

FITNESS & RECREATION



PROGRAM GUIDE

SUMMER 2026

activity.stalbert.ca

Locations

FITNESS

Servus Credit Union Place

400 Campbell Road
St. Albert, AB T8N 0R9
780-418-6088

RECREATION

Akinsdale Clubhouse

36 Alpine Blvd
St. Albert, AB T8N 2M7

Grandin Clubhouse

5 Grenfell Ave
St. Albert, AB T8N 0Y8

Jarome Iginla & Kinex Arenas

66 Hebert Road
St. Albert, AB T8N 2X9

Kingswood Park Day Use Area

395 Sir Winston Churchill Ave
St. Albert, AB

Lacombe Clubhouse

145 Larose Dr
St. Albert, AB T8N 2X7

Willoughby Clubhouse

4 Willoughby Dr
St. Albert, AB T8N 3R3

Registration Information

Registrations are subject to availability and are accepted on a first-come, first-served basis. Please register as soon as possible to secure your spot(s) in the program.

HOW TO REGISTER

- **Online**
Visit activity.stalbert.ca
- **Phone**
Call 780-459-1553
- **In Person**
Visit our facilities during business hours starting at **8 a.m.** on registration day:
 - Fountain Park Recreation Centre
 - Servus Credit Union Place

WHAT YOU'LL NEED TO REGISTER

1. **Participant Information**
2. **Course Number(s)**
3. **Payment Method:**
 - Online or phone: Visa/MasterCard
 - In person: Visa/MasterCard, cash, or debit
 - **Full payment is required to complete the program registration.**

IMPORTANT INFORMATION AND REGISTRATION TIPS

- Registration opens at **8 a.m.** on the first day of registration online and in person.
- **St. Albert residents** registering for aquatics programs during early registration need to bring proof of residency before registration day to activate access to early registration.
- **Early registration** is also available to Servus Place annual members.
- For **online registrations**, log in **before** registration day, with your **username** and **password** to ensure your account information is accurate and to ensure you can see all participants registering for a program.
 - If a participant is missing, please contact the facility directly to have them added.

Withdrawals

Withdrawals made eight days or more prior to the program start date will be issued a full refund minus a \$5 administration fee. You will have the option to request a refund for the remaining balance or leave a credit on your account for future use. Additionally, you may withdraw and re-register (transfer) into another program without penalty up to eight days prior to the program start date, subject to availability.

Refunds will not be provided for **withdrawals made 7 days or less from the program start date.**

MEDICAL WITHDRAWALS

- A doctor's note is required to receive a refund for a medical reason. This note must be submitted within two weeks of the withdrawal notification in all cases.
- Withdrawals requested prior to the program start date will receive a full refund.
- Withdrawals requested after the program start date will be subject to a pro-rated refund or account credit.

Program Cancellations

If your program is cancelled due to low registration or instructor availability changes, you are entitled to a full refund or may transfer to another program as space permits. You will be notified by email at least three business days prior to the start date.

We reserve the right to cancel or combine classes due to low enrolment and/or uncontrollable circumstances.

Transfers

If you need to transfer to another class, we require that you do so **eight days prior to the start date of the class.** Transfers will not be accepted on or after the start date of programs.

Please Note

- Make up classes are not available.
- Refunds are not issued for classes missed during a session.
- Non-attendance in a class does not constitute a withdrawal.
- Late registrations are accepted when space is available in the class; the course fee will be pro-rated.

Stay Home if Sick

The best way to keep yourself and others safe is to stay home when you're sick. Please be considerate of others in our programs.



Youth Programs

Home School Phys Ed (6-8 years)

This program will focus on sport, fitness, and health through organized activities for the home schooler. Time will be spent in structured sporting activities as well as various different formats of fitness classes and play. Activities will be age appropriate and focus on fundamental movement skills, individual, and team play. The goal of this program is to help students to live active lifestyles and build healthy habits and skills that will carry them into adulthood.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40165	M	Sep 14-May 17	1:00 PM-2:00 PM	30	\$360.00
40116	F	Sep 18-May 21	1:00 PM-2:00 PM	32	\$384.00

Home School Phys Ed (9-12 years)

This program will focus on sport, fitness, and health through organized activities for the home schooler. Time will be spent in structured sporting activities as well as various different formats of fitness classes and play. Activities will be age appropriate and focus on fundamental movement skills, individual, and team play. The goal of this program is to help students to live active lifestyles and build healthy habits and skills that will carry them into adulthood.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40166	M	Sep 14-May 17	2:00 PM-3:00 PM	30	\$360.00
40167	M	Sep 14-May 17	2:00 PM-3:00 PM	30	\$360.00
40117	F	Sep 18-May 21	2:00 PM-3:00 PM	32	\$384.00
40119	F	Sep 18-May 21	2:00 PM-3:00 PM	32	\$384.00

Home School Phys Ed (13-16 years)

This program will focus on sport, fitness, and health through organized activities for the home schooler. Time will be spent in structured sporting activities as well as various different formats of fitness classes and play. Activities will be age appropriate and focus on fundamental movement skills, individual, and team play. The goal of this program is to help students to live active lifestyles and build healthy habits and skills that will carry them into adulthood.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40168	M	Sep 14-May 17	1:00 PM-2:00 PM	30	\$360.00
40118	F	Sep 18-May 21	1:00 PM-2:00 PM	32	\$384.00

Smart Start for Teens

In the Smart Start for Teens course, youth will learn the basics around Fitness & Wellness Centre's etiquette, resistance training, cardiovascular training, flexibility, and nutrition. Youth 12-15 years of age must complete our Smart Start for Teens program prior to using the Fitness and Wellness Centre, and the Track and Training Centre. Please have the youth questionnaire completed from the Servus Place website and provide it to the instructor upon attendance of the course.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40104	Sat	Jul 04	11:00 AM-1:00 PM	1	\$25.00
40105	Th	Jul 09	6:00 PM-8:00 PM	1	\$25.00
40106	Sat	Jul 18	11:00 AM-1:00 PM	1	\$25.00
40107	W	Jul 22	6:00 PM-8:00 PM	1	\$25.00
40108	Sat	Aug 01	11:00 AM-1:00 PM	1	\$25.00
40109	Th	Aug 06	6:00 PM-8:00 PM	1	\$25.00
40110	Sat	Aug 15	11:00 AM-1:00 PM	1	\$25.00
40111	T	Aug 18	1:00 PM-3:00 PM	1	\$25.00
40112	Sat	Aug 29	11:00 AM-1:00 PM	1	\$25.00

Teen Learn to Lift

This program will introduce teens aged 13-16 to safe and effective resistance training through guided workouts and hands-on learning. Participants will learn proper exercise techniques using barbells, dumbbells, bodyweight, and other equipment while building strength and confidence. Sessions will explore different resistance training goals such as strength, muscle growth, endurance, and power, as well as teach basic programming concepts so teens understand why and how they train. No previous experience required. Ages outside of the range could be accepted- please contact the programmer to discuss

CODE	DAY	DATES	TIMES	CLASSES	FEE
40240	M	Jul 06-Jul 27	4:00 PM-5:00 PM	4	\$48.00

Teen Strength Training

Boost your teen's confidence and skills in the weight room with this fun and focused weeklong summer course! Designed to build knowledge, strength, and independence, this class teaches proper warm-up techniques, safe equipment use, and age-appropriate workouts – all in a supportive, welcoming environment.

Led by a certified fitness professional, your teen will get expert guidance, answers to their questions, and personalized encouragement to help them feel at home in the gym. This course is a great next step after Smart Start for Teens, but no prior experience is required.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40239	Mon-Fri	Jul 06-Jul 10	2:15 PM-3:15 PM	5	\$60.00



Strength, Conditioning & Recovery

360 Femme Fit

In this class, we welcome females to experience a full body workout using different equipment like the KINESIS wall, TRX and bosu balls. In this semi-private studio, your small, instructor-led group will work in circuit style to challenge core strength, muscular endurance; and balance to help reach your goals. All fitness levels welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40059	W	Jul 08-Jul 29	9:30 AM-10:30 AM	4	\$52.00
40060	W	Aug 05-Aug 26	9:30 AM-10:30 AM	4	\$52.00

Bars & Bells

In Bars and Bells you will learn how to lift heavy weights without sacrificing your cardiovascular conditioning. This class combines the best of strength and conditioning while teaching you the proper techniques to perform major barbell lifts and refine your kettlebell skills. Squat and press your way to a fit physique! Some previous experience with resistance training is recommended.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40028	M	Jul 06-Aug 24	5:00 PM-6:00 PM	7	\$101.50
40029	M	Jul 06-Aug 24	7:20 PM-8:20 PM	7	\$101.50
40030	T	Jul 07-Jul 28	5:00 PM-6:00 PM	4	\$58.00
40031	T	Jul 07-Jul 28	7:20 PM-8:20 PM	4	\$58.00
40032	T	Jul 07-Jul 28	1:30 PM-2:30 PM	4	\$58.00
40036	W	Jul 08-Jul 29	5:00 PM-6:00 PM	4	\$58.00
40038	Th	Jul 09-Jul 30	6:10 PM-7:10 PM	4	\$58.00
40033	T	Aug 04-Aug 25	5:00 PM-6:00 PM	4	\$58.00
40034	T	Aug 04-Aug 25	7:20 PM-8:20 PM	4	\$58.00
40035	T	Aug 04-Aug 25	1:30 PM-2:30 PM	4	\$58.00
40037	W	Aug 05-Aug 26	5:00 PM-6:00 PM	4	\$58.00
40039	Th	Aug 06-Aug 27	6:10 PM-7:10 PM	4	\$58.00

Better Together

Let the nature of a group class help you attain your health and fitness goals. In Better Together you'll experience teamwork, accountability, encouragement, and motivation as everyone works at getting stronger and healthier together. The program will focus on developing your strength and cardiovascular endurance in a safe environment suitable for all fitness levels.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40040	M/W	Jul 06-Jul 29	6:10 PM-7:10 PM	8	\$104.00
40041	M/W	Aug 05-Aug 26	6:10 PM-7:10 PM	7	\$91.00

Fit Happens

This program combines strength training, cardio, flexibility and core exercises for a powerful workout. A variety of equipment will be used each week. All fitness levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40043	M	Jul 06-Aug 24	5:30 PM-6:30 PM	7	\$91.00

Iron Woman

Build muscle, boost confidence, and feel empowered in this strength training class designed for women of all fitness levels. Train in a supportive, welcoming environment with like-minded women and unleash your inner power.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40044	F	Jul 10-Jul 31	9:15 AM-10:15 AM	4	\$58.00
40045	F	Aug 07-Aug 28	9:15 AM-10:15 AM	4	\$58.00

Kettlebell Circuit

Take your kettlebell workout to the next level with this circuit class. Kettlebell movements are combined with cardiovascular work and body weight exercises to push you to the next level. This high intensity class will have you burning calories well after you leave! All fitness levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40205	Th	Jul 09-Jul 30	9:00 AM-10:00 AM	4	\$58.00

Long Game

This class will be designed to prepare and maintain strength and conditioning for all who love to hit the golf courses. This course will not only add yards to the drive, but longevity in the game focusing on golf injury prevention, strengthening the stabilizing muscles which are so often neglected. The program will have a major emphasis on proper lifting and movement mechanics and a heightened emphasis on strengthening the core, hips, and shoulders. The long game is where it all begins, one powerful swing at a time. All fitness levels are welcome, and no prior lifting experience is necessary.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40103	Sat	Jul 11-Aug 29	9:15 AM-10:15 AM	7	\$101.50

Metabolic Training

It's time to bust out of your plateau! This system of interval training will get you in the best shape of your life. This high intensity metabolic class will maximize caloric expenditure and increase your metabolism during and well after class. Push yourself to the limit physically and mentally in this fun and challenging workout. All fitness levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40046	Th	Jul 09-Jul 30	7:20 PM-8:20 PM	4	\$52.00
40047	Th	Aug 06-Aug 27	7:20 PM-8:20 PM	4	\$52.00

Powerlifting

Want to get strong? Come learn to lift heavy in Powerlifting. Even the most hardcore training methods center around simple principles. Powerlifting is a strength sport where the goal is to lift as much weight as possible while adhering to proper technique and effective movement patterns. We will focus on four primary lifts: the back squat, deadlift, bench press and overhead press while focusing on the required mobility and flexibility. Lift heavy weights, get stronger! Suitable for beginners to advanced lifters.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40054	T	Jul 07-Jul 28	6:10 PM-7:10 PM	4	\$58.00
40056	Th	Jul 09-Jul 30	5:00 PM-6:00 PM	4	\$58.00
40055	T	Aug 04-Aug 25	6:10 PM-7:10 PM	4	\$58.00
40057	Th	Aug 06-Aug 27	5:00 PM-6:00 PM	4	\$58.00

Roll & Release

Whether you're a competitive athlete or workout recreationally, this class will enhance your overall performance providing you with the recovery the body needs. Utilizing foam rollers and small therapy balls you will release tight fascia and muscle tension followed by easy to follow yoga flexibility to lengthen and restore muscles ending with relaxation before heading home. The results will leave you performing your best whether it's in your sport, at the gym, at work or daily active living.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40189	M	Jul 06-Jul 27	7:10 PM-8:10 PM	4	\$58.00
40190	M	Aug 10-Aug 24	7:10 PM-8:10 PM	3	\$43.50

Sand & Stone

This strength and conditioning program will use sandbags along with kettlebells and other equipment to accessorize. Come enjoy a fun yet challenging workout suitable for all fitness levels.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40068	W	Jul 08-Jul 29	6:45 PM-7:45 PM	4	\$58.00
40071	W	Aug 05-Aug 26	6:45 PM-7:45 PM	4	\$58.00

True Grit

True Grit is a strength focused fitness program aimed to build functional strength and improve overall physical performance. It is suitable for all fitness levels and emphasizes key principles such as progressive overload, compound movements and a balanced training approach. This program is perfect for anyone looking to develop a strong foundation in strength training and improve overall fitness.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40206	M	Jul 06-Aug 24	9:00 AM-10:00 AM	7	\$101.50
40066	W	Jul 08-Jul 29	5:30 PM-6:30 PM	4	\$58.00
40067	W	Aug 05-Aug 26	5:30 PM-6:30 PM	4	\$58.00

Wellness Training Fitness

This program addresses nearly every facet of fitness from aerobic and muscular endurance, full body strength, explosive power, speed, joint mobility and flexibility. The overall goal is to have each participant leave as a better version of themselves. All fitness levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40072	Sat	Jul 11-Aug 29	8:00 AM-9:00 AM	7	\$101.50



Pre & Postnatal

Postnatal Kinesis Circuit

Use the principles of Pilates and apply them to our Kinesis wall in a small group training setting. Incorporate core engagement into everyday movements and prepare your body for its best recovery after baby. Bring baby in the car seat so they have the best view of their mamma putting in work!

CODE	DAY	DATES	TIMES	CLASSES	FEE
40007	T	Jul 07-Jul 28	1:00 PM-2:00 PM	4	\$58.00

Postnatal Pilates & Release

A focused class for new moms combining Pilates, mobility, and restorative release to support safe core recovery, improve posture, and ease everyday aches. Rebuild strength, restore movement, and leave feeling lighter, stronger, and more confident in your body.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40008	M	Jul 06-Aug 24	1:15 PM-2:15 PM	7	\$101.50

Postnatal Yoga & Pilates

This class focuses on creating a welcoming community for all moms to build awareness, confidence, and strength in movement. Feel connected to your body and breath. Seamlessly blending the restoring movement of yoga with the core, alignment, and strength focused movements of Pilates. Feel fewer aches, gain more energy, and breathe with more ease in this class, all with your baby by your side. Car seats, diapers and bottles are welcome. Must be 6-weeks postnatal to attend and verbally cleared by a doctor or midwife to return to physical activity.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40077	T	Jul 07-Jul 28	11:00 AM-12:00 PM	4	\$58.00
40078	T	Aug 04-Aug 25	11:00 AM-12:00 PM	4	\$58.00

Prenatal Yoga

This prenatal yoga class supports expectant mothers at all pregnancy stages with gentle movement, breath work and restorative poses to promote strength, resilience and relaxation. Each session includes a short check-in, yoga tailored to pregnancy needs and guided meditation to expand awareness, ease discomforts and prepare mentally and physically for childbirth. Modifications will be offered for each trimester to accommodate various comfort levels and abilities.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40238	M	Jul 06-Jul 27	6:00 PM-7:00 PM	4	\$58.00

Stroller Bootcamp

Moms-Reach your goals with baby by your side to cheer you on. Utilizing the wide-open space of our fieldhouse, push baby along in the stroller while you get your workout in. You will use weights and other equipment to develop your strength and challenge your cardiovascular system. Safe core exercises will be offered and modified to match the point in your postnatal fitness journey. You must be 6 weeks post partum and verbally cleared by your doctor or midwife to safely return to physical activity.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40058	W	Jul 08-Jul 29	10:30 AM-11:30 AM	4	\$52.00
40061	W	Aug 05-Aug 26	10:30 AM-11:30 AM	4	\$52.00

Stroller Circuit

Join us to reach your goals with baby by your side to cheer you on. Push baby along in the stroller while you get your workout in. You will use weights and other equipment to develop your strength and challenge your cardiovascular system. Safe core exercises will be offered and modified to match the point in your postnatal fitness journey. Moms must be 6 weeks post partum and verbally cleared by your doctor or midwife to safely return to physical activity. Location Fitness Studio

CODE	DAY	DATES	TIMES	CLASSES	FEE
40208	Th	Jul 09-Jul 30	12:00 PM-1:00 PM	4	\$52.00

Stroller Cycle & Strength

Boost your energy, build strength, improve stability and elevate your heart rate, all while your baby stays by your side in the stroller. Start your week feeling empowered alongside other moms with a dynamic blend of cardio, strengthen core work mobility and fascial release for a complete full-body experience. A 6-week postnatal clearance is required to attend this class. The location to start is TC2 and then TC4

CODE	DAY	DATES	TIMES	CLASSES	FEE
40113	M	Jul 06-Jul 27	11:00 AM-12:15 PM	4	\$65.00
40114	M	Aug 10-Aug 24	11:00 AM-12:15 PM	3	\$48.75



Indoor Cycle

Core Revolution

Combine a 45-minute spin ride with 30 minutes of core training exercises that will strengthen and stabilize the muscles needed for more efficiency during spin class and everyday life activities. All fitness levels welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40042	M	Jul 06-Aug 24	8:30 AM-9:45 AM	7	\$113.75

Cycle

Exciting 45 minutes of high-energy, heart pumping spin! No previous experience is necessary. This class is designed to challenge and motivate you, providing an invigorating workout leaving you feeling accomplished.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40069	W	Jul 08-Jul 29	6:00 PM-6:45 PM	4	\$39.00
40073	W	Aug 05-Aug 26	6:00 PM-6:45 PM	4	\$39.00

Cycle & Soul

Kick off with 45 minutes of high-energy spin to elevate your heart rate, then unwind and deepen your flexibility with 45 minutes of yoga- inspired movements designed to build strength and relaxation. Enjoy the best of both worlds in one seamless session. Location is TC2 and then Boardroom.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40070	W	Jul 08-Jul 29	6:00 PM-7:30 PM	4	\$78.00
40074	W	Aug 05-Aug 26	6:00 PM-7:30 PM	4	\$78.00



Mind-Body

Form & Reform Pilates

Simulate Pilates reformer movement patterns on the mat using small apparatus combined with restorative yoga will give you a well balanced core, stretch and relaxation experience all in one class.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40131	W	Jul 08-Jul 29	7:10 PM-8:10 PM	4	\$58.00
40136	W	Aug 05-Aug 26	7:10 PM-8:10 PM	4	\$58.00

Gentle Yoga

Invest in your well-being with a practice designed to support all aspects of life. This class blends traditional yoga with applied neurology to improve balance, alignment, and vitality. By moving beyond basic stretching, we build genuine longevity and the resilience needed for daily life. Come as you are to find support for both body and mind. You will leave feeling physically lighter, emotionally grounded, and better equipped for the world.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40024	T	Jul 07-Jul 28	6:30 PM-7:30 PM	4	\$58.00
40025	T	Aug 04-Aug 25	6:30 PM-7:30 PM	4	\$58.00

Pilates 101

In this series you will learn the foundational movements of mat Pilates and how the power of breath and movement empowers and encompasses core connection. All the muscles of the core including the pelvic floor will be introduced and utilized through mat Pilates level 1 repertoire. No previous experience required.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40191	T	Jul 07-Jul 28	9:15 AM-10:15 AM	4	\$58.00
40192	T	Aug 04-Aug 25	9:15 AM-10:15 AM	4	\$58.00

Pilates 102

Building the foundational movements of the Pilates 101 series each exercise will be taken to an intermediate level challenging core strength, enhancing posture, overall strength and mobility and taking your fitness level up a notch through core! Pre-requisite for this course is Pilates 101 or previous mat Pilates experience.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40052	Th	Jul 09-Jul 30	9:15 AM-10:15 AM	4	\$58.00
40053	Th	Aug 06-Aug 27	9:15 AM-10:15 AM	4	\$58.00

Pilates 360

Experience enhanced movement by boosting balance, joint mobility, and stability, all while protecting your back. Combining the alignment, breath, and core connection of Pilates with the dynamic, multi-joint exercises of the KINESIS wall, you'll build strength and experience an improved range of motion.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40075	T	Jul 07-Jul 28	9:45 AM-10:45 AM	4	\$58.00
40236	W	Jul 08-Jul 29	8:00 PM-9:00 PM	4	\$58.00
40076	T	Aug 04-Aug 25	9:45 AM-10:45 AM	4	\$58.00
40237	W	Aug 05-Aug 26	8:00 PM-9:00 PM	4	\$58.00

Pilates All Levels Maintenance

Calling all Pilates 101,102 and props users! Maintain your Pilates training. In this series all levels of Pilates repertoire will be explored.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40197	Th	Jul 09-Jul 30	7:10 PM-8:10 PM	4	\$58.00
40198	Th	Aug 06-Aug 27	7:10 PM-8:10 PM	4	\$58.00

Propped Up Pilates

Propped up Pilates is the next level in the Pilates series; after Pilates 101 and 102. Taking the foundations of mat Pilates to an intermediate-advanced level using props and small apparatus challenging the mind and body in a fun and variety packed session! Previous Pilates experience is recommended.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40195	Th	Jul 09-Jul 30	6:00 PM-7:00 PM	4	\$58.00
40196	Th	Aug 06-Aug 27	6:00 PM-7:00 PM	4	\$58.00

Slow Flow Yoga

This Slow Flow class emphasizes mindful movement, breath awareness, and deep stretching. Postures are approached at a slower pace to encourage intentional transitions and nervous system regulation. The class concludes with longer-held seated and supine stretches to promote flexibility, relaxation, and embodiment.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40014	W	Jul 08-Jul 29	9:30 AM-10:30 AM	4	\$58.00



Seniors' Programs

Active Aging

Get on the move with our total body low impact group exercise class. In this class, you will experience using different and unique fitness equipment from the gym such as VIPR's, TRX's, BOSU balls, Bender Balls, and medicine balls. This class is designed for active aging adults looking to improve their cardiovascular fitness, muscular endurance, balance and flexibility while trying something new. It is never too late to reap the health benefits, both mind and body, from increased activity. All fitness levels are welcome, no previous experience required.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40021	M	Jul 06-Aug 24	10:30 AM-11:30 AM	7	\$91.00
40048	F	Jul 10-Jul 31	10:30 AM-11:30 AM	4	\$52.00
40050	F	Aug 07-Aug 28	10:30 AM-11:30 AM	4	\$52.00

Seated Gentle Yoga

A yoga class specifically for seniors or those living with low mobility, adapted to your skill level and ability. Improve strength, flexibility, mobility and balance with this gentle seated yoga class. Connect mind, body and spirit through focused movement, mindful meditation and breath awareness. This class uses props like chairs and poses adaptations to accommodate all abilities.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40214	Th	Jul 09-Jul 30	10:15 AM-11:15 AM	4	\$58.00

Senior Strong Advanced

This class would be considered an intermediate to advanced active ager program that would challenge your fitness level. Senior Strong Advanced will use a variety of equipment to focus on building bone density, mobility and strength around the joints and their supporting muscle groups. This class is designed for older adults with a good range of motion and cardio base. You will also be challenged by having to get up and down from the ground, use stairs and other challenging movements that will be modified and regulated by your instructor.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40027	W	Jul 08-Aug 26	10:45 AM-11:45 AM	8	\$104.00



Special Populations

Boxing for Special Populations

Boxing for Special Populations is a non-contact modified exercise program designed to improve motor function, balance, and overall fitness for those living with chronic disease. Boxing drills will be adapted to help participants to feel successful and challenged. This class is designed for those living with neurological or muscular disorders. No previous fitness experience required. Aids are welcome and please discuss their attendance with the special population's programmer before the start of class

CODE	DAY	DATES	TIMES	CLASSES	FEE
40013	F	Jul 10-Aug 28	12:15 PM-1:15 PM	8	\$104.00

Fitness for Special Populations

Participants will focus on breathing, postural awareness, muscular endurance, and balance while increasing mobility and feelings of energy and well-being. This class is designed for those living with neurological or muscular disorders. Exercises and activities are incorporated to increase quality of movement in everyday life. Modifications can be made so movements suit all needs and abilities for those with (but not limited to) MS, Parkinson's, ALS, and stroke recovery. No previous fitness experience required. Aids are welcome and please discuss their attendance with the special population's programmer before the start of class.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40004	W	Jul 08-Aug 26	10:45 AM-11:45 AM	8	\$104.00
40009	F	Jul 10-Jul 31	10:45 AM-11:45 AM	4	\$52.00
40010	F	Aug 07-Aug 28	10:45 AM-11:45 AM	4	\$52.00

Minds in Motion®

Minds in Motion® is a program that incorporates physical and mental stimulation for people with early to mid-stage signs of Alzheimer's disease or other dementias and their care partners. Presented in partnership with the Alzheimer Society of Alberta and Northwest Territories, Minds in Motion is 45 minutes of physical activity followed by 45 minutes of social and cognitive group activity. One of the first of its kind in Alberta, participants and care partners will enjoy this community-based program in a safe and welcoming environment. Single registration of participant for class list. Care Partners are required to attend class with the participant. Those living with other neurological issues are also welcome. Registration by phone on seasonal registration dates at 8 am only 780-418-6088

CODE	DAY	DATES	TIMES	CLASSES	FEE
40188	Th	Jul 02-Aug 20	1:15 PM-2:45 PM	8	\$120.00
40026	T	Jul 07-Aug 25	1:00 PM-2:30 PM	8	\$120.00

Pilates for Special Populations

This Pilates program is designed for our special populations. By using the Pilates fundamentals integrated with joint mobility and release techniques, you will utilize the core to help support your stability. In doing this you will increase your confidence by walking and moving around. Class can be done either on a mat or seated in a chair. Small equipment will be used such as a bender ball, bands, and yoga straps. All fitness levels welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40005	M	Jul 06-Aug 24	10:15 AM-11:15 AM	7	\$101.50

Pilates for Special Populations - Virtual

This program is offered through Zoom. This Pilates program is designed for our special populations. By using the Pilates fundamentals integrated with joint mobility and release techniques, you will utilize the core to help support your stability. In doing this you will increase your confidence by walking and moving around. Class can be done either on a mat or seated in a chair. Small equipment will be used such as a bender ball, bands, and yoga straps. All fitness levels welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
40006	M	Jul 06-Aug 24	10:15 AM-11:15 AM	7	\$101.50

Fitness Services

Tailor Made Insurance Fitness & Wellness Centre Orientation

Come experience the Tailor Made Insurance Fitness and Wellness Centre! Join our Exercise and Wellness Specialists for this complimentary general fitness facility and equipment orientation. You will leave feeling comfortable to join us for a great workout by yourself, with a friend, or in a group exercise class. Please see the Fitness & Wellness Centre desk for more information.

Starter Package - \$172.50

Whether you are brand new to fitness, or looking to get back into a routine at the gym, the 'Starter Package' is a great way to get going! This option is suitable for someone who wants a basic fitness assessment and a program to get active at Servus Place. The "Starter Package" includes three 1-hour sessions with a personal trainer that will help you develop knowledge and confidence in the gym. What are you waiting for? Let's get started!

Personal Training

Work one-on-one with a qualified personal trainer to help you achieve all of your long-term fitness goals. Our personal training staff will work with you to develop the most effective individualized program, and will motivate and support you in remaining committed to your fitness program.

1 - 4 sessions - \$60.90/hr

5 - 9 sessions - \$54.60/hr

10+ sessions \$52.50/hr

Group Personal Training

Similar goals? Same training schedule? Stay motivated with a group of friends and save money too! Group personal training will provide a great social environment where friends can assist in motivating each other to achieve individual goals. These sessions will include group consultation, group program design, and training sessions.

For a 4 Session Package:

2 people - \$136.50/each

3 people - \$102.90/each

4 people - \$84.00/each

For an 8 Session Package:

2 people - \$252.00/each

3 people - \$184.80/each

4 people - \$147.00/each

For a 12 Session Package:

2 people - \$346.50/each

3 people - \$247.70/each

4 people - \$189.00/each

Sports Team Dryland Training

Enhance your team's performance with dryland training. Our Exercise and Wellness Specialists will get your team ready for the demands of the sport; whether it is pre/post, or in the midst of the season. This service includes: sports specific fitness assessments at the beginning and end of the sessions, injury prevention education, and a periodized program. The results you will see in your team's ability will destroy the competition. Our knowledgeable staff will take you team to another level!

60 minute session - \$120.00

90 minute session - \$180.00

Stag(ette) Sweat

Want to have a blast and get a workout during your stag or stagette? Or maybe you'd like to put together a surprise wedding dance. Why not learn a Single Ladies routine? Or a dance to any song you would like. Our instructor will take your group through a choreographed dance routine to the music of your choice. What a great way to start out your party with your posse! No dance experience required.

Bookable on Saturdays for 2 hours - \$240