



**NEW 2025 WINTER  
PROGRAM GUIDE**

*LAST UPDATED: November 29, 2024*





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

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

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**Web:** [www.citypa.ca](http://www.citypa.ca)

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## Adult Drop-In Programs

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

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



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306-953-4989



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

### 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, Ripped & Stretch, Pound Rockout Workout, Toned & Stretch, 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/ajfh](http://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: \$9.25 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/ajfh](http://www.citypa.ca/ajfh).

## 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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## Adult Sports Leagues

### Co-ed Competitive Volleyball League

**Course ID: #6225**

Location: NLCDC Gymnasium  
Fee: \$318.00  
12 Week Session - Wednesdays 6:30 – 10:30 pm  
Wed, Jan 15, 2025 - Wed, Apr 2, 2025  
Ages 18 and up

This competitive league consists of 10 weeks of round-robin play followed by a 2 week double elimination tournament. Matches run in 40 minute slots, consisting of 2 games total points. Teams must have between 6 -12 players on their roster, and are required to have at least 2 males and 2 females on the court during all games. All matches, including playoffs are self refereed and rely on the honor system. A full list of league rules and regulations is included in the registration package. This is an adult league; all players on the roster must be at least 18 years of age.

### Co-ed Recreation Volleyball League

**Course ID: #6226**

Location: NLCDC Gymnasium  
Fee: \$318.00  
12 Week Session - Thursdays 6:30 – 10:30 pm  
Thu, Jan 16, 2025 - Wed, Apr 3, 2025  
Ages 18 and up

This recreation league consists of 10 weeks of round-robin play followed by a 2 week double elimination tournament. Matches run in 40 minute slots, consisting of 2 games total points. Teams must have between 6 -12 players on their roster, and are required to have at least 2 males and 2 females on the court during all games. All matches, including playoffs are self refereed and rely on the honor system. A full list of league rules and regulations is included in the registration package. This is an adult league; all players on the roster must be at least 18 years of age.

## Adult Registered Programs

### Body Sculpt

**Course ID: #6254**

Location: Rotary Room  
Fee: Member: \$35.00 Non-member: \$50.00  
6 Week Session, 6 Classes - Mondays, 6:30 - 7:20 pm  
Mon, Jan 6, 2025 - Mon, Feb 10, 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

### Fitness Fusion

**Course ID: #6258**

Location: Rotary Room  
Fee: Member: \$35.00 Non-member: \$50.00  
6 Week Session, 6 Classes - Wednesdays, 6:30 - 7:20 pm  
Wed, Jan 8, 2025 - Wed, Feb 12, 2025  
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 Kickboxing, Strength Core and Balance (using free weights and step benches), and Power Walk & Weights (walking the indoor track with free weights). Fitness Fusion is easily adaptable, so all fitness levels are welcome!

Instructor: Cindy Gallegos



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## Adult Registered Programs

### Kettlebell Fitness

**Course ID: #6179**

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, Jan 7, 2025 - Tue, Feb 11, 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 Muggleston

### Kickboxing Fusion

**Course ID: #6178**

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 - Mondays, 7:00 - 7:50 pm

Mon, Jan 6, 2025 - Mon, Feb 10, 2025

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 Muggleston

## Adult Registered Programs

### Total Body Conditioning

**Course ID: #6182**

Location: Rotary Room

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

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

Thu, Jan 9, 2025 - Thu, Feb 13, 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

### Zumba

**Course ID: #6256**

Location: Rotary Room

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

7 Week Session, 6 Classes - Wednesdays, 5:30 – 6:20 pm (*No class Jan 22*)

Wed, Jan 8, 2025 - Wed, Feb 19, 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!

Instructor: Zirkia Grobler



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## Adult Registered Programs

### Pound Rockout Workout

**Course ID: #6260**

Location: Rotary Room

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

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

Tues, Jan 7, 2025 - Tues, Feb 11, 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

### STRONG 30

**Course ID: #6264**

Location: Rotary Room

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

7 Week Session, 6 Classes - Thursdays, 6:30 – 7:00 pm (*No class Jan 23*)

Thu, Jan 9, 2024 - Thu, Feb 20, 2025

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

### Learn to Love Running

**Course ID: #6262**

Location: B and B Walking and Jogging Track

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

6 Week Session, 6 Classes - Wednesdays, 6:00 pm - 6:50 pm

Wed, Jan 8, 2025 - Wed, Feb 12, 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: #6180**

Location: Malhotra Room

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

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

Thu, Jan 9, 2025 - Thu, Feb 13, 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