

# 2026 Spring Sneak Peek of Registered Fitness Classes

March 23 - 28

Pre-register for your spot in our sneak peek programs

Monday Mar 23	Tuesday Mar 24	Wednesday Dec Mar 25	Thursday Mar 26	Friday Mar 27	Sat Mar 28
		<b>Yoga for Healthy Happy Hips</b> 9:30-10:15am Kristy			
		<b>Active Aging</b> 10:00-10:45am Dounia			<b>Long Game</b> 9:15-10:00am Sam
<b>Postnatal Pilates &amp; Release</b> 1:15-2:00pm Jasmine		<b>Walk for Health &amp; Longevity</b> 12:00-12:45pm Derrick			<b>WOW (Workout of the Week)</b> 9:30-10:15am Holley
<b>Teen Learn to Lift</b> 4:00-4:45pm Braydon					
	<b>Yoga for Teens</b> 5:30-6:15pm Kristy				
	<b>Core &amp; Mobility</b> 7:45 – 8:30pm Donna	<b>Slow Flow to Yin Yoga</b> 7:45-8:30pm Krista			

## Class Descriptions

**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. Location: Track corner 4

**Core & Mobility:** Build a bulletproof core and unlock tight joints in this high-efficiency fusion of functional strength and active recovery. We target the abs, glutes, and spine to improve your posture while stripping away daily stiffness. Perfect for athletes or anyone looking to bridge the gap between stability and sweat. Move better, feel stronger, and perform at your peak. Location: Boardroom

**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. Location: Track corner 3

**Postnatal Pilates & Release:** A focused class for new moms combining Pilates, mobility, and restorative release to support safe core recovery, improve posture, and ease everyday aches. Rebuild strength, restore movement, and leave feeling lighter, stronger, and more confident in your body. Location: Mind Body Studio

**Slow Fow to Yin Yoga:** Find your balance in this Slow Flow to Yin class, a journey designed to harmonize movement and stillness. This practice is the perfect antidote to a busy life, combining a mindful, warming flow to start followed by yin postures for deep stillness and rest at the end. Location: Boardroom

**Teen Learn to Lift:** This program will introduce teens aged 13-16 to safe and effective resistance training through guided workouts and hands-on learning. Participants will learn proper exercise techniques using barbells, dumbbells, bodyweight, and other equipment while building strength and confidence. Sessions will explore different resistance training goals such as strength, muscle growth, endurance, and power, as well as teach basic programming concepts so teens understand why and how they train. No previous experience required. Ages outside of the range could be accepted- please contact the programmer to discuss. Location: Track corner 3

**Walk for Health & Longevity:** Get ready for all your outdoor walking adventures! Walking for health and longevity will improve muscular endurance, balance, core strength, foot health, flexibility and cardiovascular health. All fitness levels welcome. Location: Track corner 4

**WOW (Workout of the Week):** Start strong, stay strong. Each class begins with 15 minutes of fascial release and mobility training to help you move and feel better, while preparing your body for an effective workout. Experience a variety of spaces and equipment in the facility to have a challenging, fun and safe workout each week. With class formats changing you will stay engaged and never get bored. You will rotate through cycle, VIPR, circuits, Pilates 360, TRX, cycle and Soul, and Kinesis. Each class is designed to get your heart rate up and build strength in a supportive, energetic environment. Feel empowered, stay motivated, and take on your week with confidence. No indoor cycle experience is required, and all fitness levels are welcome. Location: Fitness Studio

**Yoga for Healthy Happy Hips:** This is a flow-based yoga class that will help release tension, build strength and increase mobility in the hips. In addition to learning foundational yoga poses and their variations, you will learn yoga breathing exercises and meditation techniques. This is a progressive yoga flow class so get ready to grow your practice and reach your edge. Location: Boardroom

**Yoga for Teens:** Yoga for Teens is a non-competitive, supportive space where teenagers can learn foundational yoga poses and breathing techniques to manage stress and improve both physical and mental well-being. The class structure typically blends dynamic movement with relaxation and mindfulness. No previous experience required. Late registrations welcome. Children outside the age range will be considered once speaking with the programmer. Location: Mind Body 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)