



**NEW - 2023 SPRING PROGRAM GUIDE**

*LAST UPDATED: April 25, 2023*





**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

**Phone:** (306) 953-4989  
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## Adult Drop-In Programs

### After Work Drop-in Fitness

Location: Rotary Room, Malhotra Room, Track

Fee: Non-member: \$8.75 Adult, \$5.25 Youth/Senior

Monday to Fridays, 5:30 – 6:20 pm

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

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, Spin, Body Sculpt, Cardio Kickboxing, Bosu Basics, Track Interval & 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).

No Classes on Statutory Holidays

### Early Morning Drop-in Fitness

Location: Rotary Room, Malhotra Room, Track

Fee: Non-member: \$8.75 Adult, \$5.25 Youth/Senior

Saturdays 9:30 - 10:20 am, Tuesday & Thursdays, 6:00 - 6:45 am

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

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).

No Classes on Statutory Holidays

## Children's Drop-in Programs

### Toddler Turf Time

Location: Hauser Family Indoor Turf Field at Alfred Jenkins Field House

Fee: Standard charge: \$2.50

Monday to 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



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## Children's Registered Programs

### Soccer for Tots

**Code #11832**

Type: Activity

Location: Hauser Family Indoor Turf Field

Fee: Member: \$14.00. Non-member: \$20.00

4 Week Session, 4 Classes - Thursdays, 4:00 - 4:30 pm

Thu, Jun 8, 2023 - Thu, Jun 29, 2023

Ages: 3– 5

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.**

### Soccer for Tots

**Code #11827**

Type: Activity

Location: Hauser Family Indoor Turf Field

Fee: Member: \$14.00. Non-member: \$20.00

4 Week Session, 4 Classes - Thursdays, 4:00 - 4:30 pm

Thu, Jun 8, 2023 - Thu, Jun 29, 2023

Ages: 3– 5

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.**

## Adult Drop-In Programs

### Easy Adult Fitness

Location: NLCDC Gymnasium

Fee: Non-member: \$8.75 Adult, \$5.25 Youth/Senior

Tuesdays & Thursday 9:30 - 10:30 am

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

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).

No Classes on Statutory Holidays

### Light Adult Fitness

Location: Rotary Room

Fee: Non-member: \$8.75 Adult, \$5.25 Youth/Senior

Monday, Wednesday & Friday, 1:00 – 2:00 pm

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

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).

No Classes on Statutory Holidays



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## Adult Drop-In & Registered Programs

### Noon Hour Drop-in Fitness

Location: Rotary Room, Malhotra Room, Turf & Track

Fee: Non-member: \$8.75 Adult, \$5.25 Youth/Senior

Monday to Friday, 12:15 – 12:45 pm

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

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).

No Classes on Statutory Holidays

**Code #1822**

### Body Sculpt

Location: Rotary Room

Fee: Member: \$24.50. Non-member: \$35.00

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

Mon, Jun 5, 2023 - Mon, Jun 26, 2023

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

This low impact workout is a total body workout that focuses on firming arms, legs, glutes, 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 workout to fit your needs and feel the burn. We will also incorporate some bender ball.

Instructor: Cindy Gallegos

## Adult Registered Programs

### Yoga

**Code #11816**

Type: Activity

Location: Malhotra Room

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

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

Dates TBD

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

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

Instructor: Kerri MacLeod RYT 200

### Zumba

**Code #11817**

Location: Rotary Room

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

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

Wed, Jun 7, 2023 - Wed, Jul 26, 2023, No Classes Jun 28 & July 5

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

Everybody and every body! Each 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



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## Adult Registered Programs

### Strength Core & Kickbox - NEW

Code #11828

Location: Rotary Room

Fee: Member: \$24.50. Non-member: \$35.00

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

Wed, Jun 7, 2023 - Wed, Jun 28, 2023

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

A great way to stay motivated is to incorporate variety into your workouts. We will begin our workouts with some strength training for the upper and lower body, including movements that strengthen our core and improve balance. We will follow up with some kickboxing that will improve agility and cardiovascular endurance as we learn jabs, blocks, and kicks to strengthen our whole body. It's a workout that packs a punch! All fitness levels welcome!

Instructor: Cindy Gallegos

### STRONG 30 –NEW

Code #11829

Type: Activity

Location: Rotary Room at Alfred Jenkins Field House

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

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

Thu, Jun 8, 2023 - Thu, Jul 27, 2023, No Class Jun 28 & July 6, 2023

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

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

### Chair Yoga

Code #11805

Type: Activity

Location: Malhotra Room

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

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

Dates TBD

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

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 RYT 200

### Gentle Walk/Run Group - NEW

Code #11831

Location: Rotary Trial outside AJFH

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

6 Week Session, 6 Classes - Wednesdays, 6:00 pm - 7:20 pm

Wed, May 10, 2023 - Wed, June 14, 2023

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

Join wellness coach, Raylene outdoors on the Rotary Trail near the AJFH for her new class Gentle Walk/Run Group. Participants will learn proper breathing and stride techniques (both Running and Walking), pacing, dressing comfortably for the weather, and other tips to help you avoid injury and find satisfaction and enjoyment with walking/running. You will leave class feeling accomplished, strong, and motivated. The Gentle Walk/Run Group is a slower-paced and gentle introduction to cardiovascular fitness and health, and provides participants with accountability and encouragement to develop a regular routine that is enjoyable and rewarding. The class is planned for being outdoors, but if the weather is bad, we have alternate space on the AJFH Track. Participants are encouraged to go at their own pace and take breaks if/when needed.

Instructor: Raylene Melnyk



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## Adult Registered Programs

### Kettlebell Fitness

**Code #11823**

Location: Malhotra Room

Fee Member: \$28.00. Non-member \$40.00 Youth Member \$30.00, Youth Non-Member \$21.00

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

Tue, Jun 6, 2023 - Tue, Jun 27, 2023

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

**Code #11824**

Location: Malhotra Room

Fee Member: \$28.00. Non-member \$40.00 Youth Member \$30.00, Youth Non-Member \$21.00

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

Mon, Jun 5, 2023 - Mon, Jun 26, 2023

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 4 participants. You must be 14 years or older to attend the class.

Instructor: Lannie Mugleston

## Adult Registered Programs

### MMA Conditioning

**Code #11825**

Location: Malhotra Room

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

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

Thu, Jun 8, 2023 - Thu, Jun 29, 2023

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

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

**Code #11826**

Location: Rotary Room

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

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

Tue, Jun 6, 2023 - Tue, Jun 27, 2023

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

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