



***NEW 2025 FALL  
PROGRAM GUIDE***

*LAST UPDATED: August 1, 2025*





**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  
**Email:** [ajfh@citypa.com](mailto:ajfh@citypa.com)  
**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: \$9.75 Adult \$5.75 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: Track, Rotary Room

Fee: Non-member: \$9.75 Adult \$5.75 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.

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## **Adult Drop-In Programs**

### **Easy Adult Fitness**

Location: NLCDC Gymnasium

Fee: Non-member: \$9.75 Adult \$5.75 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)

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### **Light Adult Fitness**

Location: Rotary Room

Fee: Non-member: \$9.75 Adult \$5.75 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 providing a light to moderate cardio workout using low impact circuit training, as well as 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, etc.

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## **Adult Drop-In Programs**

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### **Noon Hour Drop-in Fitness**

Location: Rotary Room, Malhotra Room, Turf

Fee: Non-member: \$9.75 Adult    \$5.75 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 from 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 Registered Programs

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### Registration for the Adult Registered Programs and Soccer For Tots opens August 25th

Registration available in-person at the AJFH or online at [www.citypa.ca/register](http://www.citypa.ca/register)

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#### Body Sculpt

**Course ID: #9298**

Location: Rotary Room

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

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

Mon, Sept 8, 2025 - Mon, Oct 20, 2025 (*No class Oct 13*)

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



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## Adult Registered Programs

### Chair Yoga

**Course ID: #9322**

Location: Malhotra Room

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

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

Thu, Sept 18, 2025 - Thu, Oct 23, 2025

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. With using a chair for poses, you can take advantage of the many benefits that yoga provides, including increased circulation, decreased blood pressure, inflammation, and chronic pain, as well as reduced anxiety and increased feelings of well-being. Chair Yoga allows you to make gradual improvements to your balance and flexibility, while reducing the potential risks associated with practicing traditional yoga.

Instructor: Kerri MacLeod

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### Fitness Fusion

**Course ID: #9327**

Location: Rotary Room

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

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

Wed, Sept 10, 2025 - Wed, Oct 15, 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 Strength Core and Balance (*use of free weights and step benches*), Kickboxing (*a punch-kick cardio workout*), and Step (*a step-cardio combo class*). Fitness Fusion is easily adaptable, so all fitness levels are welcome!

Instructor: Cindy Gallegos

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## Adult Registered Programs

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### Kettlebell Fitness

**Course ID: #8632**

Location: Malhotra Room

Fee: MBR \$35.00 Non-MBR \$50.00 Youth MBR \$30.00 Youth Non-MBR \$42.00

7 Week Session, 5 Classes - Tuesdays, 7:00 - 7:50 pm

Tue, Sept 9, 2025 - Tue, Oct 21, 2025 *(No class Sept 30 & Oct 7)*

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

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### Kickboxing Fusion

**Course ID: #9295**

Location: Malhotra Room

Fee: MBR \$35.00 Non-MBR \$50.00 Youth MBR \$30.00 Youth Non-MBR \$42.00

7 Week Session, 5 Classes - Mondays, 7:00 - 7:50 pm

Mon, Sept 8, 2025 - Mon, Oct 20, 2025 *(No class Sept 29 & Oct 13)*

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 Mugleston



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## Adult Registered Programs

### Learn to Love Running

**Course ID: #9491**

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 - 7:00 pm  
Wed, Sept 10, 2025 - Wed, Oct 15, 2025  
Ages: 16 and up (15 & under please contact AJFH to inquire)

This class works with participants to develop their running skills, regardless of their abilities and current fitness levels. In doing so, participants will learn 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 can enjoy, which will hopefully result in a regular running routine that they can look forward to!

Instructor: Raylene Melnyk

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### MMA Conditioning

**Course ID: #9029**

Location: Malhotra Room  
Fee: Member: \$35.00 Non-member: \$50.00  
7 Week Session, 5 Classes - Thursdays, 7:00 - 7:50 pm  
Thu, Sept 11, 2025 - Thu, Oct 23, 2025 *(No class Sept 25 & Oct 9)*  
Ages 16 and up (15 & under please contact AJFH to inquire)

This class uses the popular training implements often used in Mixed Martial Arts (ex. UFC). TRX Rip trainers, battle ropes, kettlebells, and medicine balls are all used in various ways to provide an intense and fun workout. This program is open to all individuals wanting a fantastic workout with unique equipment! Classes are 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

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## Adult Registered Programs

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### **Pound Rockout Workout**

**Course ID: #9490**

Location: Rotary Room

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

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

Tues, Sept 9, 2025 - Tues, Oct 21, 2025 (*No class Sept 30*)

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

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### **Spin & Sculpt - NEW**

**Course ID: #9296**

Location: Malhotra Room

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

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

Wed, Sept 10, 2025 - Wed, Oct 15, 2025

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

Spin & Sculpt takes participants through a combination of cardio training on a stationary bike, with added weight training intervals off the bike. The class alternates between intense cycling to elevate heart rate, and dedicated strength training to target different muscle groups. Spin & Sculpt is a true all-in-one workout where participants improve their cardiovascular endurance and muscular strength, which gets them toned and in great shape!

Instructor: Shay Glover



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## **Adult Registered Programs**

### **STRONG Nation**

**Course ID: #9333**

Location: Rotary Room

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

6 Week Session, 6 Classes - Thursdays, 6:30 – 7:15 pm

Thu, Sept 11, 2025 - Thu, Oct 16, 2025

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

STRONG Nation is a revolutionary, high intensity, full body workout combining body weight, muscle conditioning, and cardio moves that are synced to original music. Every squat, lunge or burpee is driven by the music. So, this is NOT a dance class! Instead, you train to the beat.

In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves are interchanged with isometric moves to ensure that you are thoroughly challenged every class.

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### **Total Body Conditioning**

**Course ID: #9299**

Location: Rotary Room

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

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

Thu, Sept 11, 2025 - Thu, Oct 16, 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

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## Adult Registered Programs

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### Yoga

**Course ID: #9569**

Location: Rotary Room

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

6 Week Session, 5 Classes - Tuesdays, 1:15 - 2:05 pm

Tues, Sept 16, 2025 - Tues, Oct 21, 2025 *(No class Sept 30)*

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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### Zumba - NEW

**Course ID: #9515**

Location: Rotary Room

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

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

Wed, Sept 10, 2025 - Wed, Oct 15, 2025

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

Zumba is designed in a way that takes the "work" out of workout, by mixing low- 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. A full body workout, combining all elements of fitness-cardio, muscle conditioning, and balance in a super fun and exciting atmosphere!

As well, each class in this Zumba program will wrap up with up to 10-minutes of Yoga, calming your heart rate and relaxing your muscles—adding in leaving your mind and body re-freshed and recharged after every class.

Instructor: Zirkia Grobler





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## Other Registered Programs

### Soccer for Tots

**Course ID: #9030**

Location: Hauser Indoor Turf

Fee: Member: \$21.00 Non-member: \$30.00

7 Week Session, 6 Classes - Mondays, 4:00 - 4:30 pm

Mon, Sept 8, 2025 - Mon, Oct 20, 2025 (*No class Oct 13*)

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.

Instructors: Emma Leland & Mila Stonechild

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### Soccer for Tots

**Course ID: #9031**

Location: Hauser Indoor Turf

Fee: Member: \$21.00 Non-member: \$30.00

7 Week Session, 6 Classes - Mondays, 4:30 - 5:00 pm

Mon, Sept 8, 2025 - Mon, Oct 20, 2025 (*No class Oct 13*)

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.

Instructors: Emma Leland & Mila Stonechild



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## Other Drop-in Programs

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### Toddler Turf Time

Location: Hauser Indoor Turf  
Fee: Standard charge: \$3.00  
Monday - Friday, 9:00 am – 12:00 pm  
Ages: 1 – 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 1 - 5 years old and under 1 are free.

No Program on Statutory Holidays

Parent Assisted

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## Other Drop-in Programs

### Drop-in Gym

Location: NLCDC Gymnasium

Fee: Non-member: \$9.75 Adult \$5.75 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, as they wish, such as basketball, volleyball, badminton, pickle ball, floor hockey, etc.

The space/activities available in the gymnasium during this time is on a first-come, first serve basis.

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## **Adult Sports Leagues**

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**Registration  
for  
the AJFH Volleyball Leagues  
opens  
August 27th @ 5:30pm**

Registration available in-person at the AJFH or online at [www.citypa.ca/register](http://www.citypa.ca/register)  
To inquire, call at 306-953-4989 or email Robin at [rmkangwana@citypa.com](mailto:rmkangwana@citypa.com)



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## **Adult Sports Leagues**

### **Co-ed Competitive Volleyball League**

**Course ID: #9254**

Location: NLCDC Gymnasium

Fee: \$318.00

12 Week Session - Wednesdays 6:30 – 10:30 pm

Wed, Sept 17, 2025 - Wed, Dec 3, 2025

Ages 18 and up

The AJFH Volleyball Leagues consist 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. All matches, including playoffs are self refereed and rely on the honor system. The Competitive League is intended for teams made up of more proficient volleyball players; but still in a fun, interactive and leisurely environment. Teams are to submit their roster upon registration, and are required to have at least 2 males and 2 females on this roster, as well as on the court during all games. 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.

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### **Co-ed Recreation Volleyball League**

**Course ID: #9255**

Location: NLCDC Gymnasium

Fee: \$318.00

12 Week Session - Thursdays 6:30 – 10:30 pm

Thu, Sept 18, 2025 - Thu, Dec 4, 2025

Ages 18 and up

The AJFH Volleyball Leagues consist 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. All matches, including playoffs are self refereed and rely on the honor system. The Recreation League is ideal for teams made up of beginners and casual players aiming to play in a fun and social, yet structured environment. Teams are to submit their roster upon registration, and are required to have at least 2 males and 2 females on this roster, as well as on the court during all games. 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.





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