



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

306-953-4989



**2024 FALL-WINTER  
PROGRAM GUIDE**

*LAST UPDATED: November 18, 2024*





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

**Mailing Address:**  
Alfred Jenkins Field House  
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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, Step Class, 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](http://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](http://www.citypa.ca).

## Other Drop-in Programs

### 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 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

## 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](http://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](http://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](http://www.citypa.ca).

## Other Registered Programs

### Soccer for Tots

**Course ID: #5707**

Location: Hauser Family Indoor Turf Field

Fee: Member: \$17.50. Non-member: \$25.00

5 Week Session, 5 Classes - Mondays, 4:30 - 5:00 pm

Mon, Nov 18, 2024 - Mon, Dec 16, 2024

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.**

Instructor: Dana Ismail



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## Adult Registered Programs

### Zumba

**Course ID: #4953**

Location: Rotary Room

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

7 Week Session, 6 Classes - Wednesdays, 5:30 – 6:20 pm (*No class Nov 20*)

Wed, Nov 6, 2024 - Wed, Dec 18, 2024

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

Zumba class is designed to bring people together to 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.

Instructor: Zirkia Grobler

## Adult Registered Programs

### Body Sculpt

**Course ID: #4955**

Location: Rotary Room

Fee: Member: \$30.00 Non-member: \$42.00

6 Week Session, 5 Classes - Mondays, 6:30 - 7:20 pm

Mon, Nov 4, 2024 - Mon, Dec 9, 2024 (*No class Nov 11*)

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: #5346**

Location: Malhotra Room

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

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

Thu, Oct 31, 2024 - Thu, Dec 5, 2024

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

### Fitness Fusion

**Course ID: #5631**

Location: Rotary Room

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

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

Wed, Oct 30, 2024 - Wed, Dec 4, 2024

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

Implementing variety into your workouts is a good way to stay motivated and challenge your body. In Fitness Fusion, each class provides a different workout style. With this program, you'll get to challenge yourself through six different styles, including Strength Core and Balance (using free weights and step benches), Circuit Training (use of workout stations in one minute intervals), Power Walk & Weights (walking the indoor track with free weights), and Step (a step-cardio combo class). Fitness Fusion is easily adaptable, so all fitness levels are welcome!

Instructor: Cindy Gallegos

### Kettlebell Fitness (FULL)

**Course ID: #5230**

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, Oct 29, 2024 - Tue, Dec 3, 2024

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

## Adult Registered Programs

### Total Body Conditioning - NEW

**Course ID: #5741**

Location: Rotary Room

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

6 Week Session, 6 Classes - Thursdays, 4:30 - 5:20pm

Thu, Nov 7, 2024 - Thu, Dec 12, 2024

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: #5348**

Location: Rotary Room

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

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

Tues, Oct 29, 2024 - Tues, Dec 3, 2024

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





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## Adult Registered Programs

### Pound Rockout Workout

**Course ID: #5319**

Location: Rotary Room

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

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

Tues, Oct 8, 2024 - Tues, Nov 12, 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

### STRONG 30

**Course ID: #5234**

Location: Rotary Room

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

6 Week Session, 6 Classes - Thursdays, 6:30 – 7:00 pm

Thu, Nov 14, 2024 - Thu, Dec 19, 2024

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

STRONG 30 is a revolutionary 30-minute, high intensity, full body workout where every single cardio and muscle-conditioning move is perfectly synced to original music. So instead of counting reps, you train to the beat, pushing past the limits and torching calories. This is NOT a dance class! In each class you'll burn calories while toning your arms, legs, abs, and glutes. Plyometric or explosive moves are interchanged with isometric moves.

Instructor: Zirkia Grobler

## Adult Registered Programs

### Kickboxing Fusion (FULL)

**Course ID: #5228**

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, Nov 4, 2024 - Mon, Dec 16, 2024 (No class Nov 11)

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 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

### MMA Conditioning

**Course ID: #5232**

Location: Malhotra Room

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

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

Thu, Oct 31, 2024 - Thu, Dec 5, 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