



***NEW 2026 SPRING-SUMMER
PROGRAM GUIDE***

LAST UPDATED: May 6, 2026





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
Web: www.citypa.ca

Adult Drop-In Programs

After Work Drop-in Fitness

Location: Rotary Room, Malhotra Room, Track

Fee: Non-member: \$10.25 Adult \$6.00 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, Spin, Body Sculpt, Kickboxing, Step Into Fitness, 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/ajfh

Early Morning Drop-in Fitness

Location: Track, Rotary Room

Fee: Non-member: \$10.25 Adult \$6.00 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: \$10.25 Adult \$6.00 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.

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Late Afternoon Drop-In Fitness (NEW)

Location: Rotary Room, Malhotra Room

Fee: Non-member: \$10.25 Adult \$6.00 Youth/Senior

Tuesdays & Thursdays, 4:30 – 5:20 pm

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

This Drop-in program are for those looking to sneak in a comprehensive and thorough workout before their evening activities. Classes will include Total Body Conditioning (*use of free weights, resistance tubing and/or floor exercises for strength training, followed by low impact cardio exercises*) or Spin & Sculpt (*a combination of cardio training on a stationary bike, with added weight training intervals off the bike*).

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Adult Drop-In Programs

Light Adult Fitness

Location: Rotary Room, Track, Malhotra Room

Fee: Non-member: \$10.25 Adult \$6.00 Youth/Senior

Mondays, Wednesdays & Fridays, 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 & Yoga, Toned & Yoga, Spin Interval, Track Interval, Zumba, etc.

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Noon Hour Drop-in Fitness

Location: Rotary Room, Malhotra Room, Turf

Fee: Non-member: \$10.25 Adult \$6.00 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 Get Ripped, Spin, Core, and Yoga. The variety offered by this program keeps classes fresh and interesting and helps prevent fitness plateau.

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Other Drop-In Programs

Toddler Turf Time

Location: Hauser Indoor Turf
Fee: \$3.25
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

Climbing Wall

Location: AJFH Lobby
Fee: Non-member: \$11.75 Adult \$7.00 Youth/Senior
Member: Free
Wednesdays and Thursdays, 6:00 - 9:00 pm
Ages: 6 and up (Under 12 must be supervised by a guardian 18+)

The Climbing Wall is back OPEN!

The wall is available on a drop-in basis; however, it's best to book ahead of time to make sure you get the date and time that works best for you! Available time slots are 30 minutes, with a maximum of 2 participants per slot.

Visit the AJFH front desk for more information.



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Other Drop-In Programs

Drop-in Gym

Location: NLCDC Gymnasium

Fee: Non-member: \$10.25 Adult \$6.00 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 Registered Programs

Registration for the Adult Registered Programs *(beginning in June)*

Opens May 14th

Registration available in-person at the AJFH
or
online at www.citypa.ca/register





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Adult Registered Programs

Back on Track Boot Camp (NEW)

Course ID: #14482

Location: Indoor Track

Fee: Member: \$22.50 Non-member: \$32.50

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

Tue, June 2, 2026 - Tue, June 23, 2026

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

This boot camp will take participants onto the indoor track for an interval-based cardio workout program. The focus will be on building endurance and improving agility, aiding in increasing stamina and coordination, as well will incorporate body weight workouts throughout. Back on Track will be sure to keep your heart up and help to burn some calories!

All fitness levels are welcome! Modifications will be provided by instructor for beginners

Instructor: Cindy Gallegos

Turf Power Boot Camp

Course ID: #14294

Location: Hauser Field

Fee: Member: \$22.50 Non-member: \$32.50

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

Wed, June 3, 2026 - Wed, June 24, 2026

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

This boot camp will be on the indoor turf taking participants through a self-paced full body workout. The focus of this class will be on building and improving upon strength, endurance, and agility. The program is designed to be as challenging as you make it, such as incorporating bands into exercises for added intensity. All fitness levels welcome!

Instructor: Cindy Gallegos



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Adult Registered Programs

Kettlebell Fitness

Course ID: #12362

Location: Malhotra Room

Fee: MBR \$28.00 Non-MBR \$40.00 Youth MBR \$24.00 Youth Non-MBR \$33.50

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

Tue, June 2, 2026 - Tue, June 23, 2026

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

Kickboxing Fusion

Course ID: #12361

Location: Malhotra Room

Fee: MBR \$28.00 Non-MBR \$40.00 Youth MBR \$24.00 Youth Non-MBR \$33.50

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

Mon, June 1, 2026 - Mon, June 22, 2026

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

MMA Conditioning

Course ID: #12363

Location: Malhotra Room
Fee: Member: \$28.00 Non-member: \$40.00
4 Week Session, 4 Classes - Thursdays, 7:00 - 7:50 pm
Thu, June 4, 2026 - Thu, June 25, 2026
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

Learn to Love Running

Course ID: #13774

Location: Indoor Track & Outside (*Weather Permitting*)
Fee: Member: \$45.00 Non-member: \$65.00
8 Week Session, 8 Classes - Wednesdays, 6:15 pm - 7:15 pm
Wed, Apr 22, 2026 - Wed, Jun 10, 2026
Ages: 16 and up (15 & under please contact AJFH to inquire)

This class works with participants in the place they are at and develops their running skills from there. The instructor teaches participants 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 enjoy, which will hopefully result in a regular running routine they look forward to doing each week.

Instructor: Raylene Melnyk



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Adult Registered Programs

Pound Rockout Workout

Course ID: #13773

Location: Rotary Room

Fee: Member: \$45.00 Non-member: \$65.00

8 Week Session, 8 Classes - Tuesdays, 6:30 - 7:20 pm

Tues, Apr 21, 2026 - Tues, Jun 9, 2026

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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STRONG Nation

Course ID: #13809

Location: Rotary Room

Fee: Member: \$45.00 Non-member: \$65.00

8 Week Session, 8 Classes - Wednesdays, 5:30 – 6:15 pm

Wed, Apr 15, 2026 - Wed, Jun 3, 2026

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.

Instructor: Zirkia Grobler





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