



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

306-953-4989



2024 SPRING-SUMMER PROGRAM GUIDE

LAST UPDATED: May 6, 2024





Location:
2787—10th Avenue West
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(South of Victoria Hospital)

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

Phone: (306) 953-4989
Email: ajfh@citypa.ca
Web: www.citypa.ca



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Adult Drop-In Programs

After Work Drop-in Fitness

Location: Rotary Room, Malhotra Room, Track
Fee: Non-member: \$9.25 Adult \$5.50 Youth/Senior
Monday - Friday, 5:30 – 6:20 pm
Ages: 16 and up (15 & under please contact AJFH to inquire)

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 Get Ripped, Body Sculpt, Cardio Kickboxing, Bosu Basics, Track Interval, Spin & Yoga. Download the monthly Drop-in Class Schedule for the Alfred Jenkins Field House page on the City's website: www.citypa.ca.

Early Morning Drop-in Fitness

Location: Rotary Room, Malhotra Room, Track
Fee: Non-member: \$9.25 Adult \$5.50 Youth/Senior
Saturdays, 9:30 - 10:20 am
Ages: 16 and up (15 & under please contact AJFH to inquire)

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. Download the monthly Drop-in Class Schedule for the Alfred Jenkins Field House page on the City's website: www.citypa.ca.

Other Drop-in Programs

Toddler Turf Time

Location: Hauser Family Indoor Turf Field
Fee: Standard charge: \$2.75
Monday - Friday, 9:00 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

Drop-in Gym

Location: NLCDC Gymnasium
Fee: Non-member: \$9.25 Adult, \$5.50 Youth/Senior
Monday to Friday, 3:30 – 6:00 pm
Ages: All Ages (Under 12 must be supervised by a guardian 18+)

Drop-in Gym is available for members and non-members to utilize the gym for a variety of activities such as basketball, badminton, volleyball, pickle ball, floor hockey, etc.



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Other Registered Programs

Soccer for Tots

Course ID: #3025

Location: Hauser Family Indoor Turf Field
Fee: Member: \$14.00. Non-member: \$20.00
4 Week Session, 4 Classes - Tuesdays, 4:30 - 5:00 pm
Tues, June 4, 2024 - Tues, June 25, 2024
Ages: 3– 6

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. Please bring indoor shoes.

THIS CLASS IS PARENT ASSISTED. PARENTS ARE EXPECTED TO HELP THEIR CHILD PARTICIPATE IN THE ACTIVITIES.

Instructor: Dana Ismail

Adult Drop-In Programs

Easy Adult Fitness

Location: NLCDC Gymnasium
Fee: Non-member: \$9.25 Adult \$5.50 Youth/Senior
Tuesdays & Thursdays, 9:30 - 10:30 am
Ages: 16 and up (15 & under please contact AJFH to inquire)

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 and low-impact classes that focus on stretching, toning, flexibility, strength training and balance. Participate at your own level. Download the monthly Drop-in Class Schedule for the Alfred Jenkins Field House page on the City's website: www.citypa.ca.

Light Adult Fitness

Location: Rotary Room
Fee: Non-member: \$9.25 Adult \$5.50 Youth/Senior
Monday, Wednesday & Friday, 1:00 – 2:00 pm
Ages: 16 and up (15 & under please contact AJFH to inquire)

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. Classes will include Yoga, Pilates, Ripped & Stretch, Pound Rockout Workout, Toned & Stretch, Transform, Urban Poling, Spin Interval, Turf Interval & Zumba. Download the monthly Drop-in Class Schedule for the Alfred Jenkins Field House page on the City's website: www.citypa.ca.



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Adult Drop-In Programs

Noon Hour Drop-in Fitness

Location: Rotary Room, Malhotra Room, Turf & Track

Fee: Non-member: \$9.25 Adult \$5.50 Youth/Senior

Monday - Friday, 12:15 – 12:45 pm

Ages: 16 and up (15 & under please contact AJFH to inquire)

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 include Turf 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.

Adult Registered Programs

Floor Boot Camp

Course ID: #3028

Location: Rotary Room

Fee: Member: \$24.00 Non-member: \$35.00

4 Week Session, 4 Classes - Mondays, 6:30 - 7:20 pm

Mon, June 3, 2024 - Mon, June 24, 2024

Ages: 16 and up (15 & under please contact AJFH to inquire)

The Floor Boot Camp is designed to get your body moving and your heart rate up. Classes will alternate cardio drills with strength training for a well-rounded work out that will help build stamina and muscle. Each exercise will be performed for 30 seconds with modifications provided for beginners. All fitness levels welcome!

Instructor: Cindy Gallegos

Step Boot Camp

Course ID: #3029

Location: Rotary Room

Fee: Member: \$24.00 Non-member: \$35.00

4 Week Session, 4 Classes - Wednesdays, 6:30 - 7:20 pm

Wed, June 5, 2024 - Wed, June 26, 2024

Ages: 16 and up (15 & under please contact AJFH to inquire)

In order to “step-up” your work out, the Step Boot Camp will get you to another level in getting your body moving and your heart rate going. Classes will alternate between cardio and strength training to provide you a well-rounded workout that will build stamina and muscle. Each exercise lasts 30 seconds with modifications provided for beginners. All fitness levels welcome!

Instructor: Cindy Gallegos



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Adult Registered Programs

MMA Conditioning

Course ID: #3002

Location: Malhotra Room

Fee: Member: \$28.00. Non-member: \$40.00

4 Week Session, 4 Classes - Thursdays, 7:00 - 7:50 pm

Thu, June 6, 2024 - Thu, June 27, 2024

Ages 16 and up (15 & under please contact AJFH to inquire)

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

Pound Rockout Workout

Course ID: #2870

Location: Rotary Room

Fee: Member: \$24.00. Non-member: \$35.00

4 Week Session, 4 Classes - Tuesdays, 6:30 - 7:20 pm

Tues, May 28, 2024 - Tues, June 18, 2024

Ages: 16 and up (15 & under please contact AJFH to inquire)

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

Adult Registered Programs

Kettlebell Fitness

Course ID: #3001

Location: Malhotra Room

Fee: MBR \$28.00 Non-MBR \$40.00 Youth MBR \$21.00 Youth Non-MBR \$32.00

4 Week Session, 4 Classes - Tuesdays, 7:00 - 7:50 pm

Tue, June 4, 2024 - Tue, June 25, 2024

Ages: 9 and up

Kettlebell 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**

Instructor: Lannie Mugleston

Kickboxing Fusion

Course ID: #3000

Location: Malhotra Room

Fee: MBR \$28.00 Non-MBR \$40.00 Youth MBR \$21.00 Youth Non-MBR \$32.00

4 Week Session, 4 Classes - Mondays, 7:00 - 7:50 pm

Mon, June 3, 2024 - Mon, June 24, 2024

Ages: 14 and up

Are you ready for a new fitness experience? Do you want to burn calories, build muscle and get ripped? Look no further than the new class offering from KOPA Evolution, Kickboxing Fusion. This class features a mixture of boxing/kickboxing cardio (with heavy bags), kettlebell, battle ropes and more to provide you with a whole body workout. Kickboxing Fusion features a fun 10 minute warm up, followed by 35-40 minute, high intensity workout and ending with a relaxing 10 minute cool down. No experience with boxing/kickboxing, kettlebell, or any other fitness equipment is required for this class as continuing instruction will be provided by your experienced trainer. Boxing gloves can be provided if needed but it is suggested you purchase your own pair. This class has a maximum of 8 participants. You must be 14 years or older to attend the class.

Instructor: Lannie Mugleston