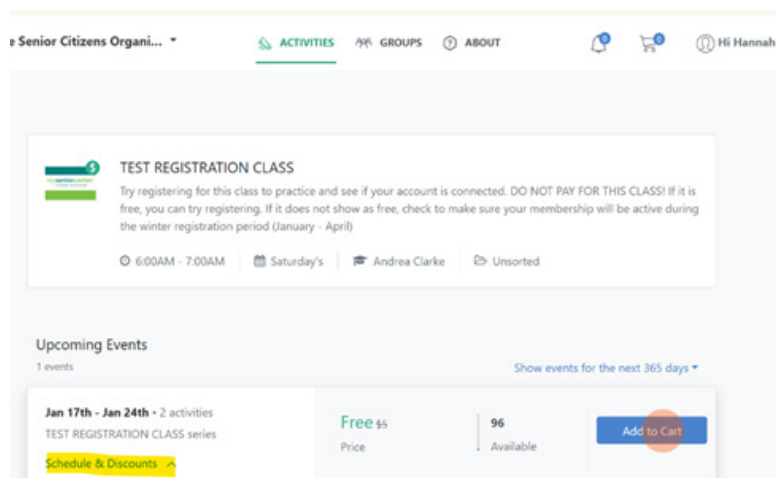
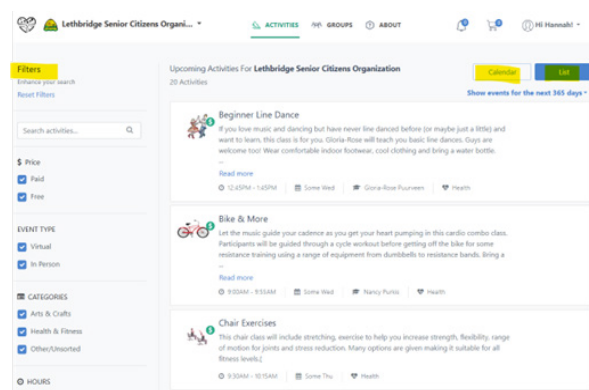
Payment Info

Card number:

Expiration Date: MM/YY

CVV: (3 or 4 digit code)

Cancel Pay



SUCCESS! You are now registered to everything in your cart. You can click View Schedule to see everything upcoming that you've signed up for, or Continue Browsing to go back to the LSCO's activities.



## To Renew Your Membership online (Or check when it expires)

For adult memberships, the process would be the same, but you would choose "LSCO Adult Membership"

1. Click "Groups" at the top of the page. Then click "View Group" under LSCO Membership
2. Under Plan, choose LSCO Membership 55+. Now you should be able to see when your membership is set to expire. If you choose to renew, your new expiration date will be 1 year from your old expiration date
3. Click "Add to Cart". When you are ready to checkout, you can go to your cart to pay.

Please note: If you qualify for the LSCO Welcome Policy (25% of for couples with an income less than \$50,000 or individuals less than \$30,000), you will need to come into the LSCO to get that discount on your membership. Once your Welcome policy membership is completed, you can register for programs online and receive the Welcome Policy discount.

