



ALFRED
JENKINS
FIELD HOUSE

PROGRAM GUIDE

Updated May 01, 2012





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
Fax: (306) 953-4849
Email: csd@citypa.com
Web: www.citypa.ca

Adult Registered Programs

Introduction to Kettlebell #1

Instructor(s): Lannie Muggleston
John De Padua

Code: 2930

Course Dates: May 28 - Jul 09 18 Class(es) over 7 Week(s)

Registration Deadline: Fri, May 25

Schedule:

| | | |
|------|-------------------|-------------------------|
| Mon, | 7:30 PM - 8:20 PM | 224 - RNF Ventures Room |
| Wed, | 7:30 PM - 8:20 PM | 224 - RNF Ventures Room |
| Fri, | 7:30 PM - 8:20 PM | 224 - RNF Ventures Room |

Description: This is an introductory 3 day per week course, over a 6 week period, in a fun and friendly atmosphere. The course is designed to develop fundamental kettlebell skills in a safe manner. The benefits of group kettlebell training include increased strength, endurance and joint mobility. All levels are welcome, however this session will be targeted towards beginners or intermediate kettlebell participants with little or no experience. Two trainers will be present to ensure the safety and proper progressions of all exercises. Kettlebells of all sizes will be provided.

Details: Please bring a water bottle, towel and proper shoes.

Fee(s): \$120.00 Applies To: All Registrants
\$108.00 Applies To: All Registrants

Introduction to Kettlebell #2

Instructor(s): Lannie Muggleston
John De Padua

Code: 2931

Course Dates: May 28 - Jul 09 18 Class(es) over 7 Week(s)

Registration Deadline: Fri, May 25

Schedule:

| | | |
|------|-------------------|-------------------------|
| Mon, | 8:30 PM - 9:20 PM | 224 - RNF Ventures Room |
| Wed, | 8:30 PM - 9:20 PM | 224 - RNF Ventures Room |
| Fri, | 8:30 PM - 9:20 PM | 224 - RNF Ventures Room |

Description: This is an introductory 3 day per week course, over a 6 week period, in a fun and friendly atmosphere. The course is designed to develop fundamental kettlebell skills in a safe manner. The benefits of group kettlebell training include increased strength, endurance and joint mobility. All levels are welcome, however this session will be targeted towards beginners or intermediate kettlebell participants with little or no experience. Two trainers will be present to ensure the safety and proper progressions of all exercises. Kettlebells of all sizes will be provided.

Details: Please bring water bottle, towel and proper shoes.

Fee(s): \$120.00 Applies To: All Registrants
\$108.00 Applies To: All Registrants



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Adult Drop-In Programs

After Work Drop-In Fitness

Instructor(s): Kelleen Wolfe
Gloria Bell
Suzanne Stubbs

Code: 2902

Course Dates: Apr 10 - Jun 29 58 Class(es) over 11 Week(s)

Registration Deadline:

Schedule:

| | | |
|------|-------------------|-------------------------|
| Mon, | 5:30 PM - 6:20 PM | 224 - RNF Ventures Room |
| Tue, | 5:30 PM - 6:20 PM | 225 - Malhotra Room |
| Wed, | 5:30 PM - 6:20 PM | 224 - RNF Ventures Room |
| Thu, | 5:30 PM - 6:20 PM | 224 - RNF Ventures Room |
| Fri, | 5:30 PM - 6:20 PM | 224 - RNF Ventures Room |

Description: 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 Boxfit, Cardio, Circuit, Spin, Step Aerobics and Track Intervals. For details on each individual class download the Monthly Drop-In Class Schedule from the Alfred Jenkins Field House page on the City's website: www.citypa.ca.

Details:

Fee(s): \$0.00 Applies To: Gold Members
\$6.00 Applies To: Silver / Bronze Members & Non-Members

Early Morning Drop-In Fitness

Instructor(s): Josie Hemsworth
Kelleen Wolfe
Suzanne Stubbs

Code: 2903

Course Dates: Apr 09 - Jun 30 35 Class(es) over 11 Week(s)

Registration Deadline:

Schedule:

| | | |
|------|--------------------|-------------------------|
| Mon, | 6:00 AM - 6:45 AM | 224 - RNF Ventures Room |
| Wed, | 6:00 AM - 6:45 AM | 225 - Malhotra Room |
| Sat, | 9:30 AM - 10:20 AM | 303 - B&B Asphalt Track |

Description: Start your day off right with a convenient and commitment free early morning workout. This general fitness program combines aerobic activity with muscle strengthening and toning exercises to provide a full body fitness experience. Please refer to the Monthly Drop-In Class Schedule available at www.citypa.ca for more details on individual classes.

Details:

Fee(s): \$0.00 Applies To: Gold Members
\$6.00 Applies To: Silver / Bronze Members & Non-Members



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Adult Drop-In Programs

Light Drop-In Fitness

Instructor(s): Bev Kosowan
Ruth Griffiths
Kerri MacLeod

Code: 2904

Course Dates: Apr 11 - Jun 29 35 Class(es) over 14 Week(s)

Registration Deadline:

Schedule:

| | | |
|------|-------------------|-------------------------|
| Mon, | 1:00 PM - 2:00 PM | 224 - RNF Ventures Room |
| Wed, | 1:00 PM - 2:00 PM | 224 - RNF Ventures Room |
| Fri, | 1:00 PM - 2:00 PM | 224 - RNF Ventures Room |

Description: 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. Some muscle strengthening exercises may be involved. Perfect for beginners, older adults or those who prefer a lighter workout. Please refer to the Monthly Drop-In Class Schedule available at www.citypa.ca for information on individual classes.

Details:

Fee(s): \$0.00 Applies To: Gold Members
\$6.00 Applies To: Silver / Bronze Members & Non-Members

Noon Drop-in Fitness

Instructor(s): Josie Hemsworth
Kelleen Wolfe
Suzanne Stubbs

Code: 2905

Course Dates: Apr 10 - Jul 02 60 Class(es) over 12 Week(s)

Registration Deadline:

Schedule:

| | | |
|------|---------------------|-------------------------|
| Mon, | 12:15 PM - 12:45 PM | 225 - Malhotra Room |
| Tue, | 12:15 PM - 12:45 PM | 224 - RNF Ventures Room |
| Wed, | 12:15 PM - 12:45 PM | 224 - RNF Ventures Room |
| Thu, | 12:15 PM - 12:45 PM | 224 - RNF Ventures Room |
| Fri, | 12:15 PM - 12:45 PM | 224 - RNF Ventures Room |

Description: 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 may include Bender Ball, Cardio-Box, Circuit, Spin, Step Aerobics, Total Body Sculpting and Yoga. The variety offered by this program keeps classes fresh and interesting, and helps prevent fitness plateau. For more information on individual classes please refer to the Monthly Drop-In Class Schedule available on the City's website: www.citypa.ca.

Details:

Fee(s): \$0.00 Applies To: Gold Members
\$6.00 Applies To: Silver / Bronze Members & Non-Members



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Adult Registered Programs

AJFH - Cardio Sport

Instructor(s): Cindy Gallegos

Code: 2909

Course Dates: Apr 18 - May 23 6 *Class(es)* over 6 *Week(s)* **Registration Deadline:** Mon, April 16

Schedule: Wed, 6:30 PM - 7:20 PM 224 - RNF Ventures Room

Description: This is a high energy workout that is inspired by a variety of sports including soccer, football, volleyball & skating. Sports related cardio moves will increase your heart rate and burn calories. Whether you play sports or not this class is a good way to stay fit and have fun.

Details:

Fee(s): \$50.00 Applies To: Silver / Bronze Members & Non-Members
 \$45.00 Applies To: Gold Members

AJFH - Circuit Interval

Instructor(s): Cindy Gallegos

Code: 2898

Course Dates: Apr 16 - May 28 6 *Class(es)* over 7 *Week(s)* **Registration Deadline:** Fri, April 13

Schedule: Mon, 6:30 PM - 7:20 PM 224 - RNF Ventures Room

Description: This circuit interval class will use a variety of equipment such as bosu, steps, ball, weights, and the ladder. We will rotate through each station working on cardio moves and strength training for both the upper and lower body.

Details: Please wear comfortable exercise clothing that allows easy movement and a good pair of shoes.

Fee(s): \$50.00 Applies To: Silver / Bronze Members & Non-Members
 \$45.00 Applies To: Gold Members



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Adult Registered Programs

Cy-Yo

Instructor(s): Josie Hemsworth
Suzanne Stubbs

Code: 2896

Course Dates: Apr 19 - May 24 6 *Class(es)* over 6 *Week(s)*

Registration Deadline: Tue, April 17

Schedule: Thu, 6:30 PM - 7:20 PM 225 - Malhotra Room

Description: A fun cardiovascular, no impact workout combining spin and yoga. Your instructor will simulate a variety of sprinting and hill climbing drills enabling you to increase your cardio-vascular fitness, muscle strength and endurance for 25 min, followed by 25 min of yoga to cool down, stretch and refocus the mind. Classes are for all levels, beginners to advanced, as you are in control of the resistance level on your bike. Come and enjoy the best of both worlds.

Details:

Fee(s): \$50.00 Applies To: Silver / Bronze Members & Non-Members
\$45.00 Applies To: Gold Members

Spin - Early Morning (Thursdays)

Instructor(s): Suzanne Stubbs

Code: 2885

Course Dates: Apr 19 - May 24 6 *Class(es)* over 6 *Week(s)*

Registration Deadline: Tue, April 17

Schedule: Thu, 6:00 AM - 6:45 AM 225 - Malhotra Room

Description: A fun cardiovascular, no impact workout using a stationary spin bicycle. Your instructor will simulate a variety of sprinting and hill climbing drills enabling you to increase your cardio-vascular fitness, muscle strength and endurance. Classes are for all levels, beginners to advanced, as you are in control of the resistance level on your bike.

Details:

Fee(s): \$50.00 Applies To: Silver / Bronze Members & Non-Members
\$45.00 Applies To: Gold Members



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Adult Registered Programs

Spin (Sundays)

Instructor(s): Kelleen Wolfe

Code: 2884

Course Dates: Apr 15 - Jun 17 8 Class(es) over 10 Week(s) **Registration Deadline:** Fri, April 13

Schedule: Sun, 5:30 PM - 6:20 PM 225 - Malhotra Room

Description: A fun cardiovascular, no impact workout using a stationary spin bicycle. Your instructor will simulate a variety of sprinting and hill climbing drills enabling you to increase your cardio-vascular fitness, muscle strength and endurance. Classes are for all levels, beginners to advanced, as you are in control of the resistance level on your bike.

Details:

Fee(s): \$60.00 Applies To: Silver / Bronze Members & Non-Members
\$54.00 Applies To: Gold Members

Total Body Conditioning

Instructor(s): Kelleen Wolfe

Code: 2886

Course Dates: Apr 30 - Jun 11 13 Class(es) over 7 Week(s) **Registration Deadline:** Fri, April 27

Schedule: Mon, 6:30 PM - 7:20 PM 225 - Malhotra Room
Wed, 7:30 PM - 8:20 PM 303 - B&B Asphalt Track

Description: Total body conditioning - using high intensity interval training using various equipment - Spin, track, weights, Bosu.....Every class is different. Get ready to work hard and sweat hard!

Details:

Fee(s): \$80.00 Applies To: Silver / Bronze Members & Non-Members
\$72.00 Applies To: Gold Members



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Adult Registered Programs

Yoga (Thursdays)

Instructor(s): Gloria Bell

Code: 2890

Course Dates: Apr 19 - May 24 6 *Class(es)* over 6 *Week(s)* **Registration Deadline:** Tue, April 17

Schedule: Thu, 7:30 PM - 8:20 PM 224 - RNF Ventures Room

Description: Yoga focuses on physical postures called asanas, breathing exercises called pranayama, and meditation. You will learn and practice a variety of poses and breathing techniques that will calm your mind and body, and aid in meditation. The benefits of yoga include improved physical fitness, mental clarity, greater self-understanding, stress control and general well being. This course is suitable for beginners or intermediate yoga practitioners.

Details:

Fee(s): \$50.00 Applies To: Silver / Bronze Members & Non-Members
\$45.00 Applies To: Gold Members

Yoga (Tuesdays)

Instructor(s): Yvonne Murphy

Code: 2892

Course Dates: Apr 17 - May 22 6 *Class(es)* over 6 *Week(s)* **Registration Deadline:** Mon, April 16

Schedule: Tue, 6:30 PM - 7:20 PM 224 - RNF Ventures Room

Description: Yoga focuses on physical postures called asanas, breathing exercises called pranayama, and meditation. You will learn and practice a variety of poses and breathing techniques that will calm your mind and body, and aid in meditation. The benefits of yoga include improved physical fitness, mental clarity, greater self-understanding, stress control and general well being. This course is suitable for beginners or intermediate yoga practitioners.

Details:

Fee(s): \$50.00 Applies To: Silver / Bronze Members & Non-Members
\$45.00 Applies To: Gold Members



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Adult Registered Programs

Yoga for Older Adults

Instructor(s): Yvonne Murphy

Code: 2893

Course Dates: Apr 17 - May 22 6 *Class(es)* over 6 *Week(s)* **Registration Deadline:** Mon, April 16

Schedule: Tue, 10:00 AM - 11:00 AM 224 - RNF Ventures Room

Description: A fun, relaxing and gentle yoga course designed just for seniors! Emphasis is placed on breathing techniques, flexibility and meditation. You will learn and practice a variety of poses and breathing techniques that will calm your mind and body, and aid in meditation. The benefits of yoga include improved physical fitness, mental clarity, greater self-understanding, stress control and general well being.

Details:

Fee(s): \$50.00 Applies To: Silver / Bronze Members & Non-Members
\$45.00 Applies To: Gold Members

Zumba - Dance Fitness (Tuesdays)

Instructor(s): Gloria Bell

Code: 2888

Course Dates: Apr 17 - May 22 6 *Class(es)* over 6 *Week(s)* **Registration Deadline:** Mon, April 16

Schedule: Tue, 7:30 PM - 8:20 PM 224 - RNF Ventures Room

Description: Zumba Fitness (pronounced zoom-ba) is a Latin inspired, easy to follow, calorie burning dance workout that targets your legs, glutes, abs and arms through interval training. You'll learn to dance to a variety of music including Salsa, Cha Cha and Rumba. The unique choreography and party like atmosphere results in a fitness experience unlike anything else. The Zumba philosophy is that a workout should be fun and easy to follow, and this course delivers. No previous dance experience is needed. Space is limited so don't wait, sign up today and join the party!

For more information on Zumba visit the official website at www.zumba.com.

Details:

Fee(s): \$50.00 Applies To: Silver / Bronze Members & Non-Members
\$45.00 Applies To: Gold Members



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Children's Programs

Soccer for Tots

Instructor(s): Tyler Russell
Kara Gray Breeze

Code: 2899

Course Dates: Apr 17 - May 22 6 Class(es) over 6 Week(s)

Registration Deadline: Mon, April 16

Schedule: Tue, 2:30 PM - 3:00 PM 104A - Hauser Field

Description: This beginner soccer program is for tots ages 3 - 5, and is a parent assisted class. 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. Classes will end with short games that will allow kids to practice the skills they have learned.

Details:

Fee(s): \$30.00 Applies To: Silver / Bronze Members & Non-Members
\$27.00 Applies To: Gold Members

Soccer for Tots - Outdoors

Instructor(s): Tyler Russell
Kara Gray Breeze

Code: 2922

Course Dates: Apr 30 - Jun 11 6 Class(es) over 7 Week(s)

Registration Deadline: Fri, April 27

Schedule: Mon, 5:00 PM - 5:29 PM East Soccer Pitch

Description: This beginner soccer program is for tots ages 3 - 5, and is a parent assisted class. 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. Classes will end with short games that will allow kids to practice the skills they have learned.

Details:

Fee(s): \$30.00 Applies To: Silver / Bronze Members & Non-Members
\$27.00 Applies To: Gold Members



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