

2024 Winter Registered Program Sneak Peek Week

December 18- 22, 2023

Pre-register for your spot in our sneak peek programs

Sunday Dec 17	Monday Dec 18	Tuesday Dec 19	Wednesday Dec 20	Thursday Dec 21	Friday Dec 22	Saturday Dec 23
			Jab Cross Lift 9:30-10:30am Trisha	Push'n Pull & Roll 8:00-8:45am Gina	Walk this Way 9:00-10:00am Dounia	
	Walk this Way 11:30-12:15pm Cindy	Cycle & Soul for Older Adults 10:30-11:15am Trisha	Ringside Conditioning 12:15-1:00pm Derrick	TRX for Strong Moms 10:30-11:15am Caroline		
	Metabolic Training 6:45-7:30pm Elisa		Strength Wave 5:00-5:45pm Dounia			
	Prenatal Yoga & Pilates 6:45-7:30pm Holley	Yoga HIIT 7:45-8:30pm Donna	Core Powerhouse 6:00-6:45pm Derrick	Bars & Bells 6:10-6:55pm Jay		
	WOW (Workout of the Week) 8:15-9:00pm Holley		Jab Cross Lift 7:15-8:00pm Derrick			

Reserve your spot today for our Registered Fitness programs Sneak Peek Week at no cost by calling 780-418-6088. No online pre-registration is available for the Sneak Peek programs

Class Descriptions:

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. Location: Track corner 3

Core Powerhouse: A strong core should be the center focus on building a functionally strong balanced body. This class will focus on the powerhouse muscles of your core including the glutes, hips, abdominals, and low back muscles. Let's work to combat the dysfunction that may arise from bad posture and being seated for most of our day and reclaim your powerhouse. This class is open to all fitness levels and no previous experience is required. Location: Mind body studio

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. Location: Track corner 2 and Mind Body Studio

Jab Cross Lift: Strength training and boxing conditioning; the 1-2 punch for physical fitness. Incorporating strength training into your fitness regime will make your muscles, joints, and bones stronger. The boxing conditioning is not only a fun way to train your heart fitness but get the cognitive benefits as well. A fun, full body workout suitable for all fitness levels and no previous boxing or resistance training is required. Location: Track Corner 3

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. Location: Track corner 4

Prenatal Yoga & Pilates: 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. Location: Boardroom.

Push'n Pull & Roll: 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. The last 20 minutes of class will focus on refreshing the body with mobility and release work. All fitness levels are welcome. Location: Track corner 2 and multipurpose room.

Ringside Conditioning: Bob and weave your way into this boxing and bootcamp style class. Grab some gloves and get punching! Other than the cardio workout, boxing combines foot and hand work that has a positive effect on reflexes, cognitive function, and coordination. Bags and gloves are used during this class. All fitness levels are welcome. Location: Track Corner 4

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. Location: Track corner 4

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. Location: Mind Body Studio

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 posture as you work towards your daily recommendation of steps. You will also learn great ways to properly warm up, stretch and walking drills to challenge your heart rate. Consistency is key- You don't want to miss a thing. Location: Monday, Track corner 3; Friday, Track corner 4

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 you 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. Location: Track corner 2.

Yoga HIIT: This yoga 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. Location: Boardroom

Reserve your spot today for our Registered Fitness programs Sneak Peek Week at no cost by calling 780-418-6088 or stopping by the Fitness & Wellness Desk. Class lengths, offerings and times are subject to change.

For further information please call Guest Services at 780.418.6088 or email mives@stalbert.ca or akarpyshin@stalbert.ca

Please see our website activity.stalbert.ca for all Fitness Services and Programs offered.