



FITNESS & RECREATION

# PROGRAM GUIDE

## SPRING 2024

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





## Parented & Preschool-Aged Programs

### Gran & Me (Grand-Parented) 1.5-3Y

Come on Gran, hurry up, let's build, craft, and play together at Servus Place! This intergenerational program is geared towards Grandma and Grandpas to spend time with their grandkids making crafts, reading stories, singing songs, playing a variety of games and activities in our fun program space and in the gym! Each class will be centered around different themes for your and your Gran to explore. Plus, this program ends at 10:30 a.m., the exact time Toddler Town on the gym courts starts, so if your kiddo is still full of energy after class you can take them to play longer.

CODE	DAY	DATES	TIMES	CLASSES	FEE
27068	W	Apr 10-Jun 12	9:30 AM-10:30 AM	7	\$84.00

### Grassroots & Muddy Boots 3-6Y

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, develop FUNdamental movement skills, 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
27070	W	Apr 17-Jun 19	1:00 PM-2:30 PM	10	\$150.00

### Storybook Adventures 4-6Y

In this program participants will not only read so many funny, adventurous, factual, and mystical stories, but you will also get lost in them! They may become the knight teaming up with the dragon to whip up some treats, the baker making some Smart Cookies, a squirrel who comes up with a plan to avoid being so scared, fiends with an elephant and pig, and you may sail across an ocean to be a ruler of all the wild things. The possibilities are endless when there's a book involved! Each class participants will explore popular books through themed stations, crafts, activities, and possibly a recipe!

CODE	DAY	DATES	TIMES	CLASSES	FEE
27055	W	Apr 09-Jun 11	1:00 PM-2:30 PM	10	\$175.00



## Children's Programs

### Sweet Treats 6-9Y

If you're looking to make each week a little sweeter, then this program full of whisking up sweet treats and is where you gotta go! Each week participants spend two hours in the kitchen learning different fundamental kitchen skills whipping up a variety of cakes, cookies, pastries, pies, ice creams, and desserts. Muffin compares to how sweet this program is!

CODE	DAY	DATES	TIMES	CLASSES	FEE
26379	T	Apr 16-Jun 18	4:30 PM-6:30 PM	10	\$200.00

### Rooks to Cooks JR 6-9Y

If you are a rookie to baking cookies and want to whisk up some new skills in the kitchen, then you gotta cook here! Each week participants put on their aprons and become chefs-in-training as they are guided through making and tasting a variety of new recipes. Each week chefs will explore a new spice or flavour through with the senses and through their recipes. And, not only will you leave with the new title of cook but with a menu of newly acquired learning fundamental kitchen skills and a recipe book to recreate your favourite dishes at home as well. Come cook with us!

CODE	DAY	DATES	TIMES	CLASSES	FEE
26376	Sat	Apr 13-Jun 15	10:00 AM-12:00 PM	10	\$200.00

### Rooks to Cooks SR 9-12Y

It's time to level-up your cooking game because you, rookie, 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!

CODE	DAY	DATES	TIMES	CLASSES	FEE
26377	W	Apr 17-Jun 19	4:30 PM-6:30 PM	10	\$200.00

### 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, ice creams, and desserts! '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 fixes everything!)

CODE	DAY	DATES	TIMES	CLASSES	FEE
26375	Sun	Apr 07-Jun 16	1:00 PM-3:00 PM	10	\$200.00

### 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
28918	Th	Apr 18-Jun 20	6:00 PM-7:00 PM	10	\$130.00

### Friday Night Kids Takeover 4-8Y

It's time for a takeover! It this weekly program, participants will get a chance to 'takeover' our different activity spaces and try a variety of activities like skating, swimming, court sports, bouncy castles, and cooking. We can't promise they'll have much energy left at the end of the day!

CODE	DAY	DATES	TIMES	CLASSES	FEE
26373	F	Apr 12-Jun 14	6:00 PM-8:00 PM	10	\$170.00



## School Break Camps

### Pups to the Rescue PD Day Camp 4-6Y

Gather around Pups, your community needs you! Are you ready to come along on this adventure? Bring your rescue pup helper powers to this camp as we embark on a journey to explore our community and discover the amazing people who make our city an extraordinary place to live and PLAY! From firefighters and RCMP officers to cashiers, artists, bus drivers, bakers, and librarians, get ready to uncover the many roles contributing to our vibrant community. No job is too big, and no camper is too small! Participants must be potty trained and able to use the washroom independently.

CODE	DAY	DATES	TIMES	CLASSES	FEE
27075	M	Apr 22-Apr 22	1:00 PM-4:00 PM	1	\$24.00

### April 22 PD Day Camp 6-9 Y

Days off from school means you can sign-up for a day of PLAY at Servus Place! In our PD Day camps participants spend their day doing a variety of activities from games in the gym or on the ice, splashing around in the pool, making crafts, whipping up some snacks, shooting some arrows, jumping in bouncy castles, and heading outside to play open space games. There is 0% chance of boredom and 100% they will have an amazing day!

CODE	DAY	DATES	TIMES	CLASSES	FEE
27073	M	Apr 22-Apr 22	9:00 AM-4:00 PM	1	\$44.00

### Full STEAM Ahead! Full Day PD Camp 4-6Y

Get ready for a thrilling journey through the realms of Science, Technology, Engineering, Art, and Math (STEAM) at Servus Place! Each day is an exploration filled with excitement, creativity, PLAY, and hands-on activities. There is zero time to wait, get your ticket and hop on the train, because like its passengers, it's going full STEAM Ahead! Participants must be potty trained and able to use the washroom independently.

CODE	DAY	DATES	TIMES	CLASSES	FEE
27074	M	Apr 22-Apr 22	9:00 AM-4:00 PM	1	\$44.00



## 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
28964	W	May 01-Jun 19	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
25090	M	Sep 11-May 13	1:00 PM-2:00 PM	30	\$360.00

### 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
25091	M	Sep 11-May 13	2:00 PM-3:00 PM	30	\$360.00
25092	M	Sep 11-May 13	2:00 PM-3:00 PM	30	\$360.00

### Leaders In Training - New Participants

Hey you! Are you between the ages of 13 and 17 (or finished Grade 7), have never participated in our Leaders In Training program before, and are wanting to enhance your leadership skills this summer? Then this is the program for you! Here you will attend a full day training which includes a delicious lunch before getting the opportunity to meet new friends and build your resume while helping out with the coolest camps around all summer long! Once you sign up you can expect to receive a phone call from our Day Camp Coordinators in early June to connect about the summer and how we can tailor it to you to make it as valuable and rewarding as possible. See you soon, this summer is going to be LIT!

CODE	DAY	DATES	TIMES	CLASSES	FEE
27080	F	Jun 28-Jun 28	9:00 AM-4:00 PM	1	\$44.00

### Leaders In Training - Returning Participants

Hey you! Are you between the ages of 13 and 17 (or finished Grade 7), have previously participated in our Leaders In Training program, and are wanting to continue to build your leadership skills this summer? Then this is the program for you! Here you will attend a full day training which includes a delicious lunch and sessions with one-on-one feedback on topics such as creating resumes and acing interviews. The training will also focus on transitioning youth from assisting to taking the lead in camps as they help out with the coolest camps around all summer long! Once you sign up you can expect to receive a phone call from our Day Camp Coordinators in early June to connect about the summer and how we can tailor it to you to make it as valuable and rewarding as possible. See you soon, this summer is going to be LIT!

CODE	DAY	DATES	TIMES	CLASSES	FEE
27081	Th	Jun 27-Jun 27	9:00 AM-4:00 PM	1	\$44.00

### Ready Sweat Rumble

\*\*Sign up is required from each family member taking part in the class\*\* Youth (12-16 yrs) This class can be parents & Teens working out together or Teen unparented. A fun circuit style class where boredom won't be a thing! Boxing, cardio, weights, abs.... we do it all in the action packed workout!

CODE	DAY	DATES	TIMES	CLASSES	FEE
28941	F	Apr 05-May 10	6:30 PM-7:30 PM	6	\$72.00
28942	F	May 24-Jun 21	6:30 PM-7:30 PM	5	\$60.00

### Smart Start for Teens

In the Smart Start for Teens course, youth will learn the basics around fitness & wellness centre 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 Tailor Made Insurance 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
28927	W	Apr 03-Apr 03	1:00 PM-3:00 PM	1	\$25.00
28928	Sat	Apr 13-Apr 13	11:00 AM-1:00 PM	1	\$25.00
28929	Th	Apr 18-Apr 18	6:00 PM-8:00 PM	1	\$25.00
28930	Sat	Apr 27-Apr 27	11:00 AM-1:00 PM	1	\$25.00
28931	W	May 01-May 01	6:00 PM-8:00 PM	1	\$25.00
28932	Sat	May 11-May 11	11:00 AM-1:00 PM	1	\$25.00
28933	F	May 17-May 17	1:00 PM-3:00 PM	1	\$25.00
28934	Sat	May 25-May 25	11:00 AM-1:00 PM	1	\$25.00
28935	T	May 28-May 28	6:00 PM-8:00 PM	1	\$25.00
28936	Sat	Jun 08-Jun 08	11:00 AM-1:00 PM	1	\$25.00
28937	Th	Jun 13-Jun 13	6:00 PM-8:00 PM	1	\$25.00
28938	Sat	Jun 22-Jun 22	11:00 AM-1:00 PM	1	\$25.00
28939	W	Jun 26-Jun 26	6:00 PM-8:00 PM	1	\$25.00

### Stronger Family Bootcamp

\*\*Sign up is required from each family member taking part in the class. Both children and adults required to register as this is an interactive program for adults & kids. Children cannot take part in the class without a parent or guardian. Parent & youth (aged 8-12) will work hard, play hard & laugh hard. During this power hour the youth will be introduced to a variety of workouts (bootcamp, yoga, core, weights plus more) as well as a variety of equipment (rower, bikes, TRX, BOSU plus more). Partner work, fun Team competitions and individual drills that will not only enhance skills but Family fitness through play!

CODE	DAY	DATES	TIMES	CLASSES	FEE
28808	F	Apr 05-May 10	5:15 PM-6:15 PM	6	\$72.00
28940	F	May 24-Jun 21	5:15 PM-6:15 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 semiprivate studio, your small, instructor-led group will work in circuit style challenging core strength, muscular endurance, and balance to help reach your goals. All fitness levels welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
27153	T	Apr 02-Jun 18	8:30 AM-9:30 AM	12	\$156.00
27154	W	Apr 03-May 08	9:30 AM-10:30 AM	6	\$78.00
29080	Th	Apr 04-Jun 20	8:30 AM-9:30 AM	12	\$156.00
27155	W	May 15-Jun 19	9:30 AM-10:30 AM	6	\$78.00

### Bars & Bells

In Bars and Bells you will learn how to lift heavy weight 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
27158	T	Apr 02-Jun 18	5:00 PM-6:00 PM	12	\$174.00
27159	T	Apr 02-Jun 18	7:15 PM-8:15 PM	12	\$174.00
27160	W	Apr 03-Jun 19	5:00 PM-6:00 PM	12	\$174.00
27161	Th	Apr 04-Jun 20	6:10 PM-7:10 PM	12	\$174.00
27156	M	Apr 08-Jun 17	5:00 PM-6:00 PM	10	\$145.00
27157	M	Apr 08-Jun 17	7:15 PM-8:15 PM	10	\$145.00

### Better Together

Let the nature of a group class help you attain your health and fitness goals. In Better Together 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
27294	M/W	Apr 03-May 08	6:10 PM-7:10 PM	11	\$143.00
27295	M/W	May 13-Jun 19	6:10 PM-7:10 PM	11	\$143.00

### 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
27960	T/Th	Apr 02-May 09	9:15 AM-10:15 AM	12	\$156.00
27961	T/Th	May 14-Jun 20	9:15 AM-10:15 AM	12	\$156.00

### 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
27301	M	Apr 08-Jun 17	5:30 PM-6:30 PM	10	\$130.00

### Iron Woman

This program is aimed at empowering women through strength training to increase metabolism, add lean muscle tissue and prevent injuries. This class is for women of any age, body type, and fitness level. Find joy in your workout program, feel great and boost your confidence in this safe and supportive program.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28832	W	Apr 03-May 08	9:00 AM-10:00 AM	6	\$87.00
28831	F	Apr 05-May 10	9:00 AM-10:00 AM	6	\$87.00
28834	W	May 15-Jun 19	9:00 AM-10:00 AM	6	\$87.00
28835	F	May 17-Jun 21	9:00 AM-10:00 AM	6	\$87.00

### 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
27959	Th	Apr 04-Jun 20	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
28990	Sat	Apr 06-Jun 01	9:15 AM-10:15 AM	8	\$116.00

### 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
27297	Th	Apr 04-Jun 20	7:15 PM-8:15 PM	12	\$156.00
27964	M	Apr 08-May 06	7:00 PM-8:00 PM	5	\$65.00
27965	M	May 13-Jun 17	7:00 PM-8:00 PM	5	\$65.00

### Midday Meltdown

This full body workout extravaganza, with a heavy focus on cardio, is designed to turn your lunch break into a fitness fiesta. From conquering stairs to riding the waves on the rowers, cycling and burning rubber on the track, you will experience it all. Say goodbye to the lunchtime lulls and hello to midday meltdown. No previous experience is necessary.

CODE	DAY	DATES	TIMES	CLASSES	FEE
29034	T	Apr 02-May 07	12:00 PM-12:45 PM	6	\$72.00

### 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
29009	F	Apr 05-May 10	12:00 PM-1:00 PM	6	\$78.00
29010	F	May 17-Jun 21	12:00 PM-1:00 PM	6	\$78.00

### Powerlifting

Want to get strong? Come learn to lift heavy in Powerlifting. Even the most hardcore training methods centre 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
27298	T	Apr 02-Jun 18	6:10 PM-7:10 PM	12	\$174.00
27299	Th	Apr 04-Jun 20	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 Gina's coaching you will learn proper technique as well as utilizing the power displays for data to maximize your power both physically and mentally. All fitness levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
27966	T	Apr 02-Jun 18	8:00 AM-9:00 AM	12	\$174.00
27967	T	Apr 02-Jun 18	6:30 PM-7:30 PM	12	\$174.00

## Sand & Stone

This strength and conditioning program will use sandbags along with other portable equipment such as kettlebells and handweights to provide a fun yet challenging workout suitable for all fitness levels.

CODE	DAY	DATES	TIMES	CLASSES	FEE
27302	W	Apr 03-Jun 19	6:45 PM-7:45 PM	12	\$174.00

## Snakes & Ladders

Do you like the thought of using stairs to increase your cardio and leg endurance? This program will have a focus on hips, glutes and core. Sandbags may be utilized to make the stairs more challenging, but more options will be included. This class is fantastic for people that are starting their training for spring, summer and fall races. Whether it is a marathon, ultra race or even the mountain trail walker this class is for you. Be advised while this class is for everyone, a base level of fitness would be beneficial as the stairs can be cardiovascular taxing.

CODE	DAY	DATES	TIMES	CLASSES	FEE
29031	T	Apr 02-May 07	6:30 PM-7:30 PM	6	\$78.00
29032	T	May 14-Jun 18	6:30 PM-7:30 PM	6	\$78.00

## Spartan Bootcamp

This class is targeted to those training for a 5km race or obstacle race for the first time, or anyone looking to improve their endurance, speed, and strength. Tackle exercises like heavy sandbag carries, monkey on the rings with dead hangs and more, A great way to end your week and get energized for the weekend. All fitness levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
29079	F	Apr 05-May 10	6:00 AM-7:00 AM	6	\$87.00

## Step Up Your Strength

Combine stairs and lifting weights for the ultimate full body workout. Improve overall health, gain confidence and have fun during this workout that is sure to make you sweat. All fitness levels are welcome and no previous strength training is required.

CODE	DAY	DATES	TIMES	CLASSES	FEE
29029	W	Apr 03-May 08	12:00 PM-1:00 PM	6	\$87.00
29028	M	Apr 08-Jun 17	10:15 AM-11:15 AM	10	\$145.00
29030	W	May 15-Jun 19	12:00 PM-1:00 PM	6	\$87.00

## Strength Wave

A quick cardio conditioning circuit based class. Both strength and cardio based stations will challenge you safely and get your heart pumping. The use of rowers, bikes, stairs and more is an invigorating full body workout suitable for all fitness levels.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28761	T	Apr 02-May 07	5:45 AM-6:45 AM	6	\$78.00
28763	Th	Apr 04-May 09	6:00 AM-6:45 AM	6	\$58.50
28762	T	May 14-Jun 18	5:45 AM-6:45 AM	6	\$78.00
28764	Th	May 16-Jun 20	6:00 AM-6:45 AM	6	\$58.50

## Stronger

This weekend workout will leave you invigorated for the rest of your week. Strength, endurance, agility, speed, flexibility, and core will be stacked into this action-packed class. All fitness levels are welcome as alternatives and options are always provided to guide you through a safe and manageable workout.

CODE	DAY	DATES	TIMES	CLASSES	FEE
27968	Sat	Apr 06-Jun 22	8:00 AM-9:00 AM	11	\$159.50

## Toughen Up

Are you a stay at home mom or dad? Do you do shift work, in school or have a bit of free time during the day? Make your schedule work to your advantage and get pushed to the limit. Work hard in the group personal training like sessions that includes strength, cardio and core training. This class is about one thing- results- so toughen up. All fitness levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
29015	T	Apr 02-Jun 18	7:30 AM-8:30 AM	12	\$174.00

## Trifecta Effect

Three workouts in one! Designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work. Are you ready for the challenge? All fitness levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
29033	M	Apr 08-Jun 17	1:15 PM-2:15 PM	10	\$130.00

## True Grit

In this group training program you will experience everything but the kitchen sink. Circuits, metabolic training, body weight movements, TRX, stairs, running, and resistance training. Whether you are training for a specific goal, competition or just for yourself, this class will give you one thing: results! All fitness levels welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
27958	M	Apr 08-Jun 17	9:00 AM-10:00 AM	10	\$130.00

## Wellness Training Fitness

This program addresses nearly every facet of fitness: aerobic and muscular endurance, full body strength, explosive power, speed, joint mobility, and flexibility. This class also promotes mental toughness to help you break past perceived and or real physical limitations. The overall goal is to have each participant leave as a better version of themselves. All fitness levels welcome. This program runs two days a week: Tuesdays 6:00 -7:00pm is conditioning focused and Saturdays 8:00-9:00am will be strength focused.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28756	T/Sat	Apr 02-May 11	6:00 PM-7:00 PM	12	\$156.00
28758	Th	Apr 04-May 09	6:00 PM-7:00 PM	6	\$78.00
28757	T/Sat	May 14-Jun 22	6:00 PM-7:00 PM	11	\$143.00
28759	Th	May 16-Jun 20	6:00 PM-7:00 PM	6	\$78.00

## WOW (Workout of the Week)

Experience a variety of spaces and equipment in the facility to have a challenging, fun and safe workout each week. You will never get bored as every two weeks the class format changes. Classes will include cycle, bootcamp, circuits, TRX and Kinesis. Each class will focus on getting your heart rate up and building strength in an encouraging, safe environment. Feel empowered and ready to take on your week ahead! All fitness levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28962	M	Apr 08-Jun 17	8:15 PM-9:15 PM	10	\$130.00

## Smart Start for Adults

Are you feeling a little lost walking into the fitness centre? Does it look like a room full of strange torture devices to you? Sign up for one of our Smart Start for Adults classes so we can help. A qualified Personal Trainer will work with the group so that the next time you come into the centre you will feel prepared and comfortable to workout. This course will offer educational information as well as hands on use of equipment and exercise execution. You will learn the basics around proper warm ups, cardiovascular training, resistance training, flexibility, and release.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28924	F	Apr 05-Apr 05	9:00 AM-11:00 AM	1	\$25.00
28925	F	May 03-May 03	9:00 AM-11:00 AM	1	\$25.00
28926	F	Jun 14-Jun 14	9:00 AM-11:00 AM	1	\$25.00



## 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





## Pre & Postnatal

### Mom & Baby Aquafit

Recommended baby age: 4 months+. Fitness for mom with baby floating along for the ride! Ease back into fitness as the instructor will lead you through 45 minutes of cardio and muscular endurance while incorporating your baby. As a new parent, you will get a workout while having a splash with your baby. Please dress baby in an official swim diaper. Baby boats are provided for your baby, up to a maximum weight of 30lbs on Day 1 for growth during the duration of the program. Babies must 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. To remain in the pool after class is complete, purchase of a wristband is required before-hand. Please ensure that you are 6 week post partum and that a doctor has given you verbal confirmation to return to fitness before registering in this class.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28876	T	Apr 02-Jun 04	10:15 AM-11:00 AM	10	\$97.50
28877	Th	Apr 04-Jun 06	10:15 AM-11:00 AM	10	\$97.50
28878	F	Apr 05-Jun 07	10:15 AM-11:00 AM	8	\$78.00
28875	M	Apr 08-Jun 03	10:15 AM-11:00 AM	7	\$68.25

### Prenatal Yoga

This class focuses on building awareness, confidence and strength in preparation for labor, delivery and motherhood. Feel connected to your body, breath and baby. Seamlessly blending the restorative movements of yoga with the core, alignment and strength focused movement of Pilates. Feel less aches, gain more energy and breathe with more ease as you progress through your pregnancy.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28768	M	Apr 08-May 06	6:45 PM-7:45 PM	5	\$72.50

### Prenatal Yoga

This class focuses on building awareness, confidence and strength in preparation for labor, delivery and motherhood. Feel connected to your body, breath and baby. Seamlessly blending the restorative movements of yoga with the core, alignment and strength focused movement of Pilates. Feel less aches, gain more energy and breathe with more ease as you progress through your pregnancy.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28946	M	May 13-Jun 17	6:45 PM-7:45 PM	6	\$87.00

### Stroller Bootcamp

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
28769	W	Apr 03-May 08	10:30 AM-11:30 AM	6	\$78.00
28770	W	Apr 03-May 08	11:45 AM-12:45 PM	6	\$78.00
28947	W	May 15-Jun 19	10:30 AM-11:30 AM	6	\$78.00
28948	W	May 15-Jun 19	11:45 AM-12:45 PM	6	\$78.00

### Stroller Push & Pull

What better way to get back into fitness than a spin, row & strength class that is Stroller friendly! Start off by pushing on the spin bikes and pulling with the rowers. Secondly add in a variety of weight training intervals that challenge and connect to your core. 6 week postnatal verbal clearance is required to attend this class

CODE	DAY	DATES	TIMES	CLASSES	FEE
28771	M	Apr 08-May 10	11:00 AM-12:15 PM	5	\$75.00

28949	M	May 13-Jun 17	11:00 AM-12:15 PM	5	\$75.00
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### Stroller Walk & Roll

What better way to get back into fitness with a low intensity Stroller friendly blend of walking, gentle movement and release work. This class will help to connect mom or dads for mental and physical health. 6 week postnatal verbal clearance is required to attend this class.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28772	F	Apr 05-May 10	11:45 AM-1:00 PM	6	\$90.00
29043	F	May 17-Jun 21	11:45 AM-1:00 PM	6	\$90.00

### TRX for Strong Moms

Whether you are pre or post natal this class is suitable for all fitness levels. This class will incorporate strength and mobility work with free weights and the TRX, all while adding a concentration on breath and pelvic floor health. Baby wearing is welcome. 6 week post natal verbal clearance is required to attend this class.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28791	Th	Apr 04-May 09	12:30 PM-1:30 PM	6	\$78.00
28792	Th	May 16-Jun 20	12:30 PM-1:30 PM	6	\$78.00

### Yoga & Pilates for Mom & Baby

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 less aches, gain more energy and breathe with more ease in this class, all with your baby by your side. Babies pre crawling stage ages 6 weeks to ~ 6 months are best suited to work with you in class. Car seat, 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
28773	T	Apr 02-May 07	10:45 AM-11:45 AM	6	\$87.00
28945	T	May 14-Jun 18	10:45 AM-11:45 AM	6	\$87.00



## Spin

### Core Rev with a Little Soul

Combine a 45 minute ride with 30 minutes of core training exercises to strengthen and stabilize the muscles needed for more efficiency during spin class and everyday life activities. Finishing with 15 minutes of yoga-inspired stretches to relax and release tight muscles.

CODE	DAY	DATES	TIMES	CLASSES	FEE
29035	M	Apr 08-Jun 17	5:00 PM-6:30 PM	10	\$195.00

### Core Revolution

Combine a 35 minute spin ride with 40 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
27300	M	Apr 08-Jun 17	8:30 AM-9:45 AM	10	\$150.00

## Cycle

Come join us for 45 minutes of heart pumping spin! No previous experience necessary.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28766	W	Apr 03-May 08	6:00 PM-6:45 PM	6	\$58.50
28760	M	Apr 08-Jun 17	5:00 PM-5:45 PM	10	\$97.50
28868	W	May 15-Jun 19	6:00 PM-6:45 PM	6	\$58.50

### Cycle & Soul

Try this exciting cardiovascular and flexibility class that combines both spin and yoga. Get your heart rate up with 45 minutes of spin in Track Corner 2 and then bring it back down while increasing your flexibility with 45 minutes of yoga-inspired stretches. Get the best of both worlds wrapped up in one.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28767	W	Apr 03-May 08	6:00 PM-7:30 PM	6	\$117.00
28867	W	May 15-Jun 19	6:00 PM-7:30 PM	6	\$117.00

## Long Hard Ride

This 90 minute spin class provides even more of your favourite drills! This class is ideal for all outdoor biking enthusiasts that are looking to maintain their fitness levels during the off season. This class also pairs well for all those looking at doing ultra and obstacle races. All fitness levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
27962	Th	Apr 04-May 09	7:15 PM-8:45 PM	6	\$117.00
27963	Th	May 16-Jun 20	7:15 PM-8:45 PM	6	\$117.00



## Mind-Body

### Functional Fusion Flow

Experience the fusion of basic mat Pilates and mobility and the influence and impact this class will have in how well you move and function the rest of your week. No experience required. Offered both virtual and in person.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28797	Sat	Apr 06-Jun 22	10:45 AM-11:45 AM	11	\$159.50

### Functional Fusion Flow - Virtual

Experience the fusion of basic mat Pilates and mobility and the influence and impact this class will have in how well you move and function the rest of your week. No experience required. Offered both virtual and in person.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28798	Sat	Apr 06-Jun 22	10:45 AM-11:45 AM	11	\$159.50

## Gentle Yoga

Gentle yoga is far less strenuous than other forms of yoga. Explore basic yoga poses, with a focus on breathing, alignment and mindfulness. Therapeutic in nature, you will learn techniques to help you at a comfortable pace, allowing ample time to explore and enjoy each pose. Modifications of standard poses help to remove unnecessary strain making it more accessible to people of all sizes, ages and fitness levels.

CODE	DAY	DATES	TIMES	CLASSES	FEE
27150	T	Apr 02-Jun 18	6:30 PM-7:30 PM	12	\$174.00
29089	Th	Apr 04-Jun 20	6:00 PM-7:00 PM	12	\$174.00

## Holistic Yoga for the Hips

This flow-based yoga class, we will focus on asanas (postures) that help to strengthen and stretch your hips. Strong yet open hips can help ease lower back pain, increase circulation in the legs and improve overall gait of the body. Learn how to create stability, mobility and overall wellbeing in the hip complex. In addition to learning foundational yoga poses and their variations, students will learn meditation and breathing techniques to infuse the holistic approach.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28793	M	Apr 08-Jun 17	9:30 AM-10:30 AM	10	\$145.00

## Holistic Yoga for the Spine

This is a gentle yoga class that is rooted in the Hatha Yoga tradition. Students will learn about different asanas (postures) and how such postures can achieve both strength and stability in the back body. Learn how to create stability, mobility and overall wellbeing in the spinal column. Meditation and breathing techniques will be infused into the programming to assist in the holistic approach. This is not a chair yoga class so some mobility is important. No previous yoga experience is necessary.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28794	M	Apr 08-Jun 17	10:45 AM-11:45 AM	10	\$145.00

## Intro to Yoga

This class will explore fundamentals of this ancient practice, including philosophy, breath, meditation, props and poses. The class will progress and build throughout the session, establishing a solid foundation and awareness. Whether you are starting out or coming back, this class is inclusive to all levels.

CODE	DAY	DATES	TIMES	CLASSES	FEE
29091	Th	Apr 04-Jun 20	7:15 PM-8:15 PM	12	\$174.00



## K Flow

KINESIS FLOW is a program using the specialized Kinesis resistance equipment intertwining Pilates & Yoga sequences on & off the K-Wall. This program has limited space due to the specialized equipment. All levels & experience welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28862	W	Apr 03-May 08	8:15 AM-9:15 AM	6	\$87.00
28943	Sat	Apr 06-May 11	12:00 PM-1:00 PM	6	\$87.00
28865	W	May 15-Jun 19	8:15 AM-9:15 AM	6	\$87.00
28944	Sat	May 25-Jun 22	12:00 PM-1:00 PM	5	\$72.50

## Pilates 101

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

CODE	DAY	DATES	TIMES	CLASSES	FEE
28799	T	Apr 02-Jun 18	9:15 AM-10:15 AM	12	\$174.00
28800	T	Apr 02-Jun 18	7:45 PM-8:45 PM	12	\$174.00
28801	F	Apr 05-Jun 21	10:45 AM-11:45 AM	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 & mobility & 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
28802	Th	Apr 04-Jun 20	9:30 AM-10:30 AM	12	\$174.00
28803	Th	Apr 04-Jun 20	7:15 PM-8:15 PM	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
28872	M	Apr 08-Jun 17	6:45 PM-7:45 PM	10	\$145.00

## Pilates with Props

This 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 & 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
28804	Th	Apr 04-Jun 20	6:00 PM-7:00 PM	12	\$174.00

## Relax Restore & Renew

Curb your mid week grind with gentle yoga, mobility and mindful breath work. Relax the mind, reset the body and renew the mindset.

CODE	DAY	DATES	TIMES	CLASSES	FEE
29042	W	Apr 03-May 08	10:30 AM-11:30 AM	6	\$87.00
29044	W	May 15-Jun 19	10:30 AM-11:30 AM	6	\$87.00

## Rise & Revitalize Yoga

Rise and shine in this gentle flow class that will infuse your mornings with positive energy and set the tone for a fulfilling day ahead. All levels & experience welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28866	Th	May 16-Jun 20	8:00 AM-9:00 AM	6	\$87.00

## Roll & Release

Whether you're a competitive athlete or workout recreationally this class will enhance your overall performance providing you the recovery the body needs. Utilizing foam rollers and small therapy balls you will release tight fascia & 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. Offered both virtual & in person.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28805	M	Apr 08-Jun 17	7:15 PM-8:15 PM	10	\$145.00

## Roll & Release - Virtual

Whether you're a competitive athlete or workout recreationally this class will enhance your overall performance providing you the recovery the body needs. Utilizing foam rollers and small therapy balls you will release tight fascia & 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. Offered both virtual & in person.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28806	M	Apr 08-Jun 17	7:15 PM-8:15 PM	10	\$145.00

## Stroga

After a long day, fitting your complete workout in can be challenging. This hour-long class will focus on working muscular endurance fused with yoga postures. This class will leave you feeling strong, invigorated, stretched out and relaxed.

CODE	DAY	DATES	TIMES	CLASSES	FEE
29040	W	Apr 03-May 08	9:15 AM-10:15 AM	6	\$87.00
28881	Th	Apr 04-Jun 20	7:10 PM-8:10 PM	12	\$174.00
29041	W	May 15-Jun 19	9:15 AM-10:15 AM	6	\$87.00

## Strong & Steady Flow

This class intertwines strong Pilates core sequencing bringing on the heat with the softer side of Hatha & Yin yoga cooling postures ending with restorative savasana. Leave feeling empowered, strong, and enlightened and ready for a great nights sleep! No experience required.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28807	W	Apr 03-Jun 19	7:15 PM-8:15 PM	12	\$174.00

## Yoga HIIT

This class combines the higher intensity segments with the mindfulness of yoga. Together they are the ideal blend to deliver optimal cardio benefits, balance, flexibility and awareness. You will feel amazing during and long after class with the blend of postures and perspiration.

CODE	DAY	DATES	TIMES	CLASSES	FEE
27152	T	Apr 02-Jun 18	7:45 PM-8:45 PM	12	\$174.00
29038	M	Apr 08-May 06	11:00 AM-11:45 AM	5	\$54.40
29039	M	May 13-Jun 17	11:00 AM-11:45 AM	5	\$54.40



## Special Populations

### Fitness for Special Populations

In this class, 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 populations programmer before start of class.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28869	W	Apr 03-Jun 19	10:45 AM-11:45 AM	12	\$156.00
28870	F	Apr 05-May 10	10:45 AM-11:45 AM	6	\$78.00
28871	F	May 17-Jun 21	10:45 AM-11:45 AM	6	\$78.00

### GLA:D

GLA:D (Good Life with osteoArthritis:Denmark) Canada is an 8 week education and exercise program for those with stiff and/or painful knees and/or hips or those with knee and/or hip osteoarthritis. Research for GLA:D in Denmark shows participants report less pain, reduced use of pain killers fewer individuals on sick leave and being more physically active.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28858	T/Th	Apr 09-May 30	11:00 AM-12:00 PM	16	\$348.00

### 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 a 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
28857	T	Apr 09-Jun 11	1:00 PM-2:30 PM	10	\$150.00
28790	Th	Apr 11-Jun 13	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 with 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
28873	M	Apr 08-Jun 17	10:15 AM-11:15 AM	10	\$145.00

### Pilates for Special Populations - Virtual

This program is offered virtually 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 with 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
28874	M	Apr 08-Jun 17	10:15 AM-11:15 AM	10	\$145.00



## Senior 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
28853	F	Apr 05-May 10	10:30 AM-11:30 AM	6	\$78.00
28848	M	Apr 08-Jun 17	10:30 AM-11:30 AM	10	\$130.00
28854	F	May 17-Jun 21	10:30 AM-11:30 AM	6	\$78.00

### Cycle & Soul for Older Adults

Get into the saddle of a stationary indoor bike that is set up to match your body comfortably for 30 minutes of a variety of drills. Then transition to a gentle yoga and release practice with refreshing poses to restore and relax. Multilevel instruction is provided, and everyone is invited to join, No previous indoor cycle or yoga experience is required.

CODE	DAY	DATES	TIMES	CLASSES	FEE
29098	T	Apr 02-May 07	10:30 AM-11:45 AM	6	\$90.00
29099	T	May 14-Jun 18	10:30 AM-11:45 AM	6	\$90.00

### High Performance Aging

This class combines fitness using light weights/resistance for strength & endurance, Pilates for core strength/back health and Yoga for flexibility and breath.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28863	W	Apr 03-May 08	10:45 AM-11:45 AM	6	\$87.00
28864	W	May 15-Jun 19	10:45 AM-11:45 AM	6	\$87.00

### 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
27151	T	Apr 02-May 07	9:30 AM-10:30 AM	6	\$87.00
28852	T	May 14-Jun 18	9:30 AM-10:30 AM	6	\$87.00

### Senior Strong

This class would be considered an intermediate to advanced active ager program that will continue to build on your fitness base. Senior Strong will focus on building bone density, mobility and strength around the joints and their supporting muscle groups. This class will travel to the weight room and learn how to use some resistance training machines, free weights and cables. You will also be challenged by having to get up and down from the ground, and other fitness exercises that will be modified and regulated by your instructor.

CODE	DAY	DATES	TIMES	CLASSES	FEE
28850	W	Apr 03-Jun 19	10:45 AM-11:45 AM	12	\$156.00



## Walk & Weights

Embark on a brisk walk utilizing our 270 metre track, allowing the rhythmic pace to clear your mind. This class incorporates a walking program with added strength, balance and flexibility. This fusion of cardio and strength training will create a well- rounded workout, leaving you energized and invigorated.

CODE	DAY	DATES	TIMES	CLASSES	FEE
<a href="#">28856</a>	T	Apr 02-May 14	10:30 AM-11:30 AM	7	\$91.00
<a href="#">29090</a>	T	May 21-Jun 18	10:30 AM-11:30 AM	5	\$65.00

## Walk this Way

Come walk with us! Utilizing the 270 m indoor track, you will work with a trainer on proper gait, walking form and postures. Learn great ways to properly warm up, drills to challenge heart rate and stretch as you work towards your daily recommendation of steps.

CODE	DAY	DATES	TIMES	CLASSES	FEE
<a href="#">28855</a>	F	Apr 05-Jun 21	9:00 AM-10:00 AM	12	\$156.00
<a href="#">28847</a>	M	Apr 08-Jun 17	11:30 AM-12:30 PM	10	\$130.00



## Workshops

### Learn to Play Pickleball

Have you ever wanted to learn how to play Pickleball? Then now is the time, because this program will teach you how to play the popular game with the funny name that is sweeping the nation! Join us on Wednesdays 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 Pickleball anywhere, anytime! No equipment, prior knowledge, or prior experience is required!

CODE	DAY	DATES	TIMES	CLASSES	FEE
<a href="#">28975</a>	Sat	Apr 13-Jun 22	11:00 AM-12:00 PM	10	\$120.00
<a href="#">28974</a>	W	Apr 17-Jun 19	1:00 PM-2:00 PM	10	\$120.00

### Musicals Dance Workshop

Always wanted to be a part of a musical? Well now you can! Learn choreography to some of your favourite Broadway shows. You'll show others that you are footloose, and you can't stop the beat. All levels are welcome.

CODE	DAY	DATES	TIMES	CLASSES	FEE
<a href="#">28859</a>	Sun	Apr 14-Apr 14	12:00 PM-1:30 PM	1	\$21.75
<a href="#">28860</a>	Sun	Apr 28-Apr 28	12:00 PM-1:30 PM	1	\$21.75

### Summer Solstice Yoga Event

Come join us outdoors in celebrating the official first day of summer. Feel great as we practise 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. Location: Kingswood Park. Weather permitting. Registrants will be notified, if there is a location change.

CODE	DAY	DATES	TIMES	CLASSES	FEE
<a href="#">29087</a>	Th	Jun 20-Jun 20	12:05 PM-12:50 PM	1	\$0.00