

December Sneak Peek Week

December 12 – December 18



Sunday, December 12	Monday, December 13	Tuesday, December 14	Wednesday, December 15	Thursday, December 16	Friday, December 17	Saturday, December 18
TRX HIIT- Indoor 11:00 – 11:45am Derrick		In Balance Pilates-Indoor 9:15 – 10:00am Holley	Combat Circuit-Indoor 9:30-10:15am Trisha			Combat Circuit-Indoor 9:00 – 9:45am Trisha
Teen Push'n Pull for Power-Indoor 12:00 – 12:45pm Gina	Prenatal Pilates & Yoga Fusion- Indoor 5:15-6:15pm Holley	Powerlifting- Indoor 6:10-7:10pm Jay	ViPR Cross Training- Indoor 5:00-5:45pm Jasmine	Active Aging- Indoor 5:00 – 5:45pm Hailey	Unwind Before the Weekend- Workshop 6:00 – 6:45pm Debbie	Pilates Progression Series-Indoor 12:15 – 1:00pm Gina
	Registered Spin- Indoor 7:15 – 8:15pm Holley	Gentle Yoga- Indoor 6:30 – 7:15pm Donna	Body Strong- Indoor 5:30 – 6:15pm Derrick	Kickboxing- Indoor 6:10 – 6:55pm Jay	Rest & Renew Workshop- Indoor 7:30-8:15pm Katherine	
			Kettlebell Bootcamp- Indoor 7:15 – 8:00pm Jasmine			

Class Descriptions

Active Aging: SPONSORED BY CHRISTENSON DEVELOPMENTS. 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. Location: Track corner 4

Body Strong: This class is designed to take your regular exercise routine and challenge you to use your own body weight to become stronger. Through range of motion and stability exercises, you can increase your fitness levels with minimal equipment. This class will primarily focus on using body weight resistance, the TRX suspension trainer, and Lebert bars. All fitness levels are welcome. Location: Track corner 4

Combat Circuit: This high-energy workout blends intervals of boxing, kickboxing, and bootcamp style HIIT movements. Release stress, have a blast, and feel like a champ! Bags and gloves are used during this class. All fitness levels are welcome. Location: Track corner 4 Saturday: Tailor Made Insurance Fitness Studio

In Balance Pilates: Pilates creates mind body awareness with every movement to create core strength and stability. You will feel supported by your muscles and begin to move with more ease. The length and strength you create in your body will have you feeling like you are walking taller and stronger with every step you take. This class will require you to be on the floor. No previous experience required. Location: Boardroom

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 gain flexibility at a comfortably slow pace, allowing ample time to explore and enjoy each pose. Modifications of standard poses help to remove unnecessary strain and make it more accessible to people of all sizes, ages and fitness levels. Please bring your own yoga mat and if available, other props like a block or strap. Location: Boardroom

Kettlebell Bootcamp: Learn how to perform the fundamental kettlebell movements along with other apparatus such as rowers, TRX, and more. The primary focus will be kettlebell work with the addition of supplemental exercises to complete your full body workout. Get ready to sweat in this workout suitable for all fitness levels. Previous kettlebell experience is not required to participate. Location: Track corner 3

Kickboxing: Train your mind and body with fun kickboxing techniques in a safe and welcoming atmosphere. You will improve strength and power in this dynamic class, as well as enhance your joint mobility, flexibility, balance, stability, and body awareness. Get ready to punch, elbow, knee, and kick pads and heavy bags. The use of hand wraps and a mouth guard is suggested but not required. No previous martial arts experience is required. All fitness levels are welcome. Location: Track corner 4

Pilates Progression Series: This is a progressive Pilates series where a base move in Day 1 will "level up" in Day 2. Then in Day 3 you will be provided with a heightened twist of progression. This series is a fun yet challenging way to experience how a basic mat Pilates sequence can integrate into so many variables. Each month you will learn something new and in between each date it will give you time to practice and connect with your new base of knowledge. No previous Pilates experience required. Location: Boardroom

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. As well as the required mobility and flexibility. Lift heavy weights, get stronger! Suitable for beginners to advanced lifters. Location: Track corner 3

Prenatal Pilates & Yoga Fusion: Prepare your body for a deeper mind-body connection. This class has been carefully crafted to safely blend the optimal functioning of the deep abdominal muscles and pelvic floor from Pilates, while combining the restorative movements of yoga to release tension and create a sense of relaxation. The "get active questionnaire for pregnancy" form is required to be filled out prior to the start date of this class. No previous experience required. Location: Mind Body Studio

Registered Spin: Saddle up for a fun and heart pumping spin class. Each week you will be motivated to push yourself outside your comfort and experience a new intensity you did not think was possible. You will leave each class feeling stronger and energized ready to take on your week! All fitness levels welcome. Location: Eyeland Optometry Track Corner 2

Rest & Renew Workshop: Is Savasana one of your favorite yoga poses? Or perhaps you have never practiced yoga and feel that you need some time to relax and restore? Then this workshop for you! In this 75-minute class, students will be guided through a series of gentle seated, reclined and supported postures. The goal is to feel held, grounded and relaxed: no effort required. The last 15 minutes of class will include a guided restorative Yoga Nidra technique which is a thorough body scan meditation. This gentle form of yoga is perfect for unwinding after a long day or stressful time. Self-care is healthcare, sign up and try it out! Location: Boardroom

Teen Push'n Pull for Power: Hey Teens! How much wattage can you push out of the bike and pull out of the rower? Short periods of core and calisthenics recovery will be inserted before starting your next big interval. Push 'n Pull for Power challenges are muscle maxing and calorie torching! Gina's coaching will help you to maximize your power both physically and mentally. All fitness levels are welcome. Location Eyeland Optometry Track Corner 2

TRX HIIT-Indoor: TRX HIIT workout covers every major muscle group utilizing the TRX along with other small portable equipment. Focusing on overall strength and core control with intense cardio bouts sprinkled into the workout to keep heart rates up. We set the reps, you set the intensity. All fitness levels are welcome. Location Tailor Made Insurance Fitness Studio

Unwind Before the Weekend Yoga Workshop: Unwind before the weekend with this Yin and Nidra Yoga combination workshop. Let the stresses of your week melt away as you dive into a yin yoga series followed by a Nidra meditation. Start your weekend in a relaxed state of mind. No previous yoga experience required. Location: Boardroom

ViPR Cross Training: Experience a mixture of circuit training and strength training in this class. ViPR Cross Training accommodates all fitness levels with a variety of options provided in this overall body workout that includes both strength and flexibility. Part of the workout will include the ViPR along with all of the other strength equipment to round out this challenging but fun circuit style class. Location: Track corner 3

Reserve your spot today for our registered fitness programs sneak peek week at no cost by calling 780-418-6088 or visiting guest services at Servus Place. All Sneak Peek classes are 45 minutes in length and 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 visit our website at servusplace.ca for all Fitness Services and Programs offered.