

TO MINIMIZE THE SPREAD OF COVID-19

MASKS MANDATORY

THIS INCLUDES WHEN YOU ARE WORKING OUT OR PARTICIPATING IN AN ACTIVITY



IN ACCORDANCE WITH GOVERNMENT OF SASKATCHEWAN PUBLIC HEALTH ORDER

FOR UPDATES: WWW.CITYPA.CA/COVID19

REGISTERED DANCE CLASS

Country Line Dance (Instructor Randy Krammer)

Country Line Dancing Lessons are back! That's right all you country music lovers, let's keep the country going. We will be doing beginner country line dance classes so no experience needed. If you love country music and want to learn line dancing, then now is the chance. You will learn the steps solo along with everyone else so you can maintain your physical distance and learn the dances safely. No partner required. See you there!

Date: Wednesday; March 3 to 31 (5 Sessions)

Time: 6 to 7 p.m.

Cost: \$45/person



FREE ACTIVITY

Noon Hour Walking & Jogging

Walking and jogging increase cardio-vascular fitness and help maintain a healthy body weight. Stay active this winter by taking advantage of our free open gym time available during the lunch hour.

DAYS: Monday to Friday

(subject to be cancelled depending on gym availability)

TIME: 12:00 - 1:00 PM

January to April

GST AND PST INCLUDED	ADULT Hourly Fee	YOUTH/SENIOR Hourly Fee	Alfred Jenkins Field House	Margo Fournier Centre
Multi-Purpose Room	\$25.00	\$20.00	✓	✓
Gymnasium	\$55.00	\$37.25	✓	✓

GST AND PST INCLUDED	ADULT Daily Fee	YOUTH/SENIOR Daily Fee	Alfred Jenkins Field House	Margo Fournier Centre
Multi-Purpose Room	\$150.00	\$120.00	✓	✓
Gymnasium	\$330.00	\$223.50	✓	✓

Hours of Operation

January to June

<i>Monday to Friday</i>	Regular hours 8 a.m. to 5 p.m. (We are open by request in the evening 5 to 9 p.m.)
<i>Saturday & Sunday</i>	Reopen by request only
<i>Statutory Holidays</i>	Closed

**Due to Covid-19,
entrance doors will be unlocked
10-15 minutes prior to fitness
classes & room rentals**

Margo Fournier Center



2021 Winter/Spring Program Guide

Community Services Department
Margo Fournier Center

1211 1 Avenue West
Prince Albert, SK S6V 4Y8
P: (306) 953-4816

<https://www.citypa.ca/en/parks-recreation-and-culture/margo-fournier-centre.aspx>



City of
Prince Albert

MFC DROP-IN FITNESS CLASSES (PRICING)

Purchasing a City of Prince Albert Drop-In Bulk Pass from the Margo Fournier Centre (MFC) gives you access to our drop in classes listed. Each time you attend a Drop-In Fitness Class, scan your 5 or 10 MFC Bulk Pass at the front desk to subtract a class from you balance. Alternatively, you can purchase a monthly Recreation Pass or a single drop-in at the listed rate:

Recreation pass

Purchase a Recreation Pass and receive unlimited access to drop in classes at the Alfred Jenkins Field House, Margo Fournier Center and Frank J Dunn Pool*!

Adult Monthly Membership	\$45.00
Youth/Senior Monthly Membership	\$27.00
Family Monthly Membership	\$90.00

Single drop-In prices

Drop-In (Adult 18+)	\$8.75
Drop-In (Youth & +60)	\$5.25

MFC bulk pass

5 Classes (Youth & Senior 60 +)	\$21.00
10 Classes (Youth & Senior 60 +)	\$36.75
5 Classes (Adult)	\$35.00
10 Classes (Adult)	\$61.25

Do you know you can buy a membership and register for classes online?

<https://www.citypa.ca/en/parks-recreation-and-culture/register-for-a-program.aspx>

MFC DROP-IN FITNESS CLASSES

After Work Fitness

Instructor Gloria Bell

This class is scheduled right after work to get your feet moving and heart pumping with Yoga, cardio & core exercises. Tuesday will rotate between Pound and Zumba each week.

START: January 5

TIME: 5:15 to 6:15 p.m.

LOCATION: Gymnasium unless otherwise indicated

TUESDAY	THURSDAY
	



***Due to Covid-19 restrictions fitness class attendance cannot exceed 7 participants. To reserve a spot please register online or call at least one hour prior to attending.**

***Doors will be unlocked 10 to 15 minutes prior to each fitness class or room rental**

DROP –IN FITNESS CLASSES CONTINUED

Noon Hour Fitness

Instructors Josie Hemsworth & Shelly Linger

Conveniently scheduled during your lunch break and perfect for those who work downtown, Noon Hour Fitness is a great option for those who want to squeeze in some exercise during the day. Enjoy a variety of different workouts each day of the week.

START: January 4

DAYS: Monday to Friday

TIME: 12:15 to 12:45 p.m.

MON	TUES	WED	THUR	FRI
Cardio Focus (G)	Boot Camp (G)	Yoga (G)	Step (G)	Get Ripped (G)

GYMNASIUM (G)

Easy Adult Fitness

Instructor Ruth Griffiths

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 every Monday. On Wednesday and Friday enjoy a rotation of low-impact classes that focus on stretching, toning, flexibility, strength training and balance. Participate at your own level.

START: January 4

DAYS: Monday/Wednesday/Friday

TIME: 9:30 to 10:30 a.m.

LOCATION: Gymnasium