2027 Winter Sneak Peek of Registered Fitness Classes

December 14-19, 2026

Pre-register for your spot in our sneak peek programs

Monday Dec 14	Tuesday Dec 15	Wednesday Dec 16	Thursday Dec 17	Friday Dec 18	Saturday Dec 19
Rise & Shine Yoga 6:00-6:45am Christine			**Chair Supported Strength & Cardio** 9:00-9:45am Maria		
	Postnatal Pilates 360 11:00am – 11:45am Judith		**360 Aging Strong** 9:45-10:30am Keri		
	Intro to Traditional Yoga 10:30-11:15am Cindy		**Postnatal Yoga** 10:30-11:15am Christine		
TRX Strength 5:45-6:30pm Derrick	**Cardio Circuit Bootcamp** 7:30 -8:15pm Derrick				
	Active to Restorative Flow 7:45-8:30pm Donna		**The Green Ball Series** 6:00 – 6:45pm Cindy		
			Strength Circuit Bootcamp 7:30 -8:15pm Derrick		

Class Descriptions

Active to Restorative Flow: Get the ultimate end-of-day balance with 30 minutes of energetic flow followed by 30 minutes of deep, grounded rest. Build heat and release workday tension through active movement, then melt into long-held floor poses that quiet the mind and unlock tight joints. Leave feeling physically accomplished, deeply relaxed, and ready for a great night's sleep.
Location: Boardroom

Cardio Circuit Bootcamp: It's time to bust out of your plateau! This system of interval training will get you in the best shape of your life. This high intensity metabolic class will maximize caloric expenditure and increase your metabolism during and well after class. Push yourself to the limit physically and mentally in this fun and challenging workout. All fitness levels are welcome.
Location: Track Corner 4

Chair Supported Strength & Mobility: Join us for a full-body wellness class that combines chair and standing movements for strength and balance training and gentle mobility exercises. Designed for adults who want to stay active, capable, and confident, this class helps improve strength, mobility and balance for everyday movement while creating space to connect and have fun. No previous experience required. Location: Fitness Studio (for Sneak Peek only)

Introduction to Traditional Yoga: Over 6 weeks, experience the benefits of movement, breathing, and meditation. Traditional yoga goes beyond flexibility and strength, encouraging awareness and fostering a deeper connection between body, breath, and mind. Whether you are returning to yoga or trying it for the first time, this is an opportunity to slow down, move with intention, and begin the new year feeling more balanced. Location: Multipurpose Room

Postnatal Pilates 360: This welcoming class helps moms build awareness, confidence, and strength through foundational Pilates movements using the KINESIS Wall. Each class focuses on core connection, alignment, strength to support postnatal recovery and everyday movement. Location: Mind Body Studio

Postnatal Yoga: Postnatal Yoga is a gentle yoga flow class which is catered to new moms and their baby. Special focus is placed on restoring pelvic floor health, on gently stretching and strengthening the body through yoga flow, as well as relaxing with restorative postures and breathing exercises. This is an opportunity to do something unique with your baby while also getting back into a yoga practice.
Location: Boardroom

Rise & Shine Yoga: Give yourself the gift of a distraction free start to your day. Take 45 minutes to breathe, move, and reset. Morning Yoga offers an opportunity to reduce stress, improve mobility, and boost energy while creating space for yourself at the start of the day. Over five weeks, explore how consistent morning practice can support a greater sense of ease, focus, and balance.
Location: Boardroom

Strength Circuit Bootcamp: Get ready to work! Come join this high energy strength circuit class that combines a focus on resisted exercises with functional bodyweight exercises. Keeping the rest low keeps the heart rate up! No previous fitness experience required.
Location: Track Corner 3

The Green Ball Series: Take time to slow down and release tension. Using the green Bender Balls, we will explore simple techniques to work with gentle pressure and stretching to provide feedback and to encourage you to relax and allow greater movement in the body. Location: Boardroom

TRX Strength: Challenge your strength gains by introducing the instability of a TRX suspension trainer. You will do a variety of strength movements with the TRX complimented by stable resistance training exercises. Feel the challenge in parts of your body that you didn't know you had! TRX is a great way to keep your exercises low impact while still giving you a great workout. No previous experience required.
Location: Fitness Studio

360 Aging Strong: A 360-degree full-body blend of strength, mobility, and core training utilizing fitness tools like the Kinesis Wall and TRX. This class is designed to help you build muscle mass, maintain bone density, and increase stability. Train smart, improve resilience, and move better by getting fit from every angle to keep you Aging Strong. This class is suitable for all fitness levels.

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

Winter 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

Plus returning special population programs like:

- Minds in Motion, Fitness for Special Populations
- Boxing for Special Populations

Our workshops & series are a great way to try new experiences with low commitment

- **Align & Realign**
- **Hip Mobility**
- **Man Up Core Up**
- **Pelvic Floor Through Pilates**
- **Pelvic Health for Weightlifting**
- **Sound Bowl Yoga**
- **Yoga for Back Care: Ease and relief of Sciatica**