

REGISTERED PROGRAMS



Zumba is a popular Latin inspired fitness dance party that will get your body moving and your heart pumping. Zumba will help you to build both muscle tone and cardiovascular



endurance. These benefits bring about a variety of positive health effects, including a lowered risk of developing hypertension, heart disease, diabetes, osteoporosis and obesity.

Duration: January 10 – March 1

Days: Tuesday & Thursday

Time: 5:15 – 6:15PM

Cost: \$80.00

Entry Deadline: January 9

Beginner Salsa Dancing

Scheduled over a weekend, this class will introduce you to Salsa at a comfortable, easy to learn pace. Participants can wear whatever they are comfortable dancing in - street clothes are acceptable. Please bring clean, non-scuffing indoor shoes.

Session One:

Days: April 14 – 15 (Saturday & Sunday)

Time: 1:00 – 3:00PM

Cost: \$80.00/Couple or \$50.00/Single

Entry Deadline: April 11

Session Two:

TBA



FREE

Noon Hour Walking and Jogging

Walking and Jogging are several ways to increase cardio-vascular fitness and maintain a healthy body weight. Stay active this winter and spring by taking advantage of our open gym available over the noon hour.



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PRINCE ALBERT LEAGUES, FITNESS & RECREATION**

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MARGO FOURNIER CENTER



THE SECRET OF GETTING AHEAD IS GETTING STARTED. – MARK TWAIN



**WINTER/SPRING 2012
JANUARY – JUNE
PROGRAM GUIDE
306.953.4816**

MFC DROP-IN CLASSES

Purchasing a City of Prince Albert Drop-In Fitness pass gives you access to all seven of the classes below. Each time you attend a Drop-In Fitness Class, scan your card at the front desk to subtract a class from your balance. Fitness passes come in a variety of denominations which are listed below:

	5	10	15	20
Drop-in	Classes	Classes	Classes	Classes
\$5.00	\$20.00	\$35.00	\$45.00	\$55.00

Note: All Drop-in Fitness Classes run between January 9 & June 29, 2012

Easy Adult Fitness with Ruth Griffiths

Easy Adult Fitness focuses on walking, stretching, toning, flexibility & balance. Circuit training is also involved with low impact aerobic activity.

This class is perfect for those who prefer a lighter workout.

Days: Mon/Wed/Fri
Time: 9:30 – 10:30AM



Noon Hour Fitness with Josie Hemsforth

Conveniently scheduled during the noon hour, this class is perfect for those who want to squeeze in some exercise during the lunch break. Enjoy a variety of different workouts all week long.

Mon.	Tues.	Wed.	Thurs.	Fri.
Step Intervals	Cardio	Step Intervals	Core Intervals	Yoga

Days: Monday – Friday
Time: 12:15 – 12:45PM

After Work Fitness with Gloria Bell

This class is scheduled right after work to get your heart pumping with cardio/core exercises, Zumba & Yoga.

Monday	Wednesday	Friday
Cardio/ Core	Zumba	Yoga

Days: Mon/Wed/Fri
Time: 5:15 – 6:15PM



Evening Yoga with Ruth Griffiths

This class will help you release tension, create calmness in your body and focus your mind. All ages and abilities are welcome and will enjoy this peaceful, rejuvenating class. Create peace in your day with yoga.

Day: Wednesday
Time: 7:00 – 8:00PM



Morning Yoga with Grace Dansereau

In Morning Yoga, you will develop and improve your flexibility, strength and balance through a total body workout of stretches and poses. You will learn how to monitor your own body and work at your own level. The physical, mental and spiritual benefits you will attain from this class are endless.

Day: Thursday
Time: 10:30 – 11:30AM

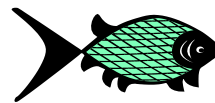


DROP-IN CLASS THE MFC...

Aboriginal Hoop Dancing with Alicia Balički

Want to try something different? Try Hoop Dancing! It is a sacred, aboriginal healing dance that originated in the South Western United States. The dance focuses on rapid moves and the construction of hoop formations around the body. During the dance, shapes are formed in a storytelling ritual with hoops symbolizing the never ending circle of life. This class is open to those aged six & up.

Day: Monday
Time: 7:00 – 8:00PM



LEAGUES

Co-Ed Floor Hockey

Floor Hockey is back at the Margo Fournier Center! The league consists of ten weeks of round-robin play followed by a double elimination championship tournament. Every team will be scheduled for one game every Sunday and each game will run in half-hour time slots. Teams must have between 6 - 12 players on their roster including a goalie. This is a co-ed league so each team must have a minimum of one female participating in each game. This is an adult league so all players on the roster must be at least 18 years old.

Duration: January 15 – March 18, 2012
Day & Time: Sundays from 2:00 – 6:00PM
Fee: \$200.00 per team + \$50.00 default fee
Entry Deadline: January 11



TOURNAMENTS

Co-ed Dodgeball

Meet new people and get active this winter with Dodgeball. The tournaments are free but every team must pay a default fee of \$50.00. There must be between 6–10 players on your roster and all everyone must be at least 18 years old to participate. Single registrants are accepted as well as full teams, however, spots are limited so early registration is encouraged.

Session One

Days: February 10 – 12, 2012 (Friday – Sunday)
Times: Fri. 7-9PM, Sat. 1-3PM & Sun. 12-2PM
Registration & Payment Deadline: February 6

Session Two

Days: May 11 – 13, 2012 (Friday – Sunday)
Time: TBA
Entry Deadline: May 7

