

# 2025 Spring Sneak Peek of Registered Fitness Classes

March 16 – 22, 2025

Pre-register for your spot in our sneak peek programs

Sunday Mar 16	Monday Mar 17	Tuesday Mar 18	Wednesday Mar 19	Thursday Mar 20	Friday Mar 21	Saturday Mar 22
	9:30-10:15am <b>Pilates Pump</b> Gina Location: MP Room	9:15 - 10:00am <b>Barre Bootcamp</b> Karly Location: FS	9:30 - 10:15am <b>True Grit</b> Christine Location: TC4			
		10:30 – 11:15am <b>Pickleball Performance</b> Dounia Location: TC4			9:00 - 9:45am <b>Core Revolution</b> Judith Location: TC2/MB Studio	9:00 - 9:45am <b>Rough Terrain</b> Trisha Location: TC2
	11:15-12:00pm <b>Walk for Health &amp; Longevity</b> Derrick Location: TC3			12:00-12:45pm <b>Postnatal Pilates Strength with a Little Soul</b> Holley Location: MB Studio		10:00-10:45am <b>Prenatal Pilates with a Little Soul</b> Holley Location: MB Studio
				6:00 - 6:45pm <b>Strike Force</b> Kat Location: TC4		

## Class Descriptions

**Barre Bootcamp:** Join our invigorating Barre Bootcamp designed to enhance your posture, core strength, cardiovascular fitness and muscular endurance. This dynamic class merges elements of ballet, yoga, Pilates, and strength training into a seamless low impact workout. Perfect for all fitness levels, our sessions will leave you feeling graceful, strong, and confident. Come experience the unique blend of challenge in our supportive and motivating environment. Get ready to transform your fitness journey- one plie at a time. **Location: Fitness Studio**

**Core Revolution:** In this condensed delivery of Core Revolution, you will have 35 minutes of heart pumping drills on the bike followed by 25 minutes core and stretching. Energizing you for the rest of your day. All fitness levels are welcome and no previous indoor cycling experience required. **Location: Track Corner 2 and Mind Body 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**

**Pilates Pump:** Staying true to the Pilates technique and repertoire, this class will add resistance with weights while you work your core and get body sculpt results. Previous experience is not necessary, but it will be an enhanced step up from your regular mat Pilates. Location: **Multipurpose Room**

**Prenatal Pilates with a Little Soul:** This class is focused on building awareness, confidence and strength in movement in preparation for labor, delivery and motherhood. Feel connected to your body, breath and baby. Seamlessly blending the restoring movements of yoga with the core, alignment and strength focused movements of Pilates to create a beautifully crafted class for the mom to be. Feel less aches, gain more energy and breathe with more ease as you progress through your pregnancy. Location: **Mind Body Studio**

**Postnatal Pilates Strength with a Little Soul:** This class focuses on creating a welcoming community for all moms to build awareness, confidence and strength in movement. Feel connected to your body and breath. Seamlessly blending the restoring movements of yoga with the core, alignment and strength focused movements of Pilates utilizing the Kinesis wall. Location: **Mind Body Studio**

**Rough Terrain:** Get ready to tackle the trails with Rough Terrain, a high-intensity fitness class that will utilize the bikes, stairs, track and small portable equipment. Designed to build strength, speed and endurance you need to conquer any trail race. This class combines dynamic strength training, explosive speed drills and endurance-based exercises to prepare your body for the unique demands of trail running. Whether you are a seasoned trail racer or just getting started, Rough Terrain will push you to your limits and help you become faster, stronger, and more resilient on the trails. All fitness levels are welcome and no previous indoor cycling is required. **Location: Track Corner 2**

**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: Track Corner 4**

**True Grit:** True Grit is a strength focused fitness program aimed to build functional strength and improve overall physical performance. It is suitable for all fitness levels and emphasizes key principles such as progressive overload, compound movements and a balanced training approach. This program is perfect for anyone looking to develop a strong foundation in strength training and improve overall fitness. **Location Track Corner 4**

**Walk for Health & Longevity:** Walking for health and longevity is a class designed to teach you how by just walking you can improve all aspects of your life. Increases in muscular endurance, cardiovascular health, balance, core strength and stability are all reasons why walking is so important in life. You will also work on flexibility and foot health. This course will get you ready for all of your outdoor walking adventures. All fitness levels welcome. Location: **Track Corner 3.**

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

**Spring 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)**