

2023 Spring Registered Program Sneak Peek Week

Monday, March 20 - Saturday, March 25

Pre-register for your spot in our sneak peek programs

Monday, March 20	Tuesday, March 21	Wednesday, March 22	Thursday, March 23	Friday, March 24	Saturday, March 25
	6:00 - 6:45am Strength Wave Trisha	9:00 – 9:45am Transformer Lisa ★	9:30–10:15am Pilates 101 Gina ★	9:00 - 9:45am Iron Woman Elisa ★	8:00 – 8:30am Core Strength Derrick ★
11:30-12:15pm Par 4 Fitness Amanda D	10:30-11:15am TRX Strength & Mobility ★ Trisha			10:45-11:30am Bosu Core Strength ★ Gina	8:45 -9:30am Cardio Boxing Derrick ★
5:45 - 6:30pm Snakes, Ladders & Core Derrick	10:30-11:15am UpBeat Barre Sharalee ★	5:00 – 6:00pm Bars & Bells Jay ★	6:10 – 6:55pm Self Defense Jay		
7:00 - 7:45pm Right to Bare Arms Derrick	7:15 - 8:00pm True Grit Sam		7:15 – 8:00pm Transformer Elisa		

Reserve your spot today for our Registered Fitness programs Sneak Peek Week at no cost by calling 780-418-6088

★ **PLAYcare can be booked online or by phone 7 days in advance. PLAYcare available for ages 1-8yrs. Playcare hours are listed on the back**

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

Bosu Core Strength: This is a multidimensional training class that integrates core, strength, balance, and coordination in a fun filled and challenging workout. Move your body like it was made to move! All fitness levels are welcome. Location: Boardroom Room

Cardio Boxing: Prepare to get your blood pumping with boxing and kicking set to the music in this choreographed fighting style class suitable for all fitness levels. Location: Tailor Made Insurance Fitness Studio

Core Strength: A fun 30 minutes of choreographed abdominal work to kickstart your weekend. Suitable for all fitness levels. Location: Mind Body Studio

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. Location: Track corner 3

Par 4 Fitness: We 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. Location: Mind Body Studio

Pilates 101: Ground yourself in the foundational movements of Pilates. Experience the power of breathing exercises to execute better core connection. Practice the connection of breath with movement by nurturing a mindful connection to all the muscles of the core: Pelvic floor, Diaphragm, Transversus Abdominus and Multifidus. Challenge your core, improve your posture and mobility, and strengthen the mind body relationship. No previous experience required. Location: Multipurpose Room

Right to Bare Arms: It is not a felony to have great looking arms- especially for the summer season. This spring, you won't be keeping your arms prisoner anymore. Let's proudly unleash those weapons to the world! Focus on upper body and core strength using the TRX, Kinesis wall, and weights. All fitness levels are welcome. Location: Mind Body Studio

Self Defense: This program aims at teaching the basic principles of self defense for both those that have previous training, or those that are more inexperienced. Taken from a handful of tried and tested methods, the techniques laid out in this course are simple, complimentary, easy to learn, and easy to employ. You will learn principles that you can rely on under stress and can trust to keep you safe. All fitness and experience levels are welcome. A mouth guard would be advisable, but not required. Location: Track corner 3

Snakes, Ladders & Core: Are you looking to register for a fun run or even a trail race? Do you like the thought of using stairs to increase your cardio and leg endurance? Snakes, ladders, and core is less intense than Snakes & Ladders with the addition of more core to compliment your overall training experience. All fitness levels are welcome. Location: Mind Body Studio

Strength Wave: A quick 45-minute 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 a workout suitable for all fitness levels and an invigorating start to your day. Location: Track corner 4

Transformer: Add some spice to your workout routine and be challenged physically and mentally as we combine strength training and aerobic conditioning into circuits. Transform yourself in this program suitable for all fitness abilities and levels. Location: Track corner 3

True Grit: True Grit will push you to the limit. 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 are welcome. Location: Track corner 3

TRX Strength & Mobility: A well balanced workout consisting of 30 minutes of strength work followed by 30 minutes of mobility. We will use the TRX suspension training and dumbbells to develop strength, balance, flexibility, and core stability. Improve our movement quality as we incorporate multiple methods of stretching, foam rolling and release. A great class focusing on both muscular strength and promoting and improving our joint mobility and stability. All fitness levels welcome. Location: Active Living Kitchen

UpBeat Barre: A fusion of strength, cardio, Pilates, and yoga inspired by barre. UpBeat Barre™ is a muscular endurance HITT class that uses popular music to create a full and balanced body workout with varying levels of intensity A fun, engaging, and high energy class suitable for all fitness levels and no experience is required. Location: Monday-Tailor Made Insurance Fitness Studio; Wednesdays- Mind Body Studio

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 and times are subject to change.

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

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

PLAYcare Hours:

Monday to Friday 8:45-11:45am
Wednesday evening 4:30-7:30pm
Saturday 8:00am – 2:00pm
Sunday 8:00am – 12:00pm