

REGISTERED DANCE CLASSES ARE BACK!

Swing Dance #7544

Can't dance-no problem! Want to exercise but don't want it to be a chore? This class is for you! Learn the one dance that you need to know to have fun at virtually any dancing event: Swing. All are welcome: the young and the young in spirit, singles and couples, absolute beginners, those with two left feet, and the experts who need somewhere to show off.

Wednesdays; January 16 – February 13 (5 Sessions)

TIME: 6:30 – 7:30 PM

COST: \$40



Ballroom Dance #7545

So you want to ballroom dance? You're about to enter a world of class, tradition, and loads of fun. This class will focus on one Standard dance (Waltz) and one Latin dance (Cha Cha). The good news is that learning ballroom dances may be easier than you expect and you will have a lot of enjoyable activity ahead of you!

Thursdays; March 7 – April 4 (5 sessions)

7:45 – 8:45 PM

\$40

Multi-purpose Rooms & Gymnasium Rentals

Hourly Rentals (Table 1.2.1)

GST AND PST INCLUDED	ADULT Hourly Fee	YOUTH/SENIOR Hourly Fee	Alfred Jenkins Field House	Margo Fournier Centre
Multi-Purpose Room	\$20.00	\$20.00	✓	✓
Gymnasium	\$53.25	\$37.25	✓	✓

Daily Rentals (Table 1.2.2)

GST AND PST INCLUDED	ADULT Daily Fee	YOUTH/SENIOR Daily Fee	Alfred Jenkins Field House	Margo Fournier Centre
Multi-Purpose Room	\$120.00	\$120.00	✓	✓
Gymnasium	\$319.50	\$223.50	✓	✓

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, Wednesday - Friday

(subject to be cancelled depending on gym availability)

TIME: 12:00 - 1:00 PM

January - June

Did you know that you can sign up for a new monthly membership, renew a membership or enroll in a registered program online? Please visit: <https://ca.apm.activecommunities.com/princealbert> or click on "program registration" on the Citypa website www.citypa.ca

Hours of Operation:

Jan. - June	
Monday to Friday	8:00 A.M.- 9:00 P.M.
Saturday & Sunday	Open by request
Statutory Holidays	Closed
Summer Hours	
Monday to Friday	8:00 AM to 4:45 PM 5:00 - 9:00 PM (Open by request)
Saturday & Sunday	Open by request
Statutory Holidays	Closed



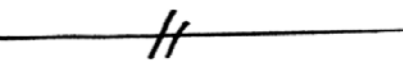
City of
**Prince
Albert**

**MARGO FOURNIER
CENTER**



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2019 Winter/Spring
Program Guide

MFC DROP-IN FITNESS CLASSES

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

Recreation Pass

Purchase a Recreation Pass and receive unlimited access to drop in classes at the Alfred Jenkins Field House, Margo Fournier Center and Frank J Dunn Pool!

Adult Monthly Membership	\$45.00
Youth/Senior Monthly Membership	\$27.00
Family Monthly Membership	\$90.00

Drop-In Prices

Drop-In (Adult 18+)	\$8.75
Drop-In (Youth & +60)	\$5.25

MFC Bulk Pass

5 Classes (Youth & Senior 60 +)	\$21.00
10 Classes (Youth & Senior 60 +)	\$36.75
5 Classes (Adult)	\$35.00
10 Classes (Adult)	\$61.25

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: January 7, 2019

TIME: 5:15-6:15 PM

MONDAY	WEDNESDAY	FRIDAY
		



Easy Adult Fitness (w/ Ruth Griffiths)

Experience the healthy support of group fitness. Maintain your ability to do everyday tasks and the activities you love. Drop in for Easy Chair-Assisted Yoga every Monday. On Wednesday and Friday enjoy a rotation of low-impact classes that focus on stretching, toning, flexibility, strength training and balance. Participate at your own level.

START: January 7, 2019

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.

START: January 7, 2019 **DAYS:** Monday - Friday

TIME: 12:15-12:45 PM

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

PIYO Live (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 low impact & suitable for all levels.

START: January 10, 2019

Thursday	6:30 – 7:30 PM
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