



**2025 FALL-WINTER
PROGRAM GUIDE**

LAST UPDATED: Oct 24, 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
Web: www.citypa.ca

Adult Drop-In Programs

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, 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: \$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.

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Light Adult Fitness

Location: Rotary Room

Fee: Non-member: \$9.75 Adult \$5.75 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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Adult Drop-In Programs

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 Circuit Training, 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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Adult Registered Programs

Registration for the Adult Registered Programs And Soccer For Tots are now OPEN!

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

Body Sculpt

Course ID: #9319

Location: Rotary Room

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

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

Mon, Nov 3, 2025 - Mon, Dec 8, 2025

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: #9323

Location: Malhotra Room

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

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

Thu, Oct 30, 2025 - Thu, Dec 4, 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

Fitness Fusion

Course ID: #9329

Location: Rotary Room

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

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

Wed, Nov 5, 2025 - Wed, Dec 10, 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. With Fitness Fusion, each class provides a different workout for the participant. For this six-week session, classes will be different but will all be cardio and strength-based. Such as 'Step, Strength and Balance' on November 26th, where participants will get their cardio through the use of an aerobic stepper, followed by strength training with free weights. Fitness Fusion is easily adaptable, so all fitness levels are welcome!

Instructor: Cindy Gallegos



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Adult Registered Programs

Kettlebell Fitness

Course ID: #9303

Location: Malhotra Room

Fee: MBR \$42.00 Non-MBR \$60.00 Youth MBR \$35.00 Youth Non-MBR \$50.00

7 Week Session, 6 Classes - Tuesdays, 7:00 - 7:50 pm

Tue, Nov 4, 2025 - Tue, Dec 16, 2025 (*No class Nov 11*)

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: #9301

Location: Malhotra Room

Fee: MBR \$42.00 Non-MBR \$60.00 Youth MBR \$35.00 Youth Non-MBR \$50.00

6 Week Session, 6 Classes - Mondays, 7:00 - 7:50 pm

Mon, Nov 3, 2025 - Mon, Dec 8, 2025

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: #10125

Location: Indoor Track

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

6 Week Session, 5 Classes - Wednesdays, 6:00 pm - 7:00 pm

Wed, Nov 5, 2025 - Wed, Dec 10, 2025 (*No class Nov 26*)

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

MMA Conditioning

Course ID: #9302

Location: Malhotra Room

Fee: Member: \$42.00 Non-member: \$60.00

6 Week Session, 6 Classes - Thursdays, 7:00 - 7:50 pm

Thu, Nov 6, 2025 - Thu, Dec 11, 2025

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

Pound Rockout Workout

Course ID: #10124

Location: Rotary Room

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

7 Week Session, 5 Classes - Tuesdays, 6:30 - 7:20 pm

Tues, Nov 4, 2025 - Tues, Dec 16, 2025 (*No class Nov 11 & 25*)

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

Spin & Sculpt

Course ID: #9321

Location: Malhotra Room

Fee: Member: \$24.00 Non-member: \$33.50

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

Wed, Nov 12, 2025 - Wed, Dec 10, 2025 (*No class Dec 3*)

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: #9343

Location: Rotary Room

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

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

Thu, Nov 6, 2025 - Thu, Dec 11, 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.

Instructor: Zirkia Grobler

Total Body Conditioning

Course ID: #9320

Location: Rotary Room

Fee: Member: \$24.00 Non-member: \$33.50

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

Thu, Nov 13, 2025 - Thu, Dec 11, 2025 (*No class Nov 27*)

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

Yoga

Course ID: #10093

Location: Rotary Room

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

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

Tues, Oct 28, 2025 - Tues, Dec 2, 2025 (*No class Nov 11*)

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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Other Registered Programs

Soccer for Tots

Course ID: #9304

Location: Hauser Indoor Turf
Fee: Member: \$21.00 Non-member: \$30.00
6 Week Session, 6 Classes - Mondays, 4:00 - 4:30 pm
Mon, Nov 3, 2025 - Mon, Dec 8, 2025
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

Soccer for Tots

Course ID: #9305

Location: Hauser Indoor Turf
Fee: Member: \$21.00 Non-member: \$30.00
6 Week Session, 6 Classes - Mondays, 4:30 - 5:00 pm
Mon, Nov 3, 2025 - Mon, Dec 8, 2025
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

Toddler Turf Time

Location: Hauser Indoor Turf
Fee: \$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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