



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

306-953-4989



**NEW 2025 SPRING
PROGRAM GUIDE**

LAST UPDATED: March 17, 2025



Adult Drop-In Programs

After Work Drop-in Fitness

Location: Rotary Room, Malhotra Room, Track

Fee: Non-member: \$9.75 Adult \$5.75 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, Kickboxing, Step Into Fitness, 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/ajfh

Early Morning Drop-in Fitness

Location: Rotary Room, Malhotra Room, Track

Fee: Non-member: \$9.75 Adult \$5.75 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/ajfh





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Adult Drop-In Programs

Easy Adult Fitness

Location: NLCDC Gymnasium

Fee: Non-member: \$9.75 Adult \$5.75 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 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/ajfh.

Light Adult Fitness

Location: Rotary Room

Fee: Non-member: \$9.75 Adult \$5.75 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, Ripped & Stretch, Pound Rockout Workout, Toned & Stretch, Urban Poling, Spin Interval & Zumba. Download the monthly Drop-in Class Schedule for the Alfred Jenkins Field House page on the City's website: www.citypa.ca/ajfh



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Adult Drop-In Programs

Noon Hour Drop-in Fitness

Location: Rotary Room, Malhotra Room, Turf & Track

Fee: Non-member: \$9.75 Adult \$5.75 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/ajfh.

Other Programs

Toddler Turf Time

Location: Hauser Family Indoor Turf Field

Fee: Standard charge: \$3.00

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: \$9.75 Adult, \$5.75 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: #7338

Location: Hauser Family Indoor Turf Field
Fee: Member: \$25.00 Non-member: \$35.00
6 Week Session, 6 Classes - Tuesdays, 4:30 - 5:00 pm
Tues, Apr 22, 2025 - Tues, May 27, 2025
Ages: 3– 6

This beginner soccer program helps tots 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.

Instructors: Dana Ismail, Mila Stonechild & Emma Leland

Adult Registered Programs

Body Sculpt

Course ID: #6897

Location: Rotary Room
Fee: Member: \$35.00 Non-member: \$50.00
8 Week Session, 6 Classes - Mondays, 6:30 - 7:20 pm
Mon, Apr 7, 2025 - Mon, May 26, 2025
Ages: 16 and up (15 & under please contact AJFH to inquire)

This low impact workout is a total body workout, focusing on firming, arms, legs, glutes, chest abs, and back. It is great for all fitness levels with beginners, using low or no weights, and the more advanced using heavier weights. Modify the work out to fit your needs and feel the burn.

Instructor: Cindy Gallegos

Chair Yoga

Course ID: #7280

Location: Malhotra Room
Fee: Member: \$35.00 Non-member: \$50.00
6 Week Session, 6 Classes - Thursdays, 1:15 - 2:05pm
Thu, Apr 17, 2025 - Thu, May 22, 2025
Ages: 16 and up (15 & under please contact AJFH to inquire)

Chair Yoga is a gentle form of yoga for all levels of experience that can be done while sitting. Some poses can also be done standing using a chair for support. Using a chair for seated poses or balancing poses, you can take advantage of the many benefits yoga provides, such as increased circulation; feelings of well-being; and decreased blood pressure, anxiety, inflammation, and chronic pain. Chair Yoga allows you to make gradual improvements to your strength, balance, and flexibility, and reduces the risk of losing your balance which is more common when practicing traditional yoga.

Instructor: Kerri MacLeod



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Adult Registered Programs

Kettlebell Fitness

Course ID: #7329

Location: Malhotra Room

Fee: MBR \$42.00 Non-MBR \$60.00 Youth MBR \$35.00 Youth Non-MBR \$50.00

6 Week Session, 6 Classes - Tuesdays, 7:00 - 7:50 pm

Tue, Apr 15, 2025 - Tue, May 20, 2025

Ages: 9 and up

Kettlebell is a fun and effective way to improve cardio and increase strength. Each class is different from the next and utilizes kettlebells to deliver an intense, full-body workout. Be prepared to develop cardio, strength, power and muscular endurance. Despite the increased intensity of the workouts, safety is always emphasized through proper technique. 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: #7331

Location: Malhotra Room

Fee: MBR \$42.00 Non-MBR \$60.00 Youth MBR \$35.00 Youth Non-MBR \$50.00

7 Week Session, 6 Classes - Mondays, 7:00 - 7:50 pm

Mon, Apr 14, 2025 - Thu, May 29, 2025

(Note: Only the last class is on Thursday)

Ages: 14 and up

Do you want to burn calories, build muscle and get ripped? Look no further than this 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 the 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

Adult Registered Programs

Zumba

Course ID: #7343

Location: Rotary Room

Fee: Member: \$45.00 Non-member: \$65.00

8 Week Session, 8 Classes - Wednesdays, 5:30 – 6:20 pm

Wed, Apr 30, 2025 - Wed, Jun 18, 2025

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

Zumba class is designed to bring people together to get a sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. Super effective and super fun! It is a total body workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave a class!



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Adult Registered Programs

Total Body Conditioning

Course ID: #7383

Location: Rotary Room

Fee: Member: \$45.00 Non-member: \$65.00

8 Week Session, 8 Classes - Thursdays, 4:30 - 5:20pm

Thu, May 1, 2025 - Thu, Jun 19, 2025

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

Total Body Conditioning provides participants the best of both worlds – cardio and strength training! Each class aims to provide work to both the cardiovascular and muscular systems. Classes will begin with the use of free weights, resistance tubing and/or floor exercises for strength training, followed by low impact cardio exercises with the use of an aerobic stepper. Total Body is sure to challenge both your body and mind, all while having fun in the process! All fitness levels are welcome!

Instructor: Shay Glover

Yoga

Course ID: #7279

Location: Rotary Room

Fee: Member: \$35.00 Non-member: \$50.00

6 Week Session, 6 Classes - Tuesdays, 1:15 - 2:05 pm

Tues, Apr 15, 2025 - Tues, May 20, 2025

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

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

Instructor: Kerri MacLeod

Adult Registered Programs

Learn to Love Running

Course ID: #7405

Location: B and B Walking and Jogging Track

Fee: Member: \$45.00 Non-member: \$65.00

8 Week Session, 8 Classes - Wednesdays, 6:00 pm - 7:00 pm

Wed, Apr 30, 2025 - Wed, Jun 18, 2025

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

This class works with participants in the place they are at and develops their running skills from there. The instructor teaches participants techniques on how to run to reduce injuries, pain and discomfort often associated with running. Participants will learn the run/walk method of running, and will progress at a pace that is always comfortable and enjoyable. The goal of the class is to help participants learn how to run at a pace they enjoy, which will hopefully result in a regular running routine they look forward to doing each week.

Instructor: Raylene Melnyk

MMA Conditioning

Course ID: #7330

Location: Malhotra Room

Fee: Member: \$42.00 Non-member: \$60.00

6 Week Session, 6 Classes - Thursdays, 7:00 - 7:50 pm

Thu, Apr 17, 2025 - Thu, May 22, 2025

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



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Adult Registered Programs

Pound Rockout Workout

Course ID: #7483

Location: Rotary Room

Fee: Member: \$45.00 Non-member: \$65.00

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

Tues, Apr 22, 2025 - Tues, Jun 10, 2025

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

Sweat. Sculpt. Rock. 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

NEW - Spin & Sculpt

Course ID: #7382

Location: Malhotra Room

Fee: Member: \$45.00 Non-member: \$65.00

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

Wed, Apr 30, 2025 - Wed, Jun 18, 2025

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

Spin & Sculpt takes participants through a combination of cardio training on a stationary bike, with added weight training intervals off the bike. The class alternates between intense cycling to elevate heart rate, and dedicated strength training to target different muscle groups. Spin & Sculpt is a true all-in-one workout where participants improve their cardiovascular endurance and muscular strength, which gets them toned and in great shape!

Instructor: Shay Glover

Adult Registered Programs

Strength Core & Kickbox

Course ID: #7235

Location: Rotary Room

Fee: Member: \$35.00 Non-member: \$50.00

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

Wed, Apr 16, 2025 - Wed, May 21, 2025

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

A great way to stay motivated is to incorporate variety into your workouts. Strength Core & Kickbox includes some strength training for the upper and lower body, such as movements that strengthen the core and improve balance. The class incorporates some kickboxing moves that work on improving agility and cardiovascular endurance. You'll learn jabs, blocks and kicks to strengthen our whole body. It is a work out that packs a punch. All fitness levels welcome!

Instructor: Cindy Gallegos

STRONG Nation

Course ID: #7344

Location: Rotary Room

Fee: Member: \$45.00 Non-member: \$65.00

8 Week Session, 8 Classes - Thursdays, 6:30 – 7:15 pm

Thu, May 1, 2025 - Thu, Jun 19, 2025

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

STRONG Nation is a revolutionary, high intensity, full body workout combining body weight, muscle conditioning, and cardio moves that are synced to original music. Every squat, lunge or burpee is driven by the music. So, this is NOT a dance class! Instead, you train to the beat.

In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves are interchanged with isometric moves to ensure that you are thoroughly challenged every class.

Instructor: Zirkia Grobler