

FITNESS & RECREATION



# PROGRAM GUIDE

## SPRING 2026

[activity.stalbert.ca](http://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](http://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.



## Parented & Preschool-Aged Programs

### Fun with Mom Fridays (8-18 months)

Join us for an hour of baby crafts, mom chats, and free play in our PLAYcare space. Each week there will be a keepsake craft, age friendly activities, and time to chat with other moms.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37925	F	Apr 10-May 08	1:00 PM-2:00 PM	5	\$60.00

### Grassroots & Muddy Boots 4-6Y

Welcome to Muddy Boots & Grassroots! This program leads kids beyond built play structures to natural ones in the great outdoors! Each class we explore the changing elements of nature, encourage curiosity and foster connections with nature and the community through urban forest exploration. This program takes place at Kingswood Day Area (395 Sir Winston Churchill Ave).

CODE	DAY	DATES	TIMES	CLASSES	FEE
37926	W	Apr 15-May 27	1:00 PM-2:30 PM	7	\$105.00
36456	Th	Apr 16-Jun 11	1:00 PM-2:30 PM	9	\$135.00

### Kids in the Kitchen Mini 4-6Y

Get ready to mix, crack, grate, measure, stir, and sprinkle your way through tasty fun! Each week, our mini chefs explore new flavours, learn simple cooking skills, and create delicious snacks to enjoy matching a story! From The authors like Jon Jory and Eric Carl, Laura Numeroff, and Robert Munsch our recipes make the stories come to life! Kids will be making their own recipes book to bring home at the end of the session. Aprons on – it's time to cook and create!

CODE	DAY	DATES	TIMES	CLASSES	FEE
36563	Sun	Apr 12-Jun 14	9:30 AM-11:00 AM	8	\$140.00

### Messy Wednesdays (Parented ages 1-2 Years)

This parented program is filled with all of the hands-on messy play you want to do at home, but don't want to clean-up after. From sensory bins to process-focussed crafts and experiments, participants will be engaged in hands-on learning and exploring. You will keep your memories and we'll keep the mess.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37910	W	Apr 15-May 13	9:30 AM-10:30 AM	6	\$72.00



## Children's Programs

### Archery Dodgeball 8-12Y

Your child won't want to miss this popular program where they'll play various dodgeball-style archery tag games! Each week, participants will put on a mask and use bows to fire foam tipped arrows at their opponents in a quest to become the ultimate champion. Water bottles and running shoes are a must. If you can dodge a wrench you can dodge...an arrow?

CODE	DAY	DATES	TIMES	CLASSES	FEE
37954	Th	Apr 16-Jun 18	6:00 PM-7:00 PM	10	\$130.00

### Friday Night Foodies 7-10Y

Get ready for a fun-filled Friday night with Friday Night Foodies! This interactive cooking program invites kids ages 7-10 to explore the exciting world of food. Each week the chefs will learn how to make delicious recipes while discovering basic cooking skills and kitchen safety. From homemade pizzas and creative pasta dishes to fun desserts and international treats, every session is designed to spark creativity and build confidence in the kitchen. Kids will be making their own recipes book to bring home at the end of the session.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36561	F	Apr 17-Jun 12	6:00 PM-8:00 PM	8	\$208.00

### Ready, Set, Bake! 9-12Y

Are you ready to take your kitchen skills to the next level by focusing on baking techniques? Then you 'knead' to join us for this two-hour program where each week participants tie up their aprons and step into the world of cakes, cookies, pastries, pies with ice cream, and desserts! Kids will be making their own recipes book to bring home at the end of the session. 'Donut' worry if you are unsure if you'll rise to the occasion, participants work in small groups to confect the perfect sweets (and if something doesn't quite turn out, icing makes everything better)!

CODE	DAY	DATES	TIMES	CLASSES	FEE
36564	Sun	Apr 12-Jun 14	1:00 PM-3:00 PM	8	\$208.00
38040	Th	Apr 16-Jun 04	5:30 PM-7:30 PM	8	\$208.00

### Rooks to Cooks JR 6-9Y

Calling all junior chefs – it's time to cook up some creativity! Step into the kitchen where learning meets delicious fun. Each week, participants will roll up their sleeves, explore bold new flavours, and whip up tasty treats from scratch. From mixing dough to mastering the spice rack, young chefs will build real cooking skills while tasting their way through the world of food. Every participant leaves with their own recipe collection – and plenty of pride in their newfound kitchen confidence. Each session has a new set of recipes we can adapt for dietary needs. Kids will be making their own recipes book to bring home at the end of the session.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36565	Sat	Apr 11-Jun 13	10:00 AM-12:00 PM	8	\$208.00
36566	T	Apr 14-Jun 09	5:00 PM-7:00 PM	9	\$234.00

### Rooks to Cooks SR 9-12Y

It's time to level-up your cooking game because you are going to be tackling a bunch of more technical recipes and culinary lingo. Each week, the novice chefs-in-training will work in groups of 2-3 to prepare different recipes, challenging and building on their kitchen skills. And, by the end of the program, you will be able to take a secret bag of ingredients and create a culinary masterpiece! Kids will be making their own recipes book to bring home at the end of the session.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36567	W	Apr 15-Jun 17	5:30 PM-7:30 PM	10	\$260.00



## School Break Camps

### Spring Break Storybook Adventures Camp 4-6Y

Dear camper, get ready for a camp full of whimsy, wonder, and endless imagination! Become a knight teaming up with a dragon, be a baker whipping-up Smart Cookies, join an adventure with Elephant and Piggie, sail across oceans and rule over the wild things—all through the magic of books! The possibilities are endless when you dive into popular stories, exploring them through themed activities, crafts and games. Participants must be independent in the washroom. Pre-Care is available along with Mid-day care for those who register in both the AM and PM preschool camps.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36431	M/T/W/Th	Mar 30-Apr 02	9:00 AM-12:00 PM	4	\$100.00

### Spring Break Bluey Camp 4-6Y

Oh biscuits! This camp is for kiddos who love Bluey and Bingo and have the best imaginations! In this half day camp, participants play lots of Bluey games like Keepy Uppy, Camper Robot, Magic Asparagus, Featherwand, Grannies, Taxi, and Obstacle Course. They will also make Bluey themed crafts, learn how to Floss in Dance Mode and climb around our Indoor Playground. This camp runs for 3 hours and participants must be potty trained and able to use the washroom independently. The world is as magical as you allow it to be! Mid-Camp Care is available free of charge for those campers registered in both the AM and PM preschool camps.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36425	Mon-Fri	Mar 30-Apr 02	1:00 PM-4:00 PM	4	\$100.00

### Spring Break Rooks to Cooks 6-9Y

Get ready for a camp packed with flavour and fun! During their time at camp, junior cooks will whip up a new recipe each day, splash around in the pool, play games on the field and court, get crafty, and make new friends along the way! By the end of their time at camp they will have a book of recipes to keep the delicious memories! Pre- and Post-Care available.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36430	M/T/W/Th	Mar 30-Apr 02	9:00 AM-4:00 PM	4	\$216.00

### Spring Break Challengers 6-9Y

Are you up for a challenge? Then come on down and join us for a fun-filled week of physical and mental challenges that will put you to the test. Compete in popular TV game shows in our game show showdowns, throw eggs off the Servus Place balcony without letting them break in our famous egg drop competition, battle for first place in a variety of active games and sports, cool off by getting soaked in the pool, and much more! Pre- and post-care available.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36535	M/T/W/Th	Mar 30-Apr 02	9:00 AM-4:00 PM	4	\$196.00

### Spring Break Kids Takeover 6-9Y

Are you ready for your Spring Break to be full of fun, friends, and new experiences? This camp keeps kids active and engaged with a dynamic mix of activities- from gym and turf games to swimming, crafts, outdoor adventures, archery, and bouncing around in some bouncy castles! Our experienced leaders ensure a safe, engaging environment where every child can build confidence, make friends, and be active. Pre- and Post-care are available.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36432	M/T/W/Th	Mar 30-Apr 02	9:00 AM-4:00 PM	4	\$196.00

### Spring Break Rooks to Cooks 9-12Y

Turn up the heat! Campers will step into our Active Living Kitchen and level up their cooking skills as they create one or two new recipes each day! Outside the kitchen, when they're not whipping up something tasty, they'll dive into the pool, hit the field and court for awesome games, get creative with crafts, and hang out with new friends. By the end of their time at camp, they'll have their very own recipe book—a perfect camp creation from a week full of fun, flavor, and activities! Pre- and Post-Care are available.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36427	M/T/W/Th	Mar 30-Apr 02	9:00 AM-4:00 PM	4	\$216.00

### Spring Break Kids Takeover 9-12Y

Are you ready for your Spring Break to be full of fun, friends, and new experiences? This camp keeps kids active and engaged with a dynamic mix of activities- from gym and turf games to swimming, crafts, outdoor adventures, archery, and bouncing around in some bouncy castles! Our experienced leaders ensure a safe, engaging environment where every child can build confidence, make friends, and be active. Pre- and Post-care are available.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36433	M/T/W/Th	Mar 30-Apr 02	9:00 AM-4:00 PM	4	\$196.00

### PD Day Camp 6-9Y

At Servus Place PD Day Camps, kids stay active and engaged with a full lineup of exciting activities – from gym and turf games to swimming, crafts, outdoor play, archery, and even a little time in the kitchen! With so much variety, every camper is sure to find something they love. There's zero chance of boredom and 100% chance of fun, friends, and fantastic memories!

CODE	DAY	DATES	TIMES	CLASSES	FEE
36454	Th	Mar 06	9:00 AM-4:00 PM	1	\$49.00
36559	F	Apr 17	9:00 AM-4:00 PM	1	\$49.00

### PD Day Camp 6-12Y

At Servus Place PD Day Camps, kids stay active and engaged with a full lineup of exciting activities – from gym and turf games to swimming, crafts, outdoor play, archery, and even a little time in the kitchen! With so much variety, every camper is sure to find something they love. There's zero chance of boredom and 100% chance of fun, friends, and fantastic memories!

CODE	DAY	DATES	TIMES	CLASSES	FEE
36562	F	Jun 05	9:00 AM-4:00 PM	1	\$49.00

### PD Day Camp 9-12Y

At Servus Place PD Day Camps, kids stay active and engaged with a full lineup of exciting activities – from gym and turf games to swimming, crafts, outdoor play, archery, and even a little time in the kitchen! With so much variety, every camper is sure to find something they love. There's zero chance of boredom and 100% chance of fun, friends, and fantastic memories!

CODE	DAY	DATES	TIMES	CLASSES	FEE
36455	Th	Mar 06	9:00 AM-4:00 PM	1	\$49.00
36560	F	Apr 17	9:00 AM-4:00 PM	1	\$49.00

### Camp Pre-Care

Pre-care is only available at Servus Place for full-day and morning preschool camps from 8-9 a.m. Participants are offered a variety of activity choices including quiet activities, board games, stories, and arts and crafts.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36424	M/T/W/Th	Mar 30-Apr 02	8:00 AM-9:00 AM	4	\$12.00

### Camp Post-Care

Post-care is available at Servus Place for full-day camp and PM preschool-aged camps. Participants are offered a variety of activity choices including quiet activities, board games, stories, and arts and crafts.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36423	M/T/W/Th	Mar 30-Apr 02	4:00 PM-5:00 PM	4	\$12.00



## Learn to Skate & Hockey

### Grassroots PLAY Hockey

Has your child always wanted to try playing ice hockey? Are they independent on their skates and ready to take on the challenge of learning the basic skills in a fun, safe and inclusive environment? Then look no further than this popular program where kids will learn progressive FUNDamental beginner hockey skills like shooting and stickhandling all while strengthening their skating skills! No need to buy all the equipment yet as all the participants will need is hockey skates, a CSA approved hockey helmet with a full cage or visor, hockey gloves, and a hockey stick. Children must be able to independently stand up on their skates and comfortably move around the ice to participate in this program. This program is located at Servus Place in Mark Messier Arena.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37941	W	Apr 29-Jun 17	4:00 PM-4:45 PM	8	\$104.00



## 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
34020	M	Sep 08-May 11	1:00 PM-2:00 PM	30	\$360.00
34024	F	Sep 08-May 15	1:00 PM-2:00 PM	31	\$372.00

### 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
34021	M	Sep 08-May 11	2:00 PM-3:00 PM	30	\$360.00
34022	M	Sep 08-May 11	2:00 PM-3:00 PM	30	\$360.00
34025	F	Sep 08-May 15	2:00 PM-3:00 PM	31	\$372.00

### Homeschool Phys Ed (13-16 years)

This program will focus on sports, fitness, and health through organized activities for the homeschooler. Time will be spent in structured sporting activities as well as various formats of fitness classes and play. Activities will be age appropriate and focus on fundamental movement skills, and 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
34023	M	Sep 08-May 11	1:00 PM-2:00 PM	30	\$360.00

### Family Stronger Bootcamp

\*\*Sign up is required from each family member taking part in the class. Both children and adults are required to register as this is an interactive program for adults & kids. Children cannot take part in the class without a parent or guardian. Please call Guest Services to register: 780 418-6088.\*\*

Work as a team with your child or teen as you tackle STRONGER circuits together. A variety of muscular endurance and cardiovascular exercises will be taught with proper form and modified for all fitness levels. Challenging yet fun, these circuits will build a bond between families and a life rewarding experience of staying strong when the going gets tough. Children 7 years up to 14 are required to work out along side their parents.

CODE	DAY	DATES	TIMES	CLASSES	FEE
38000	F	Apr 24	5:30 PM-6:30 PM	1	\$12.00

## 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
36520	Sat	Feb 21	11:00 AM-1:00 PM	1	\$25.00
36521	Th	Feb 26	1:00 PM-3:00 PM	1	\$25.00
36522	F	Mar 06	1:00 PM-3:00 PM	1	\$25.00
36523	Sat	Mar 14	11:00 AM-1:00 PM	1	\$25.00
36524	W	Mar 18	6:00 PM-8:00 PM	1	\$25.00
36525	Sat	Mar 28	11:00 AM-1:00 PM	1	\$25.00
36526	T	Mar 31	1:00 PM-3:00 PM	1	\$25.00
37896	Sat	Apr 11	11:00 AM-1:00 PM	1	\$25.00
37897	F	Apr 17	1:00 PM-3:00 PM	1	\$25.00
37898	Sat	Apr 25	11:00 AM-1:00 PM	1	\$25.00
37899	Th	Apr 30	6:00 PM-8:00 PM	1	\$25.00
37900	Sat	May 02	11:00 AM-1:00 PM	1	\$25.00
37901	Sat	May 09	11:00 AM-1:00 PM	1	\$25.00
37902	F	May 15	1:00 PM-3:00 PM	1	\$25.00
37903	Sat	May 23	11:00 AM-1:00 PM	1	\$25.00
37904	Th	May 28	6:00 PM-8:00 PM	1	\$25.00
37905	F	Jun 05	1:00 PM-3:00 PM	1	\$25.00
37906	Sat	Jun 13	11:00 AM-1:00 PM	1	\$25.00
37907	Th	Jun 18	6:00 PM-8:00 PM	1	\$25.00
37908	Sat	Jun 27	11:00 AM-1:00 PM	1	\$25.00

## T. Swift Shake it Off Dance Party (6-10)

Come shake off the Winter blues in a Taylor Swift themed dance workshop! During the class we'll move to various Taylor Swift songs and then perform a routine to Shake it Off. Singing along is welcome! Each child must register for a spot. Parents are welcome to stay and dance along or watch from outside of the studio. No Previous dance experience required. Ages outside of the suggested range considered once communicated with the programmer.

CODE	DAY	DATES	TIMES	CLASSES	FEE
38033	Sun	Apr 12	10:45 AM-11:45 AM	1	\$12.00

## 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
37969	M	Apr 13-May 11	4:00 PM-5:00 PM	5	\$60.00
37970	M	May 25-Jun 22	4:00 PM-5:00 PM	5	\$60.00

## Yoga for Teens

Yoga for Teens is a non-competitive, supportive space where teenagers can learn foundational yoga poses and breathing techniques to manage stress and improve both physical and mental well-being. The class structure typically blends dynamic movement with relaxation and mindfulness. No previous experience required. Late registrations welcome. Children outside the age range will be considered once speaking with the programmer.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37968	T	Apr 07-May 12	5:30 PM-6:30 PM	6	\$72.00
38022	T	May 19-Jun 23	5:30 PM-6:30 PM	6	\$72.00



## 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
36359	W	Feb 18-Mar 25	9:30 AM-10:30 AM	6	\$78.00
37827	W	Apr 08-May 13	9:30 AM-10:30 AM	6	\$78.00
37831	Th	Apr 09-Jun 25	9:40 AM-10:40 AM	12	\$156.00
37828	W	May 20-Jun 24	9:30 AM-10:30 AM	6	\$78.00

### 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
37832	T	Apr 07-Jun 23	5:00 PM-6:00 PM	12	\$174.00
37833	T	Apr 07-Jun 23	7:20 PM-8:20 PM	12	\$174.00
37834	T	Apr 07-Jun 23	1:30 PM-2:30 PM	12	\$174.00
37835	W	Apr 08-Jun 24	5:00 PM-6:00 PM	12	\$174.00
37836	Th	Apr 09-Jun 25	6:10 PM-7:10 PM	12	\$174.00
37802	M	Apr 13-Jun 22	5:00 PM-6:00 PM	10	\$145.00
37803	M	Apr 13-Jun 22	7:20 PM-8:20 PM	10	\$145.00

### Belly Dance Fitness

Shimmy your way to fitness! Great for beginners, our NEW Belly Dance Fitness series is designed to be enjoyed by all people of all levels of fitness and dance experience. Your workout will include essential belly dance drills and simple choreography set to Pop hits and Belly Dance classics. Join us for a fun and creative dance workout!

CODE	DAY	DATES	TIMES	CLASSES	FEE
36598	M	Feb 23-Mar 23	1:00 PM-2:00 PM	5	\$65.00
38025	M	Apr 13-Jun 22	1:00 PM-2:00 PM	10	\$130.00

### 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
36370	M/W	Feb 18-Mar 25	6:10 PM-7:10 PM	11	\$143.00
37837	M/W	Apr 08-May 13	6:10 PM-7:10 PM	11	\$143.00
37838	M/W	May 20-Jun 24	6:10 PM-7:10 PM	11	\$143.00

## Dance Through the Decades

Learn dance combinations to the songs of a decade. All fitness levels are welcome, and no dance experience is necessary. March 4: 70's; March 11: 80's; March 18: 90's; March 25: 00's

CODE	DAY	DATES	TIMES	CLASSES	FEE
36532	W	Mar 04-Mar 25	6:10 PM-7:10 PM	4	\$52.00
37841	W	Apr 08-Apr 29	6:10 PM-7:10 PM	4	\$52.00
37842	W	May 06-May 27	6:10 PM-7:10 PM	4	\$52.00

## Femme Fatale Fitness

An empowering and progressive strength and conditioning class designed for women. Join us two days a week for strength circuits; mixed with cardio and mobility. All fitness levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36373	T/Th	Feb 17-Mar 26	9:15 AM-10:15 AM	12	\$156.00
37843	T/Th	Apr 07-May 14	9:15 AM-10:15 AM	12	\$156.00
37844	T/Th	May 19-Jun 25	9:15 AM-10:15 AM	12	\$156.00

## Fit 360

A full-body blend of strength, mobility, and core training. Fit 360 delivers a complete workout every time. Designed to build strength, enhance coordination, and improve resilience, this class is suitable for all fitness levels. Train smart, move better and get fit from every angle.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36491	Th	Feb 19-Mar 26	5:00 PM-6:00 PM	6	\$87.00
37845	Th	Apr 09-May 14	5:00 PM-6:00 PM	6	\$87.00
37846	Th	May 21-Jun 25	5:00 PM-6:00 PM	6	\$87.00

## 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
37860	M	Apr 13-Jun 22	5:30 PM-6:30 PM	10	\$130.00

## 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
36896	F	Feb 20-Mar 27	9:15 AM-10:15 AM	6	\$87.00
37861	F	Apr 10-Jun 26	9:15 AM-10:15 AM	12	\$174.00

## 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
37862	Th	Apr 09-Jun 25	9:00 AM-10:00 AM	12	\$174.00

## 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
37889	Sat	Apr 11-Jun 20	9:15 AM-10:15 AM	10	\$145.00

## 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
37865	Th	Apr 09-Jun 25	7:20 PM-8:20 PM	12	\$156.00

## Par 4 Fitness

Par 4 Fitness will get you moving and ready for the upcoming golf season. This program will focus on conditioning through strength, cardio, flexibility and mobility. Emphasizing movements related to the sport of golf. The preparation for a great season of starts now. All fitness levels welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37866	F	Apr 10-May 08	12:00 PM-1:00 PM	5	\$72.50

## 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
37867	T	Apr 07-Jun 23	6:10 PM-7:10 PM	12	\$174.00
37868	Th	Apr 09-Jun 25	5:00 PM-6:00 PM	12	\$174.00

## Push'n Pull for Power

This non-impact workout has maximum impact. How much wattage can you push out of the bike and pull out of the rower? Intervals alternating between the bike and rower will challenge your muscles, core, and cardio in this calorie torching cross training workout. With coaching, you will learn proper techniques and utilize the power displays for data to maximize your power physically and mentally. All fitness levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37869	T	Apr 07-Jun 23	6:30 PM-7:30 PM	12	\$174.00

## Reps & Rpm's

Jumpstart your morning energizing cycling combined with strength circuits. Perfect for all fitness levels- come ready to sweat, push limits, and power up your morning.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37870	F	Apr 10-Jun 26	6:00 AM-6:45 AM	12	\$144.00

## 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
37850	M	Apr 06-Jun 22	7:10 PM-8:10 PM	10	\$145.00

## 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
37871	W	Apr 08-Jun 24	6:45 PM-7:45 PM	12	\$174.00

## Stronger

This weekend workout is for all fitness levels wanting to be challenged in a positive and supportive environment. Strength, endurance, agility, speed, flexibility, and core will be stacked into this action-packed class. Rally up some friends or teammates for the camaraderie and friendly competition.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37872	Sat	Apr 11-May 09	8:00 AM-9:00 AM	5	\$72.50
37873	Sat	May 23-Jun 27	8:00 AM-9:00 AM	6	\$87.00

## 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
37878	W	Apr 08-Jun 24	5:30 PM-6:30 PM	12	\$174.00
37877	M	Apr 13-Jun 22	9:00 AM-10:00 AM	10	\$145.00

## UpBeat Barre

UpBeat Barre combines strength training, Pilates, cardio and yoga into a high-intensity fusion of fun! UpBeat Barre rocks popular tunes for an intense and accessible muscular-endurance workout.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36388	T	Feb 17-Mar 24	9:15 AM-10:15 AM	6	\$78.00
37879	T	Apr 07-May 12	9:15 AM-10:15 AM	6	\$78.00
37880	T	May 19-Jun 23	9:15 AM-10:15 AM	6	\$78.00

## 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. Tuesday's and Saturday's classes each focus on conditioning, strength and muscular endurance. While Thursday's class will focus on core, mobility and stability training.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36390	T	Feb 17-Mar 24	6:10 PM-7:10 PM	6	\$87.00
36392	Th	Feb 19-Mar 26	6:10 PM-7:10 PM	6	\$87.00
37884	T	Apr 07-May 12	6:10 PM-7:10 PM	6	\$87.00
37886	Th	Apr 09-May 14	6:10 PM-7:10 PM	6	\$87.00
37888	Sat	Apr 11-Jun 27	8:00 AM-9:00 AM	11	\$159.50
37885	T	May 19-Jun 23	6:10 PM-7:10 PM	6	\$87.00
37887	Th	May 21-Jun 25	6:10 PM-7:10 PM	6	\$87.00

## WOW (Workout of the Week)

Start strong, stay strong. Each class begins with 15 minutes of fascial release and mobility training to help you move and feel better, while preparing your body for an effective workout. Experience a variety of spaces and equipment in the facility to have a challenging, fun and safe workout each week. With class formats changing you will stay engaged and never get bored. You will rotate through cycle, VIPR, circuits, Pilates 360, TRX, cycle and Soul, and Kinesis. Each class is designed to get your heart rate up and build strength in a supportive, energetic environment. Feel empowered, stay motivated, and take on your week with confidence. No indoor cycle experience is required, and all fitness levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37909	F	Apr 10-Jun 19	10:30 AM-11:45 AM	11	\$199.43
37911	Sat	Apr 11-Jun 27	9:15 AM-10:30 AM	12	\$217.56
37890	M	Apr 13-Jun 22	7:15 PM-8:30 PM	10	\$181.30



## Pre & Postnatal

### Parent & Baby Aquafit

Recommended baby age: 4 months+. Weight recommendations for boats (15-35lbs). Fitness for parents with baby floating along for the ride! Ease back into fitness guided through 45 minutes of cardio and muscular endurance while incorporating your baby. Please dress baby in an official swimming diaper. Baby boats are provided for your baby, up to a maximum weight of 35lbs on Day 1 for growth during the duration of the program. Babies should be able to hold up their own head upon registration of class. For smaller babies, please feel free to bring a towel for extra support within the boat. Please ensure that you have verbal 6 weeks post partum clearance to return to exercise. Car seats are welcome in the changeroom and on pool deck, strollers are not permitted in changerooms or pool deck.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36499	T	Feb 17-Mar 24	10:15 AM-11:00 AM	6	\$58.50
37811	T	Apr 07-May 26	10:15 AM-11:00 AM	8	\$78.00
37812	W	Apr 08-May 27	10:15 AM-11:00 AM	8	\$78.00
37813	Th	Apr 09-May 28	10:15 AM-11:00 AM	8	\$78.00
37810	M	Apr 13-May 25	10:15 AM-11:00 AM	6	\$58.50

### 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
36470	T	Feb 17-Mar 24	1:00 PM-2:00 PM	6	\$87.00
38045	Th	Feb 26-Mar 26	1:15 PM-2:15 PM	5	\$72.50
37945	T	Apr 07-May 12	1:00 PM-2:00 PM	6	\$87.00
37951	Th	Apr 09-May 14	1:15 PM-2:15 PM	6	\$87.00
37950	T	May 19-Jun 23	1:00 PM-2:00 PM	6	\$87.00
37952	Th	May 21-Jun 25	1:15 PM-2:15 PM	6	\$87.00

### 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
37966	M	Apr 13-May 11	1:15 PM-2:15 PM	5	\$72.50
37967	M	May 25-Jun 22	1:15 PM-2:15 PM	5	\$72.50

## Postnatal Pilates Strength & Soul

This class focuses on creating a welcoming community for all moms to build awareness, confidence, and strength in movement. Each class will center on core connection, alignment, and strength-building Pilates movements, utilizing the KINESIS wall. The class will conclude with fascial release techniques and restorative yoga movements, promoting a sense of openness throughout the body and a deeper ease with your breath. 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
36543	T	Feb 17-Mar 24	10:00 AM-11:00 AM	6	\$87.00
36545	Th	Feb 19-Mar 26	12:00 PM-1:00 PM	6	\$87.00
37942	T	Apr 07-May 12	10:00 AM-11:00 AM	6	\$87.00
37943	T	May 19-Jun 23	10:00 AM-11:00 AM	6	\$87.00

## 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
36507	Th	Feb 19-Mar 26	10:30 AM-11:30 AM	6	\$87.00
37930	T	Apr 07-May 12	11:30 AM-12:30 PM	6	\$87.00
37931	T	May 19-Jun 23	11:30 AM-12:30 PM	6	\$87.00

## 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
36483	M	Feb 23-Mar 23	6:00 PM-7:00 PM	5	\$72.50
37932	M	Apr 13-May 11	6:00 PM-7:00 PM	5	\$72.50
37933	M	May 25-Jun 22	6:00 PM-7:00 PM	5	\$72.50

## 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
36502	W	Feb 18-Mar 25	10:30 AM-11:30 AM	6	\$78.00
36503	W	Feb 18-Mar 25	11:45 AM-12:45 PM	6	\$78.00
37921	W	Apr 08-May 13	10:30 AM-11:30 AM	6	\$78.00
37922	W	Apr 08-May 13	11:45 AM-12:45 PM	6	\$78.00
37923	W	May 20-Jun 24	10:30 AM-11:30 AM	6	\$78.00
37924	W	May 20-Jun 24	11:45 AM-12:45 PM	6	\$78.00

## Stroller Circuit

Join us twice a week to reach your goals with baby by your side to cheer you on. Utilizing the variety of the track corner, 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 Track Corner 3

CODE	DAY	DATES	TIMES	CLASSES	FEE
36480	T/Th	Feb 17-Mar 26	10:30 AM-11:30 AM	12	\$156.00
37946	M/W	Mar 02-Mar 25	12:30 PM-1:30 PM	8	\$104.00
37948	T/Th	Apr 07-May 14	10:30 AM-11:30 AM	12	\$156.00

37947	M/W	Apr 08-May 13	12:30 PM-1:30 PM	11	\$143.00
37949	T/Th	May 19-Jun 25	10:30 AM-11:30 AM	12	\$156.00

## 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
37914	M	Apr 13-May 11	11:00 AM-12:15 PM	5	\$81.25
37915	M	May 25-Jun 22	11:00 AM-12:15 PM	5	\$81.25



## Mind-Body

### Core & Mobility

Build a bulletproof core and unlock tight joints in this high-efficiency fusion of functional strength and active recovery. We target the abs, glutes, and spine to improve your posture while stripping away daily stiffness. Perfect for athletes or anyone looking to bridge the gap between stability and sweat. Move better, feel stronger, and perform at your peak.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37912	T	Apr 07-Jun 23	7:45 PM-8:45 PM	12	\$174.00

### 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
37855	W	Apr 08-Jun 24	7:10 PM-8:10 PM	12	\$174.00
37856	Th	Apr 09-Jun 25	10:20 AM-11:20 AM	12	\$174.00

### Functional Fusion Flow

Experience the fusion of basic mat Pilates with some props, mobility and impact this class will have on how well you move and function the rest of your week. No experience required.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37858	Sat	Apr 11-Jun 27	10:45 AM-11:45 AM	11	\$159.50

### Gentle Hatha for Back Care

This gentle yoga class is rooted in the Hatha Yoga tradition. Students will gently move through asanas which aim to achieve both strength and stability in the whole body with a focus on the spine. This class is designed especially for older-adults who want to improve mobility, ease stiffness, and find relief from lower back pain. This is not a chair yoga class, so some mobility is important. No previous yoga experience is necessary.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36461	T	Feb 17-Mar 24	10:30 AM-11:30 AM	6	\$87.00
37823	M	Apr 13-Jun 22	10:45 AM-11:45 AM	10	\$145.00

### 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
37816	T	Apr 07-Jun 23	6:30 PM-7:30 PM	12	\$174.00

### Hatha Yoga

Reconnect with your body in this grounding, alignment-focused class. Hatha yoga is the perfect "reset" for both beginners and experienced practitioners looking to refine their technique without the fast-paced flow of other styles.

CODE	DAY	DATES	TIMES	CLASSES	FEE
38023	M	Apr 13-May 11	5:30 PM-6:30 PM	5	\$72.50
38024	M	May 25-Jun 22	5:30 PM-6:30 PM	5	\$72.50

### 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
37851	T	Apr 07-Jun 23	9:15 AM-10:15 AM	12	\$174.00
37852	T	Apr 07-Jun 23	7:45 PM-8:45 PM	12	\$174.00

### 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
37853	Th	Apr 09-Jun 25	9:15 AM-10:15 AM	12	\$174.00
37854	Th	Apr 09-Jun 25	7:10 PM-8:10 PM	12	\$174.00

### 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
37918	W	Apr 08-Jun 24	8:00 PM-9:00 PM	12	\$174.00

### Pilates 360 Ignite

Experience a dynamic 2 day/week program designed to enhance strength, stability, and mobility while prioritizing spinal health and support. Ignite your passion for movement by connecting deeper with your body, sparking a lasting sense of wellbeing and vitality. Light up your Pilates practice and have some fun building strength, increasing energy and moving with confidence. All fitness levels welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36616	W/F	Feb 18-Mar 27	9:15 AM-10:15 AM	12	\$174.00
37919	W/F	Apr 08-May 15	9:10 AM-10:10 AM	12	\$174.00
37920	W/F	May 20-Jun 26	9:10 AM-10:10 AM	12	\$174.00

### 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
37857	F	Apr 10-Jun 26	10:45 AM-11:45 AM	12	\$174.00

### Pilates Evolution

Learn the basics of Pilates and how to build off the foundations. With an integration of joint mobility and Pilates, along with the use of props including the KINESIS wall, you will learn how to mobilize, stabilize and use your core in application to functional movements. No previous experience required.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37806	M	Apr 13-Jun 22	6:45 PM-7:45 PM	10	\$145.00

### 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 through the use of 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
37849	Th	Apr 09-Jun 25	6:00 PM-7:00 PM	12	\$174.00
37848	M	Apr 13-Jun 22	9:15 AM-10:15 AM	10	\$145.00

## Slow Flow to Yin Yoga

Find your balance in this Slow Flow to Yin class, a journey designed to harmonize movement and stillness. This practice is the perfect antidote to a busy life; combining a mindful, warming flow to start followed by yin postures for deep stillness and rest at the end.

CODE	DAY	DATES	TIMES	CLASSES	FEE
38003	W	Apr 08-May 13	7:45 PM-8:45 PM	6	\$87.00
38004	W	May 20-Jun 24	7:45 PM-8:45 PM	6	\$87.00

## 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
37822	T	Apr 07-Jun 23	10:30 AM-11:30 AM	12	\$174.00

## Yoga for Healthy Happy Hips

This is a flow-based yoga class that will help release tension, build strength and increase mobility in the hips. In addition to learning foundational yoga poses and their variations, you will learn yoga breathing exercises and meditation techniques. This is a progressive yoga flow class so get ready to grow your practice and reach your edge.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37825	W	Apr 08-May 13	9:30 AM-10:30 AM	6	\$87.00
38007	M	Apr 13-Jun 22	9:30 AM-10:30 AM	10	\$145.00
38008	W	May 20-Jun 24	9:30 AM-10:30 AM	6	\$87.00

## Yoga in the City

This class is for COSA staff only and will not be viewable online. Step away from your office and onto your yoga mat for a yoga class at work. This is a short and sweet lunch time class that focuses on stretching the body and calming the mind. Practitioners are guided through a gentle flow, with a focus on stretching the shoulders and hips, as well as meditation and breathing exercises. You will leave this class feeling refreshed, relaxed and ready to conquer the rest of the day. Location: Progress Hall

CODE	DAY	DATES	TIMES	CLASSES	FEE
36492	T	Jan 20-Mar 17	12:05 PM-12:50 PM	8	\$78.00



## Workshops

### Learn to Play Disc Golf

Are you curious about Disc Golf but not sure where to start? Join us as our friendly, patient, and professional staff teach you the rules, etiquette, and provide enough practice and one-on-one feedback to make you confident enough to play Disc Golf anywhere, anytime! Whether you are a complete beginner or have tried it once or twice, our program will help you build up your confidence and skills all while enjoying the great outdoors. And the best part is that we will provide you with your very own Disc Golf set with three introductory discs to not only use for the duration of the program, but keep when it is done! See you soon!

CODE	DAY	DATES	TIMES	CLASSES	FEE
37940	Th	May 21-Jun 25	6:00 PM-7:00 PM	6	\$108.00

### Learn to Play Pickleball

Have you ever wanted to learn how to play pickleball? Now is the time! This program will teach you how to play the popular game with the funny name that is sweeping the nation! Join us as our friendly, patient, and professional staff practice with you, teach you the rules and etiquette, and provide feedback so that you are confident enough to play pickleball anywhere, anytime! No equipment, prior knowledge, or prior experience is required!

CODE	DAY	DATES	TIMES	CLASSES	FEE
37956	Sat	Apr 11-Jun 20	11:00 AM-12:00 PM	10	\$130.00
37955	W	Apr 15-Jun 17	1:00 PM-2:00 PM	10	\$130.00

### Man Up Core Up Workshop

Men's Pilates Workshop. Challenging all men to come out and discover why all men need core! Learn the principles of Pilates, the benefits specific to men and how challenging and athletic Pilates can be. This workshop will include both discussion and practical applications, dress comfortably ready to move!

CODE	DAY	DATES	TIMES	CLASSES	FEE
37960	Sat	May 30	12:00 PM-1:30 PM	1	\$21.75

### Mind Your Movement Workshop

In this workshop, utilize gentle movement and therapy balls to encourage smooth mobility into your joints and muscles. Creates a safe and enjoyable practice that you can take with you to use anytime.

CODE	DAY	DATES	TIMES	CLASSES	FEE
38034	Sat	May 09	12:00 PM-1:30 PM	1	\$21.75

### Relaxing Yoga Nidra & Sounds Bath Workshop

Enjoy gentle yoga stretches and breath work as you prepare to be guided through a deeply healing yoga nidra meditation journey, followed by a relaxing and calming sound bath. This workshop will be sure to leave you feeling renewed and blissfully restored.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36589	Sun	Mar 15	6:30 PM-8:00 PM	1	\$21.75

### Sling Series Activation Workshop

This workshop will take you through a multi dimensional movement practice that is designed to enhance posture, restore movement freedom and create trust in your own bodies' ability to move with ease and create vitality in everyday activities.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36588	Sat	Mar 21	12:00 PM-1:30 PM	1	\$21.75

## Sound Bowl & Yoga Workshop

Enjoy a morning filled with gentle yoga, breath work and a calming sound healing session. This workshop is designed to create an environment of calm and relaxation.

CODE	DAY	DATES	TIMES	CLASSES	FEE
36569	Sat	Mar 28	12:00 PM-1:30 PM	1	\$21.75
38035	Sat	Apr 25	12:00 PM-1:30 PM	1	\$21.75
38036	Sat	Jun 06	12:00 PM-1:30 PM	1	\$21.75

## Spring Outdoor Yoga and Mindful Walk Workshop

Celebrate the Spring with a mindful nature walk in Kingswood park rounded out with a gentle yoga practise at the end that honours the changing season, inviting balance, grounding and inner reflection. Together we will tune into nature's natural rhythms, connect with our surroundings and return to ourselves through breath, movement and stillness. Dress appropriately for weather conditions. A backup indoor location will be provided at Servus Place in case of weather concerns.

CODE	DAY	DATES	TIMES	CLASSES	FEE
38005	Sat	May 23	10:00 AM-11:30 AM	1	\$21.75

## Summer Solstice Yoga Event

Come join us outdoors in celebrating the official first day of summer. Feel great as we practice yoga in a salute to the sun at its highest elevation. Bring your yoga mats, sunglasses and sunscreen and move through poses that bring heat and mobility to the body. No previous experience required. This is a free event but would love to receive donations for the St. Albert Food Bank. Location: Kingswood Park. Weather permitting. Registrants will be notified, if there is a location change.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37986	F	Jun 19	12:05 PM-12:50 PM	1	\$0.00



## 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
37913	W	Apr 08-Jun 24	10:00 AM-11:00 AM	12	\$156.00
37817	F	Apr 10-Jun 26	10:30 AM-11:30 AM	12	\$156.00
37818	M	Apr 13-Jun 22	10:30 AM-11:30 AM	10	\$130.00

### 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 pose adaptations to accommodate all abilities.

CODE	DAY	DATES	TIMES	CLASSES	FEE
38006	T	Apr 07-Jun 23	10:00 AM-11:00 AM	12	\$174.00
37824	Th	Apr 09-Jun 25	10:15 AM-11:15 AM	12	\$174.00

### 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
37819	W	Apr 08-Jun 24	10:45 AM-11:45 AM	12	\$156.00

### Walk for Health & Longevity

Get ready for all your outdoor walking adventures! Walking for health and longevity will improve muscular endurance, balance, core strength, foot health, flexibility and cardiovascular health. All fitness levels welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37840	M	Feb 02-Mar 23	11:15 AM-12:15 PM	7	\$91.00
38041	W	Apr 08-May 27	12:00 PM-1:00 PM	8	\$104.00
37847	M	Apr 13-May 25	11:15 AM-12:15 PM	6	\$78.00



## 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
37805	M	Apr 13-Jun 22	10:15 AM-11:15 AM	10	\$145.00

## 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
37815	F	Apr 10-Jun 26	12:15 PM-1:15 PM	12	\$156.00

### 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
36473	F	Feb 20-Mar 27	10:45 AM-11:45 AM	6	\$78.00
37807	W	Apr 08-Jun 24	10:45 AM-11:45 AM	12	\$156.00
37808	F	Apr 10-May 15	10:45 AM-11:45 AM	6	\$78.00
37809	F	May 22-Jun 26	10:45 AM-11:45 AM	6	\$78.00

### 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 only 780-418-6088

CODE	DAY	DATES	TIMES	CLASSES	FEE
37814	T	Apr 14-Jun 16	1:00 PM-2:30 PM	10	\$150.00

### 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
37804	M	Apr 13-Jun 22	10:15 AM-11:15 AM	10	\$145.00



## 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
37839	M	Apr 13-Jun 22	8:30 AM-9:45 AM	10	\$162.50

### 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
37916	W	Apr 08-Jun 24	6:00 PM-6:45 PM	12	\$117.00

### 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
37917	W	Apr 08-Jun 24	6:00 PM-7:30 PM	12	\$234.00

### Long Hard Terrain Ride

Long Hard Terrain Ride is designed to simulate the highs and lows of real-world terrain with a powerful blend of hill climbs, speed bursts, and interval drills. Whether you are a beginner or a seasoned rider, this class challenges your endurance, builds strength, and boosts cardiovascular performance- all while keeping the energy high and the motivation flowing.

CODE	DAY	DATES	TIMES	CLASSES	FEE
37863	Th	Apr 09-May 14	7:15 PM-8:45 PM	6	\$117.00

## 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