

# 2024 Fall Sneak Peek of Registered Fitness Classes

August 24 - 30, 2024

Pre-register for your spot in our sneak peek programs

						<b>Saturday August 24</b>
<b>Sunday August 25</b>	<b>Monday August 26</b>	<b>Tuesday August 27</b>	<b>Wednesday August 28</b>	<b>Thursday August 29</b>	<b>Friday August 30</b>	
	<b>9:15-10:00am</b> Strength in Motion Elisa		<b>6:00-6:45am</b> Monthly Fitness Focus Judith			<b>9:30-10:15am</b> Strike Force Derrick
		<b>10:30-11:15am</b> Pickleball Performance Dounia	<b>9:00-9:45am</b> Holistic Seated Gentle Yoga Katherine	<b>10:45-11:15am</b> HIIT Trish	<b>9:15am-10:00am</b> Functional Pilates Holley	<b>10:45-11:30am</b> Senior Strong Derrick
			<b>10:30-11:15am</b> Power Up Yoga Kristy	<b>11:30am-12:15pm</b> Hatha & Meditation Trish		
	<b>5:45-6:30pm</b> Pumped Derrick	<b>6:30-7:15pm</b> Ascending Abs Derrick				
			<b>7:15-8:00pm</b> Form & Reform Pilates Gina			

*Fall Sneak Peek event is a great way to try some of our new registered programs. Please pre-register at the Guest Services desk to reserve your spot today!*

## Class Descriptions

**Strength in Motion:** Gradual, focused exercises with loaded functional movement can help access new ranges of motion, and strengthen them at the same time, effectively improving mobility. These transformations will lead to improved physical functioning, athletic performance, and quality of life. As the saying goes "If you don't use it, you lose it". Let strength in motion get you moving confidently through out your daily activities and life. All fitness levels are welcome. **Location: Boardroom**

**Pumped:** is a group personal training weight class designed to teach you how to add variety to your existing workouts with body, hand and bar weights. Pumped will be a progressive journey, so get ready to feel and see the results! All fitness levels are welcome and no previous resistance training is required. **Location: Fitness Studio**

**Pickleball Performance:** Get ready to take your pickleball game to the next level. This class focuses on enhancing your strength, balance, agility and endurance to improve your performance on the court. This program is designed to keep players in (or I guess OUT) of the kitchen and ready for action. All fitness levels are welcome. **Location: Track Corner 4**

**Ascending Abs:** Climb and crunch your way to the top to increased cardio and core conditioning. Various stair drills and exercises will be used to challenge you safely. Finish off with some core to compliment your overall training experience. All fitness levels are welcome to join this fun conditioning style class. **Location: Mind Body Studio**

**Monthly Fitness Focus:** This class will meet monthly and receive a workout of the month. You will learn different routines, workouts and make friends. Workouts will include cardiovascular, muscular and flexibility benefits. What a great way to gain knowledge of workouts with low commitment. **Location: Fitness Studio**

**Holistic Seated Gentle Yoga:** This seated gentle yoga is based on the Hatha Yoga tradition and will explore basic yoga poses, with a focus on breathing, alignment and mindfulness. Therapeutic in nature, this class will offer techniques to help you at a comfortable pace, allowing ample time to explore and enjoy each pose. Meditation and breathing techniques will be infused into the programming to assist in the holistic approach. Modifications of standard poses help to remove unnecessary strain making it more accessible to all people and fitness levels. **Location: Multipurpose Room**

**Power Up Yoga:** Power yoga incorporates the athleticism of higher intensity interval training or HIIT and vinyasas flows (series of poses done in sequence). This class will help increase stamina, flexibility, posture and mental focus. Some yoga experience is recommended. **Location: Multipurpose Room**

**Form & Reform Pilates:** Pilates reformer movement patterns on the mat using small apparatus combined with restorative yoga will give you a well balanced core, stretch & relaxation experience all in one class. **Location: Mind Body Studio**

**HIIT:** High Intensity Interval Training. Challenge your cardiovascular system with these heart pumping movements. 30 mins. Done. All levels welcome. **Location: Fitness Studio**

**Hatha & Meditation:** Hatha Yoga is a mindful practice, with the focus on alignment, form and breath. The latter portion of the class will be focused on practicing and enabling a calmer, quiet mind. **Location: Boardroom**

**Functional Pilates:** Level up your movement by improving your balance, joint mobility, and stability without compromising your back. Integrating the alignment, breath and core connection of Pilates while utilizing the multi joint movements of the kinesis wall will leave you feeling stronger and moving with improved range of movement. **Location: Mind Body Studio**

**Strike Force:** Strike Force will have you working with a partner to safely learn the basics of pad work and boxing combinations. Boxing padwork is a great way to improve your heart health and bust stress. You will be surprised by how good it feels to pack a punch on the pads. Other drills for core and agility will also be worked into the program. No previous boxing experience is required, open to all skill levels. Hand wraps are recommended but not mandatory. **Location: Fitness Studio**

**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. **Location: Fitness Studio**

***Reserve your spot today for our registered fitness programs Sneak Peek Week at no cost by calling 780 418-6088***

**Fall Sneak Peek drop-in programs are open to participants 16 years of age and older.** Youth 12 – 15 years of age will also be permitted upon completion of the Smart Start for Teens orientation program. *Programs are subject to change due to instructor and space availability.*

**For all Fitness Services and Programs offered visit [www.activity.stalbert.ca](http://www.activity.stalbert.ca)**