

**HAVE YOUR LIGHTS ON THE WEEK OF
DECEMBER 7TH - 11TH**

LITE UP LEGAL CONTEST

**DECORATE YOUR HOME FOR THE HOLIDAYS AND
AUTOMATICALLY BE ENTERED INTO LEGAL'S BEST
DECORATED CONTEST!**

1ST PLACE PRIZE \$100

2ND PLACE PRIZE \$50



Be *Secret Santa* to a SENIOR at Chateau Sturgeon

HERE'S

HOW:

- 1. Pick your *Secret Santa* gift tag from the tree located at the front entrance between glass doors at the Chateau Sturgeon**
- 2. Pick up **MUST** be done between 12:00 - 8:00 pm and masks are mandatory. *Please do not enter lodge***
- 3. Fulfill the gift request on the tag
(requests valued up to \$20)**
- 4. Deliver gift wrapped, to "Elf Rhonda" at the Chateau by December 10th**
- 5. All gifts will be delivered via "Santa" on Christmas morning!**

Chateau Sturgeon
5320 - 46 St, Legal

Hatha Flow Yoga



Throughout your classes, instructor Devon Andersen will lead you to explore a combination of movements and rest through Hatha Yoga. In the 60-minute sessions, you can expect her to give you a detailed description of each pose and how it can work for your own body. All levels welcome, this is a safe and inclusive space for all - no yoga experience necessary. Due to sanitation concerns you are encouraged to bring your own yoga blocks, yoga straps or any other prop you would like to practice with. Must bring yoga mat.

Minimum 10 registrations required.

WHERE: Centralta Community Centre (5109 46 St)

WHEN: January 13 - March 17th

TIME: Wednesday's, 7:00 - 8:00 pm

FEE: \$89.25 (GST included)

REGISTER BY: January 6th

**Visit the Town Office
to register today!**

5021 50 St, Legal AB

Call 961-3773 for
more information.



I Can Skate 2



I Can Skate 2 is for skaters who can skate and want to learn the basic skills and progress to more advanced skills. All taught in a fun environment with circuits and music. Classes are for ages 7 - 11 years. Participants are required to wear a CSA approved helmet. *Minimum 6 registrations required.*

WHERE: Legal Arena
WHEN: January 10 - March 14th
TIME: Sunday's, 9:00 - 9:30 am
FEE: \$94.50 (GST included)
REGISTER BY: January 4th, 2021
INSTRUCTOR: Twila Wesgenast

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to register today!**

5021 50 St, Legal AB
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more information.



Parent & Child Learn to Skate 1

Parent & Child Learn to Skate 1, is for skaters who have never been on skates before. This class will learn through songs, toys and circuits. Skaters will be able to get up, skate forward, backwards and begin to stop and have fun on the ice! Class is for ages 3 - 5 years. Parents are required on ice and must wear a helmet & skates. *Minimum 6 registrations required.*

WHERE: Legal Arena
WHEN: January 10 - March 14th
TIME: Sunday's, 8:00 - 8:30 am
FEE: \$94.50 (GST included)
REGISTER BY: January 4th, 2021
INSTRUCTOR: Twila Wesgenast

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tone & sculpt with weighted body bars

A challenging, full body workout using a weighted body bar to tone and sculpt the muscles in your body, building strength and physical fitness.

Whether you want to lose weight, tone, or build endurance, this class is a perfect way to accomplish it. When you finish this class, you will relish in a sense of accomplishment and your body will feel great too. Please bring a yoga mat to class. *Minimum 5 registrations required.*

WHERE: Centralta Community Centre (5109 46 St)

WHEN: January 7 - March 18th (no class Feb 4th)

TIME: Thursday's, 7:30—8:30 pm

FEE: \$73.50 (GST included)

REGISTER BY: January 4th

INSTRUCTOR: Chasity Cyr

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more information.

