



Canada Revenue  
Agency

Agence du revenu  
du Canada

# NEW RECOVERY BENEFITS

## WHAT HAPPENS AFTER CERB?

Participate in an online session, with Canada Revenue Agency's Outreach Team, to learn about the new recovery measures introduced to help Canadians during the COVID-19 situation

Representatives, from the Canada Revenue Agency, will share information and answer questions on the:

- Canada Recovery Benefit (CRB)
- Canada Recovery Sickness Benefit (CRSB)
- Canada Recovery Caregiving Benefit (CRCB)

**WHEN:** January 12, 2021  
@ 3:00 pm – 4:30 pm MST

**WHERE:** Online using Teams

**HOW:** To register and receive your link, send your email address to [amorin@sturgeoncounty.ca](mailto:amorin@sturgeoncounty.ca)

# 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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# 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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# WILD CARD WORKOUT

Break out of your routine with a different workout each week! This class will keep thing fresh by introducing participants to various class styles. Strength, muscular endurance, cardio, balance and core work are all fair game. Elements from the wildly popular Barre Classes will also be incorporated. Challenge yourself by stepping into the unknown and have fun getting fit. + 18 years.

*Minimum 5 registrants required.*

- WHERE:** Centralta Community Centre (5109 46 St)
- WHEN:** January 11—March 22nd (no class Feb 15th)
- TIME:** Monday's, 7:30 - 8:30 pm
- FEE:** \$73.50 (GST included)
- REGISTER BY:** January 6th
- INSTRUCTOR:** Chasity Cyr

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