



***Fall PROGRAM GUIDE***

*LAST UPDATED: September 8, 2017*





**Location:**  
2787—10th Avenue West  
Prince Albert, SK  
(South of Victoria Hospital)

**Mailing Address:**  
Alfred Jenkins Field House  
C/O 1084 Central Avenue  
Prince Albert, SK S6V 7P3

**Phone:** (306) 953-4989  
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## Adult Drop-In Programs

### After Work Drop-in Fitness

Type: Activity  
Location: Rotary Room, Malhotra Room & B&B Walking Track at the Alfred Jenkins Field House  
Fee: Standard charge: \$8.00  
Monday to Fridays, 5:30 – 6:20 pm  
Ages: 16 and up

This Drop-in program will melt off calories and boost your metabolism by giving you a total body workout. Each class during the week has a different focus and may include Kickboxing, Get Ripped, Circuit, Spin, Aerobics, Yoga & Track Interval. Download the monthly Drop-in Class Schedule for the Alfred Jenkins Field House page on the City's website: [www.citypa.ca](http://www.citypa.ca).

No Classes on Statutory Holidays

### Early Morning Drop-in Fitness

Type: Activity  
Location: B&B Walking & Jogging Track at the Alfred Jenkins Field House  
Fee: Standard charge: \$8.00  
Monday, Wednesdays & Fridays, 6:00 - 6:45 am, Saturdays 9:30 - 10:20 am  
Ages: 16 and up

Start your day off right with a convenient and commitment free early morning workout. This general program combines aerobic activity with muscle strengthening and toning exercise to provide a full body fitness experience. Class types include, Core N More, Ride & Core, Get Ripped, and Track Interval. Download the monthly Drop-in Class Schedule for the Alfred Jenkins Field House page on the City's website: [www.citypa.ca](http://www.citypa.ca).

No Classes on Statutory Holidays

## Children's Registered Programs

### Learn to Climb

**Code # 6488**

Type: Activity  
Location: Conexus Credit Union Climbing Wall at Alfred Jenkins Field House  
Fee: Member: \$45.00. Non-member: \$50.00  
6 Week Session – Wednesdays 7:00 – 8:00 PM  
Wed, Sept 13, 2017 - Wed, Oct 18, 2017  
Ages: 6 - 10

This course is designed for beginner climbers ages 6 - 10. Participants will learn the basic techniques and procedures of wall climbing. Each class will include a learning aspect and practice time on the wall. It is strongly recommended that children try climbing during a public drop-in session before registering for this course. Climbing time can be booked by calling 953-4989.

Instructor: Climbing Wall Staff

### Soccer for Tots

**Code #6662/6485**

Type: Activity  
Location: Hauser Family Indoor Turf Field at Alfred Jenkins Field House  
Fee: Member: \$27.00. Non-member: \$30.00  
6 Week Session, Tuesdays, 4:00 - 4:30 or 4:30 - 5:00 pm  
Tue, Sept 12, 2017 - Tue, Oct 17, 2017  
Ages: 3– 5

This beginner soccer program is for tots ages 3-5 years. Children will develop their motor skills using a soccer ball as their vector. Every class will start with a brief stretch, followed by activities designed to develop running, hopping, jumping, balancing abilities and coordination. **THIS CLASS IS PARENT ASSISTED. PARENTS ARE EXPECTED TO HELP THEIR CHILD PARTICIPATE IN THE ACTIVITIES.**

Instructor: Kayleigh Feschuk & Tyler Russell



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## Children's Registered Programs

### Enthusiastic Yoga for Youth (Wed, 14+)

Code # 6502

Type: Activity  
Location: AODBT Room at Alfred Jenkins Field House  
Fee: Member: \$36.00. Non-member: \$40.00  
7 Week Session , 6 Classes - Wednesdays 6:30 – 7:15 pm  
Wed, Sept 13, 2017 - Wed, Oct 25, 2017  
Ages: 14+

This Enthusiastic Yoga for Youth class is a 45 minute class that is a gentle but fun introduction to yoga! My goal is to fuel bodies with energy to release tension and feel great! This session will include yoga fundamentals, laughter, partner poses, music, games and relaxation. Each class will also be a safe and fun environment for your youth to explore the practice of mindfulness and meditation, with emphasis on self-awareness, kindness, and connection! Our classes are not long but they are action-packed. Please arrive at least 5-10 minutes early. The door will be closed once class starts as we will start and finish on time. Our time together is valuable!  
Drop-ins are welcome!

No Class October 11th, 2017

Instructor: Lisa Fraser

### Learn to Climb

Code # 6487

Type: Activity  
Location: Conexus Credit Union Climbing Wall at Alfred Jenkins Field House  
Fee: Member: \$36.00. Non-member: \$40.00  
6 Week Session – Wednesdays 6:00 – 7:00 PM  
Wed, Sept 13, 2017 - Wed, Oct 18 , 2017  
Ages: 6 - 10

This course is designed for beginner climbers ages 6 - 10. Participants will learn the basic techniques and procedures of wall climbing. Each class will include a learning aspect and practice time on the wall. It is strongly recommended that children try climbing during a public drop-in session before registering for this course. Climbing time can be booked by calling 953-4989.

Instructor: Climbing Wall Staff

## Adult Drop-In Programs

### Noon Hour Drop-in Fitness

Type: Activity  
Location: Rotary Room, Malhotra Room & B&B Walking Track at the Alfred Jenkins Field House  
Fee: Standard charge: \$8.00  
Monday to Friday, 12:15 – 12:45 pm  
Ages: 16 and up

This Drop-in program is conveniently scheduled over the noon hour for those with busy schedules. Each class during the week focuses on a different type of workout that may include Track Interval, Get Ripped, Spin, Core, and Yoga. The variety offered by this program keeps classes fresh and interesting and helps prevent fitness plateau. Download the monthly Drop-in Class Schedule for the Alfred Jenkins Field House page on the City's website: [www.citypa.ca](http://www.citypa.ca).

No Classes on Statutory Holidays

### Light Adult Fitness

Type: Activity  
Location: Rotary Room, Malhotra Room & B&B Walking Track at the Alfred Jenkins Field House  
Fee: Standard charge: \$8.00  
Monday, Wednesday & Friday, 1:00 – 2:00 pm  
Ages: 16 and up

This Drop-in program focuses on walking, stretching, flexibility, toning, and balance while providing a light to moderate cardio workout using low impact circuit training and some muscle strengthening exercises. Perfect for beginners, older adults or those who prefer a lighter workout. Download the monthly Drop-in Class Schedule for the Alfred Jenkins Field House page on the City's website: [www.citypa.ca](http://www.citypa.ca).

No Classes on Statutory Holidays



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## Adult Registered Programs

### Barre (Tues Morning)

**Code # 6619**

Type: Activity

Location: Rotary Room at Alfred Jenkins Field House

Fee: Member: \$45.00. Non-member: \$50.00

6 Week Session - Tuesdays, 10:00 - 10:50 am

Tue, Sept 19, 2017 - Tue, Oct 24, 2017

Ages: 16 and up

Barre is a heart pumping full body workout mixing athleticism, fun and grace designed to power your life. Build lean muscles, strength & flexibility for optimal muscle balance. You'll find balance in your body, which will lead to better posture, healthier digestion, and a physique that serves you rather than holds you back.

Instructor: Nadia Rybalka

### Barre (Wed Evening)

**Code # 6494**

Type: Activity

Location: Rotary Room at Alfred Jenkins Field House

Fee: Member: \$45.00. Non-member: \$50.00

6 Week Session - Wednesdays, 7:30 - 8:20 pm

Wed, Sept 20, 2017 - Wed, Oct 25, 2017

Ages: 16 and up

Barre is a heart pumping full body workout mixing athleticism, fun and grace designed to power your life. Build lean muscles, strength & flexibility for optimal muscle balance. You'll find balance in your body, which will lead to better posture, healthier digestion, and a physique that serves you rather than holds you back.

Instructor: Nadia Rybalka

## Children's Registered Programs

### Enthusiastic Yoga for Youth (Wed, Ages 10 - 13)

**Code # 6501**

Type: Activity

Location: AODBT Room at Alfred Jenkins Field House

Fee: Member: \$36.00. Non-member: \$40.00

7 Week Session , 6 Classes - Wednesdays 5:30 – 6:15 pm

Wed, Sept 13, 2017 - Wed, Oct 25, 2017

Ages: 10-13

This Enthusiastic Yoga for Youth class is a 45 minute class that is a gentle but fun introduction to yoga! My goal is to fuel bodies with energy to release tension and feel great! This session will include yoga fundamentals, laughter, partner poses, music, games and relaxation. Each class will also be a safe and fun environment for your youth to explore the practice of mindfulness and meditation, with emphasis on self-awareness, kindness, and connection! Our classes are not long but they are action-packed. Please arrive at least 5-10 minutes early. The door will be closed once class starts as we will start and finish on time. Our time together is valuable!

Drop-ins are welcome!

No Class October 11th, 2017

Instructor: Lisa Fraser

### Enthusiastic Yoga for Youth (Mon, Ages 14+)

**Code # 6617**

Type: Activity

Location: AODBT Room at Alfred Jenkins Field House

Fee: Member: \$36.00. Non-member: \$40.00

7 Week Session , 6 Classes - Mondays 6:30 – 7:15 pm

Mon, Sept 18, 2017 - Mon, Oct 30, 2017

Ages: 14+

This Enthusiastic Yoga for Youth class is a 45 minute class that is a gentle but fun introduction to yoga! My goal is to fuel bodies with energy to release tension and feel great! This session will include yoga fundamentals, laughter, partner poses, music, games and relaxation. Each class will also be a safe and fun environment for your youth to explore the practice of mindfulness and meditation, with emphasis on self-awareness, kindness, and connection! Our classes are not long but they are action-packed. Please arrive at least 5-10 minutes early. The door will be closed once class starts as we will start and finish on time. Our time together is valuable!

Drop-ins are welcome!



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## Children's Registered Programs

### Enthusiastic Yoga for Youth (Wed, Ages 6 - 9)

**Code # 6500**

Type: Activity  
Location: AODBT Room at Alfred Jenkins Field House  
Fee: Member: \$36.00. Non-member: \$40.00  
7 Week Session , 6 Classes - Wednesdays 4:30 – 5:15 pm  
Wed, Sept 13, 2017 - Wed, Oct 25, 2017  
Ages: 6 - 9

This fun filled Enthusiastic Yoga for Youth class will include yoga fundamentals, music, games and relaxation. Your child will be encouraged to participate in laughter, partner yoga, dance parties and story-telling through movement. Each class will be a safe and fun environment for your child to explore the practice of mindfulness and meditation, with emphasis on self-awareness, kindness, and connection! Our classes are not long but they are action-packed. Please arrive at least 5-10 minutes early. The door will be closed once class starts as we will start and finish on time. Our time together is valuable! Drop-ins are welcome!

No Class October 11th, 2017

Instructor: Lisa Fraser

### Enthusiastic Yoga for Youth (Mon, Ages 10 - 13)

**Code # 6616**

Type: Activity  
Location: AODBT Room at Alfred Jenkins Field House  
Fee: Member: \$36.00. Non-member: \$40.00  
7 Week Session , 6 Classes - Mondays 5:30 – 6:15 pm  
Mon, Sept 18, 2017 - Mon, Oct 30, 2017  
Ages: 10 - 13

This Enthusiastic Yoga for Youth class is a 45 minute class that is a gentle but fun introduction to yoga! My goal is to fuel bodies with energy to release tension and feel great! This session will include yoga fundamentals, laughter, partner poses, music, games and relaxation. Each class will also be a safe and fun environment for your youth to explore the practice of mindfulness and meditation, with emphasis on self-awareness, kindness, and connection! Our classes are not long but they are action-packed. Please arrive at least 5-10 minutes early. The door will be closed once class starts as we will start and finish on time. Our time together is valuable! Drop-ins are welcome!

No Class October 9th, 2017

Instructor: Lisa Fraser

## Adult Registered Programs

### Begin Your Way to 5K Running Class

**Code # 6505**

Type: Activity  
Location: B and B Walking and Jogging Track at the Alfred Jenkins Field House  
Fee: Member: \$45.00 Non-member: \$50.00  
7 Week Session, 6 Classes - Saturdays, 10:30 - 11:20 am  
Sat, Sept 16, 2017 - Sat, Oct 28 , 2017  
Ages: 16 and up

A class for all ages, abilities, and experience levels, who want to learn to run safely and efficiently. This class will take place on the Rotary Trail located around the AJFH and will help you prepare for the Terry Fox run taking place on Sunday, September 17th, 2017.

No Class October 7th, 2017

Instructor: Raylene Melnyk

### Beginner Yoga

**Code #6622**

Type: Activity  
Location: Rotary Room at Alfred Jenkins Field House  
Fee: Member: \$45.00. Non-member: \$50.00  
6 Week Session - Thursdays, 6:30 - 7:20 pm  
Thu, Sept 21, 2017 - Thu, Oct 26, 2017  
Ages: 16 and up

Join this Beginner Yoga class and learn all your basic Yoga poses to help improve flexibility, increase muscle strength and improve cardiovascular health.

Instructor: Janna Anderson



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## Adult Registered Programs

### Bootcamp (2x/week)

**Code # 6489**

Type: Activity

Location: Rotary Room at Alfred Jenkins Field House

Fee: Member: \$144.00. Non-member: \$160.00

10 Week Session, 20 Classes - Mon/Wed/Fri, 9:00 - 10:00 am

Wed, October 11, 2017 - Fri, December 15, 2017

Ages: 16 and up

Work hard, have fun, feel great, look great, get results. This Boot Camp runs 3 days a week but allows you to attend twice a week. It will challenge all fitness levels and will include Core Conditioning, Strength and Cardio training, a variety of drills and an opportunity to learn new skills.

No Class October 27th & 30th, 2017

Instructor: Janna Anderson

### Bootcamp (3x/week)

**Code # 6490**

Type: Activity

Location: Rotary Room at Alfred Jenkins Field House

Fee: Member: \$193.50. Non-member: \$215.00

10 Week Session, 27 Classes - Mon/Wed/Fri, 9:00 - 10:00 am

Wed, October 11, 2017 - Fri, December 15, 2017

Ages: 16 and up

Work hard, have fun, feel great, look great, get results. This Boot Camp runs 3 days a week and will challenge all fitness levels. It will include Core Conditioning, Strength and Cardio training, a variety of drills and an opportunity to learn new skills.

No Class October 27th & 30th, 2017

Instructor: Janna Anderson

## Children's Registered Programs

### Enthusiastic Yoga for Youth (Wed PM, Ages 3 - 5)

**Code # 6498**

Type: Activity

Location: AODBT Room at Alfred Jenkins Field House

Fee: Member: \$27.00. Non-member: \$30.00

7 Week Session , 6 Classes - Wednesdays 1:15 – 1:45 pm

Wed, Sept 13, 2017 - Wed, Oct 25, 2017

Ages: 3 - 5

This fun filled Enthusiastic Yoga for Youth class will include yoga fundamentals, music, games and relaxation. Your child will be encouraged to participate in laughter, partner yoga, dance parties and storytelling through movement. Each class will be a safe and fun environment for your child to explore the practice of mindfulness and meditation, with emphasis on self-awareness, kindness, and connection! Our classes are not long but they are action-packed. Please arrive at least 5-10 minutes early. The door will be closed once class starts as we will start and finish on time. Our time together is valuable!

Drop-ins are welcome!

No Class October 11th, 2017

Instructor: Lisa Fraser

### Enthusiastic Yoga for Youth (Mon, Ages 6 - 9)

**Code # 6618**

Type: Activity

Location: AODBT Room at Alfred Jenkins Field House

Fee: Member: \$36.00. Non-member: \$40.00

7 Week Session , 6 Classes - Mondays 4:30 – 5:15 pm

Mon, Sept 18, 2017 - Mon, Oct 30, 2017

Ages: 6 - 9

This fun filled Enthusiastic Yoga for Youth class will include yoga fundamentals, music, games and relaxation. Your child will be encouraged to participate in laughter, partner yoga, dance parties and storytelling through movement. Each class will be a safe and fun environment for your child to explore the practice of mindfulness and meditation, with emphasis on self-awareness, kindness, and connection! Our classes are not long but they are action-packed. Please arrive at least 5-10 minutes early. The door will be closed once class starts as we will start and finish on time. Our time together is valuable!

Drop-ins are welcome!

No Class October 9th, 2017

Instructor: Lisa Fraser



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## Children's Registered Programs

### Enthusiastic Yoga for Youth (Mon PM, Ages 3 - 5)

**Code # 6504**

Type: Activity  
Location: AODBT Room at Alfred Jenkins Field House  
Fee: Member: \$27.00. Non-member: \$30.00  
7 Week Session , 6 Classes - Mondays 1:15 – 1:45 pm  
Mon, Sept 18, 2017 - Mon, Oct 30, 2017  
Ages: 3 - 5

This fun filled Enthusiastic Yoga for Youth class will include yoga fundamentals, music, games and relaxation. Your child will be encouraged to participate in laughter, partner yoga, dance parties and story-telling through movement. Each class will be a safe and fun environment for your child to explore the practice of mindfulness and meditation, with emphasis on self-awareness, kindness, and connection! Our classes are not long but they are action-packed. Please arrive at least 5-10 minutes early. The door will be closed once class starts as we will start and finish on time. Our time together is valuable! Drop-ins are welcome!

No Class October 9th, 2017

Instructor: Lisa Fraser

### Enthusiastic Yoga for Youth (Wed AM, Ages 3 - 5)

**Code # 6499**

Type: Activity  
Location: AODBT Room at Alfred Jenkins Field House  
Fee: Member: \$27.00. Non-member: \$30.00  
7 Week Session , 6 Classes - Wednesdays 10:00 – 10:30 am  
Wed, Sept 13, 2017 - Mon, Oct 25, 2017  
Ages: 3 - 5

This fun filled Enthusiastic Yoga for Youth class will include yoga fundamentals, music, games and relaxation. Your child will be encouraged to participate in laughter, partner yoga, dance parties and story-telling through movement. Each class will be a safe and fun environment for your child to explore the practice of mindfulness and meditation, with emphasis on self-awareness, kindness, and connection! Our classes are not long but they are action-packed. Please arrive at least 5-10 minutes early. The door will be closed once class starts as we will start and finish on time. Our time together is valuable! Drop-ins are welcome!

No Class October 11th, 2017

Instructor: Lisa Fraser

## Adult Registered Programs

### Box & Bosu - NEW

**Code # 6477**

Type: Activity  
Location: Rotary Room at Alfred Jenkins Field House  
Fee: Member: \$45.00. Non-member: \$50.00  
7 Week Session, 6 Classes - Mondays, 6:30 - 7:20 pm  
Mon, Sept 11, 2017 - Mon, Oct 23, 2017  
Ages: 16 and up

This high energy workout incorporates agility and balance to strengthen your whole body. Using power from your core, you will learn jabs, blocks, and kicks to help build stamina and strengthen your heart. In addition, we will also use the Bosu, a half circle stability ball, adding the element of balance and challenging your core.

No Class Oct 9th, 2017

Instructor: Cindy Gallegos

### Cardio/Core Sundays

**Code #6474**

Type: Activity  
Location: Rotary Room at Alfred Jenkins Field House  
Fee: Member: \$54.00. Non-member: \$60.00  
8 Week Session, - Sundays, 12:00 PM – 1:00 PM  
Sun, Oct 15, 2017 - Sun, Dec 3, 2017  
Ages: 16 and up

Cardio focused class followed by a core segment and cool down

Oct 15 - Step	Nov 12 - Bootcamp
Oct 22 - Ride	Nov 19 - Get Ripped
Oct 29 - Power Combo	Nov 26 - Step/Interval
Nov 5- Kick Boxing	Dec 3 - Cardio Mix

Instructor: Susanne Stubbs & Josie Hemsworth



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## Adult Registered Programs

### Kettlebell Fitness

**Code #6484**

Type: Activity  
Location: Malhotra Family Multi-Purpose Room at Alfred Jenkins Field House  
Fee: Member: \$54.00. Non-member: \$60.00, Youth Member : \$45.00, Youth Non-Member: \$50.00  
6 Week Session, - Tuesdays, 7:30 - 8:20 pm  
Tue, Sept 12, 2017 - Tue, Oct 17, 2017  
Ages: 9 and up

Kettlebell Blast is a fun and effective way to improve cardio and increase strength. Each class will be different from the next and will utilize kettlebells to deliver an intense, full body workout. Be prepared to develop cardio, strength, power and muscular endurance. Your trainer will ensure safety and proper technique are performed despite the increased intensity of the workouts. No previous kettlebell experience is needed and people of all fitness levels are welcome to join the fun. \*\*This class is open to children ages 9+. Introducing your children to a fitness program is a fantastic way to keep them healthy and active and is a great way to increase cardio and strength to compliment any sports they may be involved in. Parents are encouraged to take the class with the children or be present during the class to ensure the child will be comfortable with the workout\*\*

### Minds in Motion - NEW

**Code #6660**

Type: Activity  
Location: Malhotra & Rotary Room and Gymnasium at Alfred Jenkins Field House  
Fee: Member: \$22.50. Non-member: \$25.00  
8 Week Session - Tuesdays, 1:30 - 3:30 pm  
Tue, Oct 3, 2017 - Tue, Nov 21, 2017

The City of Prince Albert is partnering with the Alzheimer Society to offer Minds in Motion. A community based fitness and social activity program incorporating physical activity and mental stimulation for people with early symptoms of Alzheimer's disease and other dementias, to enjoy with a friend or family member. The Minds in Motion program is a weekly, two hour program running for 8 weeks. The program combines 45-60 minutes of low impact physical activity, led by a certified fitness instructor, with 45-60 minutes of socially stimulating mental activities (ex. bocce ball, Jenga, card games) and also includes light refreshments. Participants must register with a partner. Please contact the AJFH front desk for more details.

Instructor: Janna Anderson (Fitness Instructor) & Hannah Buckie (Alzheimer Coordinator)

## Children's Drop-in Programs

### Toddler Turf Time

Type: Activity  
Location: Hauser Family Indoor Turf Field at Alfred Jenkins Field House  
Fee: Standard charge: \$2.00  
Monday to Friday, 10:00 AM – 12:00 PM  
Ages: 0– 5

Drop in and let your children play, explore and have fun while getting some physical exercise and burning off energy. Held on the turf with a variety of toys and equipment. There is no instructor so parents must be present. This program is for ages 0 - 5 years old and under 1 are free.

No Program on Statutory Holidays

Parent Assisted

## Children's Registered Programs

### Enthusiastic Yoga for Youth (Mon AM, Ages 3 - 5)

**Code # 6503**

Type: Activity  
Location: AODBT Room at Alfred Jenkins Field House  
Fee: Member: \$27.00. Non-member: \$30.00  
7 Week Session , 6 Classes - Mondays 10:00 – 10:30 am  
Mon, Sept 18, 2017 - Mon, Oct 30, 2017  
Ages: 3 - 5

This fun filled Enthusiastic Yoga for Youth class will include yoga fundamentals, music, games and relaxation. Your child will be encouraged to participate in laughter, partner yoga, dance parties and story-telling through movement. Each class will be a safe and fun environment for your child to explore the practice of mindfulness and meditation, with emphasis on self-awareness, kindness, and connection! Our classes are not long but they are action-packed. Please arrive at least 5-10 minutes early. The door will be closed once class starts as we will start and finish on time. Our time together is valuable! Drop-ins are welcome!

No Class October 9th, 2017

Instructor: Lisa Fraser





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2787—10th Avenue West  
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## Adult Registered Programs

### Zumba

Type: Activity

Location: Malhotra Room at Alfred Jenkins Field House

Fee: Member: \$45.00. Non-member: \$50.00

6 Week Session - Thursdays, 5:30 – 6:20 pm

Thu, Sept 14, 2017 - Thu, Oct 19, 2017

Ages 16 and up

Experience a fun filled way to get fit and have a good time with easy-to-learn steps - for Everyone!

Instructor: Kerri MacLeod

**Code #6479**

## Adult Registered Programs

### MMA Conditioning (Mondays)

Type: Activity

Location: Malhotra Family Multi-Purpose Room at Alfred Jenkins Field House

Fee: Member: \$54.00. Non-member: \$60.00

7 Week Session, 6 Classes - Mondays, 7:30 - 8:20 pm

Mon, Sept 11, 2017 - Mon, Oct 23, 2017

Ages: 16 and up

This class uses the popular training implements often used in Mixed Martial Arts training (ex. UFC). TRX Rip trainers, battling ropes, kettlebells, medicine balls - all will be used in various ways to provide an intense and fun workout. This class is open to all individuals wanting a fantastic workout with unique equipment! This class is organized with 8 - 10 minute workouts and 5 minute cool down... the actual workout is 5x5 minute rounds, with 1 minute breaks, just like a Championship UFC fight!

No Class October 9th, 2017

Instructor: Lannie Mugleston

**Code # 6480**

## Adult Sports Leagues

### Co-ed Competitive & Recreation Volleyball League Code #6624 & 6625

Type: Activity

Location: NLCDC Gymnasium at Alfred Jenkins Field House

Fee: \$300

14 Week Session - Comp - Wednesdays, Rec - Thursdays, 6:30 – 10:30 pm

Wed, Sept 13 - Dec 13, 2017, Thu, Sept 14 - Dec 14, 2017

Ages 18 and up

This competitive league consists of 12 weeks of round-robin play followed by a 2 week double elimination tournament. Matches run in 40 minute slots, consisting of 2 games total points.. Teams must have between 6 -12 players on their roster, and are required to have at least 2 males and 2 females on the court during all games. All matches, including playoffs are self refereed and rely on the honor system. A full list of league rules and regulations is included in the registration package. This is an adult league; all players on the roster must be at least 18 years of age.

### MMA Conditioning (Mondays)

Type: Activity

Location: Malhotra Family Multi-Purpose Room at Alfred Jenkins Field House

Fee: Member: \$54.00. Non-member: \$60.00

7 Week Session, 6 Classes - Mondays, 8:30 - 9:20 pm

Mon, Sept 11, 2017 - Mon, Oct 23, 2017

Ages: 16 and up

This class uses the popular training implements often used in Mixed Martial Arts training (ex. UFC). TRX Rip trainers, battling ropes, kettlebells, medicine balls - all will be used in various ways to provide an intense and fun workout. This class is open to all individuals wanting a fantastic workout with unique equipment! This class is organized with 8 - 10 minute workouts and 5 minute cool down... the actual workout is 5x5 minute rounds, with 1 minute breaks, just like a Championship UFC fight!

No Class October 9th, 2017

Instructor: Lannie Mugleston

**Code # 6481**



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## Adult Registered Programs

### MMA Conditioning (Thursdays)

**Code # 6482**

Type: Activity

Location: Malhotra Family Multi-Purpose Room at Alfred Jenkins Field House

Fee: Member: \$54.00. Non-member: \$60.00

6 Week Session - Thursdays, 7:30 - 8:20 pm

Thu, Sept 14, 2017 - Thu, Oct 19, 2017

Ages 16 and up

This class uses the popular training implements often used in Mixed Martial Arts training (ex. UFC). TRX Rip trainers, battling ropes, kettlebells, medicine balls - all will be used in various ways to provide an intense and fun workout. This class is open to all individuals wanting a fantastic workout with unique equipment! This class is organized with 8 - 10 minute workouts and 5 minute cool down... the actual workout is 5x5 minute rounds, with 1 minute breaks, just like a Championship UFC fight!

Instructor: Lannie Mugleston

### MMA Conditioning (Thursdays)

**Code # 6483**

Type: Activity

Location: Malhotra Family Multi-Purpose Room at Alfred Jenkins Field House

Fee: Member: \$54.00. Non-member: \$60.00

6 Week Session - Thursdays, 8:30 - 9:20 pm

Thu, Sept 14, 2017 - Thu, Oct 19, 2017

Ages 16 and up

This class uses the popular training implements often used in Mixed Martial Arts training (ex. UFC). TRX Rip trainers, battling ropes, kettlebells, medicine balls - all will be used in various ways to provide an intense and fun workout. This class is open to all individuals wanting a fantastic workout with unique equipment! This class is organized with 8 - 10 minute workouts and 5 minute cool down... the actual workout is 5x5 minute rounds, with 1 minute breaks, just like a Championship UFC fight!

Instructor: Lannie Mugleston

## Adult Sports Leagues

### Walk/Run & Yoga - NEW

**Code #6621**

Type: Activity

Location: Rotary Trail around the Alfred Jenkins Field House

Fee: Member: \$45.00. Non-member: \$50.00

7 Week Session, 6 Classes - Sundays, 4:15– 5:15 pm

Sun, Sept 10, 2017 - Sun, Oct 22, 2017

Ages 16 and up

Join in for a couch to 5km run. 6 week beginner friendly walk/run - followed by 30 minutes yoga designed to target areas used while walking/running. No experience required. Bring a yoga towel or mat, bottle of water and comfortable running shoes. This class will be outside on the Rotary Trail surrounding the AJFH.

No Class October 8th, 2017

Instructor: Jolene Kotyk

### Yoga

**Code #6475**

Type: Activity

Location: AODBT Multi-Purpose Room at Alfred Jenkins Field House

Fee: Member: \$45.00. Non-member: \$50.00

6 Week Session - Wednesdays, 5:30 - 6:20 pm

Wed, Sept 13, 2017 - Wed, Oct 18, 2017

Ages 16 and up

Learn and practice yoga in a comfortable, non-judgmental atmosphere. Relieve stress; develop strength, flexibility, balance and confidence.

Instructor: Kerri MacLeod RYT 200



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## Adult Registered Programs

### Strength Core & Balance

**Code # 6476**

Type: Activity

Location: Rotary Room at Alfred Jenkins Field House

Fee: Member: \$45.00. Non-member: \$50.00

6 Week Session - Wednesdays, 6:30 - 7:20 pm

Wed, Sept 13, 2017 - Wed, Oct 18, 2017

Ages: 16 and up

In this workout, we will focus on strength training for the upper and lower body including moves that strengthen our core and improve balance.

Instructor: Cindy Gallegos

### Turf 'N Total Body - NEW

**Code #6472**

Type: Activity

Location: Hauser Family Indoor Turf Field at Alfred Jenkins Field House

Fee: Member: \$90.00. Non-member: \$100.00

6 Weeks, 12 Sessions - Tuesdays & Thursdays, 6:00 - 6:45 am

Tue, Sept 26, 2017 - Thu, Nov 2, 2017

Ages 16 and up

No equipment body weight workout! All fitness levels welcome. Functional fitness, cardio core, agility, and endurance routines that will boost your day and leave you feeling awake and energized. Bring water and a towel.

Instructor: Kelleen Wolfe

## Adult Registered Programs

### PiYo

**Code #6506**

Type: Activity

Location: Rotary Room at Alfred Jenkins Field House

Fee: Member: \$45.00. Non-member: \$50.00

7 Week Session, 6 Classes - Saturdays, 11:30 am - 12:20 pm

Sat, Sept 16, 2017 - Sat, Oct 28, 2017

Ages: 16 and up

"Unleash your power with Pilates + Yoga + non-stop movement! You'll sweat, stretch, and strengthen - all in one workout! Define exactly how you want to look and feel. Low impact - No weights, no bulk, just hardcore results. Are you ready to make your power move?"

No Class October 7th, 2017

Instructor: Raylene Melnyk

### Pound - Rockout. Workout. (Mondays)

**Code # 6496**

Type: Activity

Location: Rotary Room at Alfred Jenkins Field House

Fee: Member: \$45.00. Non-member: \$50.00

7 Week Session, 6 Classes - Mondays, 7:30 - 8:20 pm

Mon, Sept 11, 2017 - Mon, Oct 23, 2017

Ages: 16 and up

Sweat. Sculpt. Rock. With Pound - Rockout. Workout. Channel your inner rockstar with this full-body cardio jam session, inspired by drumming. Using Ripstix; lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music.

No Class October 9th, 2017

Instructor: Raylene Melnyk



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## Adult Registered Programs

### Pound - Rockout. Workout. (Tuesdays)

Code # 6620

Type: Activity

Location: Rotary Room at Alfred Jenkins Field House

Fee: Member: \$45.00. Non-member: \$50.00

6 Week Session - Tuesdays, 6:30 - 7:20 pm

Tue, Sept 12, 2017 - Tue, Oct 17, 2017

Ages: 16 and up

Sweat. Sculpt. Rock. With Pound - Rockout. Workout. Channel your inner rockstar with this full-body cardio jam session, inspired by drumming. Using Ripstix; lightly weighted exercise drumsticks, torch calories and tone while rocking out to your favorite music.

Instructor: Raylene Melnyk

### Power Yoga

Code #6495

Type: Activity

Location: Rotary Room at Alfred Jenkins Field House

Fee: Member: \$63.00. Non-member: \$70.00

7 Week Session, 6 Classes - Sundays, 5:45 - 7:00 pm

Sun, Sept 10, 2017 - Sun, Oct 22, 2017

Ages 16 and up

A slower paced power yoga class - allows time for appropriate alignment, slowing of the breath and developing a deep release of tension and stress while increasing strength. This class is suitable for all levels. Please wear comfortable fit clothing, and bring water and a towel. Yoga mats, blocks, and straps are provided.

No Class October 8th, 2017

Instructor: Jolene Kotyk

## Adult Registered Programs

### S.E.T (Strength, Endurance Training)

Code #6493

Type: Activity

Location: B & B Walking and Jogging Track at the Alfred Jenkins Field House

Fee: Member: \$45.00. Non-member: \$50.00

6 Week Sessions - Tuesdays, 6:30 - 7:20 pm

Tue, Sept 26, 2017 - Tue, Oct 31, 2017

Ages 16 and up

S.E.T - Ready! S.E.T.! Go!

Join me on the track and get your strength and endurance training started! This class is a complete full body workout utilizing running, stairs, weight training, and some out of the box workouts that are challenging and fun. Each class will utilize different class styles all planned for all fitness levels for high and low impact. You will run, you will lift, you will sweat, you will love it! Join me and keep fit during this summer season. Bring water and a sweat towel!

Instructor: Kelleen Wolfe

### Spin-HIIT

Code #6473

Type: Activity

Location: Malhotra Room at the Alfred Jenkins Field House

Fee: Member: \$45.00. Non-member: \$50.00

6 Week Sessions - Wednesdays, 6:30 - 7:20 pm

Wed, Sept 27, 2017 - Wed, Nov 1, 2017

Ages 16 and up

Cardio, strength, and endurance training all wrapped up circuit style, giving you a challenging total body workout. All you have to do is Spin-HIIT! A mixture of biking, weight training, plyometric, and some outside the box functional workouts to challenge all fitness levels, utilizing various equipment and body weight exercises. Bring water and a sweat towel.

Instructor: Kelleen Wolfe