



MARGO FOURNIER CENTER

Stop by the Margo Fournier Centre alone or with friends to participate in the sport or activity of your choice*!

The Margo Fournier Center also offers a variety of daytime and evening fitness classes including Yoga, PiYo, Zumba, Step, and both low-impact and high-intensity cardio classes.



*Room Rental Rates apply

Drop-In Pickleball

Pickleball is a lively racket game for all ages and abilities and is the fastest growing game in North America! It was designed to be easy to learn and play whether your five, seventy-five or somewhere in between. We welcome you to come and try it out as we have the equipment! Those under 18 must be accompanied by an adult.



DAYS: Mondays
TIME: 6 – 8 PM

Hours of Operation:

Sept. - June	
Monday to Friday	8:00am- 9:00pm
Saturday & Sunday	Open by request
Statutory Holidays	Closed
Summer Hours	
Monday to Friday	8:00 a.m. to 4:45 p.m. 5:00-9:00pm (Open by request)
Saturday & Sunday	Open by request
Statutory Holidays	Closed



MARGO FOURNIER CENTER



1211 - 1st Avenue W. Prince Albert, SK S6V4Y8
Phone: 306.953.4816

Fall & Winter 2017

Program Guide

MFC DROP-IN FITNESS PASSES

Purchasing a City of Prince Albert Drop-In Fitness Pass from the Margo Fournier Centre (MFC) gives you access to the four classes listed. Each time you attend a Drop-In Fitness Class, scan your 5 or 10 MFC Fitness Pass at the front desk to subtract a class from your balance. Alternatively, you can purchase a single drop-in at the adult or senior rate listed.

Drop-In Prices

Drop-In (+18)	Drop-In (+60)
\$6.00	\$4.75

MFC Memberships

5 Classes	10 Classes
\$24.00	\$42.00

Here is a popular alternative!

Purchase a Recreation Pass and receive unlimited access to Alfred Jenkins Field House, Margo Fournier Centre and Frank J Dunn Pool!

Youth Monthly Membership	\$36.00
Adult Monthly Membership	\$45.00
Senior Monthly Membership	\$36.00
Family Monthly Membership	\$90.00



MFC DROP IN FITNESS CLASSES

After Work Fitness (w/ Gloria Bell)

This class is scheduled right after work to get your feet moving and heart pumping with cardio/core exercises, Zumba & Yoga.

START: September 11, 2017

DAYS: Monday/Wednesday/Friday

TIME: 5:15-6:15 PM

MON	WED	FRI
Pound Rock-Out Workout		Yoga

Easy Adult Fitness (w/ Ruth Griffiths)

Easy Adult Fitness focuses on functional exercise to help you maintain your ability to do everyday tasks and the recreation you love. This low-impact aerobic activity emphasizes stretching, toning, flexibility, strength training and balance. Experience the healthy support of group fitness three times per week.

START: September 6, 2017

DAYS: Monday/Wednesday/Friday

TIME: 9:30-10:30 AM

FITNESS CLASSES CONTINUED...

Noon Hour Fitness (w/ Josie Hemsworth & Shelly Linger)

Conveniently scheduled during your lunch break, Noon Hour Fitness is perfect for those who want to squeeze in some exercise during the day. Enjoy a variety of different workouts each day of the week.

DAYS: Monday - Friday

TIME: 12:15-12:45 PM

MON	TUES	WED	THUR	FRI
Cardio Focus	Boot Camp	Yoga	Step	Get Ripped



PIYO (w/ Kay Minielly)

An upbeat, music-driven class for people wanting to incorporate the flexibility and balance of Yoga, the strength and power of Pilates, and the sweat level and calorie burn of a cardio class, all in one workout! This class is a low impact & is suitable for all levels.

DAYS: Tuesday

TIME: 5:30 – 6:30 PM

FREE ACTIVITY!

Noon Hour Walking & Jogging

Walking and jogging increase cardio-vascular fitness and help maintain a healthy body weight. Stay active this fall & winter by taking advantage of our free open gym time available during the lunch hour.

DAYS: Monday - Friday **TIME:** 12:00-1:00 PM