



ALFRED **JENKINS** **FIELD HOUSE**

2026 FALL-WINTER PROGRAM GUIDE

LAST UPDATED: October 29th, 2026



**COMMUNITY
FOCUSED**



**ACTIVE
TOGETHER**



**EXCELLENCE
IN RECREATION**

ADULT DROP-IN PROGRAMS

AFTER WORK DROP-IN FITNESS

Location: Rotary Room, Malhotra Room, Track

Fee: Non-member: \$10.25 Adult \$6.00 Youth/Senior

Monday – Thursday, 5:30 – 6:20 pm

Ages: 16 and up (15 & under please contact AJFH to inquire)

This Drop-in program will melt off calories and boost your metabolism by giving you a total body workout. Each class during the week has a different focus and may include Get Ripped, Spin, Body Sculpt, Kickboxing, Step Into Fitness, Track Interval & Yoga.

Find the Drop-in Class Schedule for the Alfred Jenkins Field House page on the City's website: www.citypa.ca/ajfh

NOON HOUR DROP-IN FITNESS

Location: Rotary Room, Malhotra Room, Turf

Fee: Non-member: \$10.25 Adult \$6.00 Youth/Senior

Monday – Friday, 12:15 – 12:45 pm

Ages: 16 and up (15 & under please contact AJFH to inquire)

This Drop-in program is conveniently scheduled over the noon hour for those with busy schedules. Each class during the week focuses on a different type of workout that include Circuit Training, Get Ripped, Spin, Core, and Yoga. The variety offered by this program keeps classes fresh and interesting and helps prevent fitness plateau.

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ADULT DROP-IN PROGRAMS

EASY ADULT FITNESS

Location: NLCDC Gymnasium

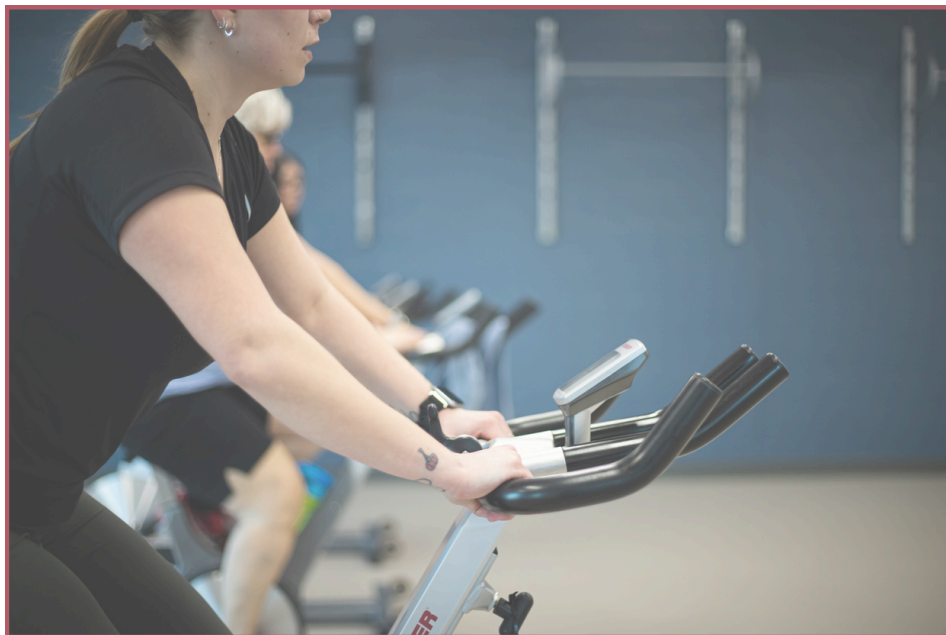
Fee: Non-member: \$10.25 Adult \$6.00 Youth/Senior

Tuesdays & Thursdays, 9:30 – 10:20 am

Ages: 16 and up (15 & under please contact AJFH to inquire)

Experience the healthy support of group fitness. Maintain your ability to do everyday tasks and the activities you love. Drop in for low-impact classes that focus on stretching, toning, flexibility, strength training and balance. Participate at your own level.

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ADULT DROP-IN PROGRAMS

LIGHT ADULT FITNESS

Location: Rotary Room, Malhotra Room, Track

Fee: Non-member: \$10.25 Adult \$6.00 Youth/Senior

Monday, Wednesday & Friday, 1:00 – 2:00 pm

Ages: 16 and up (15 & under please contact AJFH to inquire)

This Drop-in program focuses on providing a light to moderate cardio workout using low impact circuit training, as well as some muscle strengthening exercises. Perfect for beginners, older adults or those who prefer a lighter workout. Classes will include Yoga, Ripped & Yoga, Toned & Stretch, Spin Interval, Track Interval, Zumba, etc.

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EARLY MORNING DROP-IN FITNESS

Location: Track, Rotary Room

Fee: Non-member: \$10.25 Adult \$6.00 Youth/Senior

Saturdays, 9:30 – 10:20 am

Ages: 16 and up (15 & under please contact AJFH to inquire)

Start your day off right with a convenient and commitment free early morning workout. This general program combines aerobic activity with muscle strengthening and toning exercise to provide a full body fitness experience.

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LATE AFTERNOON DROP-IN FITNESS

Location: Rotary Room, Malhotra Room

Fee: Non-member: \$10.25 Adult \$6.00 Youth/Senior

Tuesdays & Thursdays, 4:30 – 5:20 pm

Ages: 16 and up (15 & under please contact AJFH to inquire)

This Drop-in program are for those looking to sneak in a comprehensive and thorough workout before their evening activities. Participants will get an intense blend of strength, cardio and endurance training. Instructor makes classes easily adaptable for all fitness levels. Classes will include Total Body Conditioning, Spin & Sculpt and Band Bootcamp (*use of resistance bands in a fast-paced workout environment*).

Find the monthly Drop-in Class Schedule for the Alfred Jenkins Field House page on the City's website: www.citypa.ca/ajfh



LOCATION:
2787—10th Avenue West
Prince Albert, SK
(South of Victoria Hospital)

MAILING ADDRESS:
Alfred Jenkins Field House
C/O 1084 Central Avenue
Prince Albert, SK S6V 7P3

PHONE:
(306) 953-4989

EMAIL:
ajfh@citypa.com

WEB:
www.citypa.ca

OTHER DROP-IN PROGRAMS

TODDLER TURF TIME

Location: Indoor Turf (Hauser Field)

Fee: \$3.25

Monday – Friday, 9:00am – 12:00 pm

Ages: 5 and under

Drop in and let your children play, explore and have fun while getting some physical exercise and burning off energy. Held on the turf with a variety of toys and equipment. There is no instructor so parents must be present. This program is for ages 1 – 5 years old and under 1 are free.

No program on Statutory Holidays.

DROP-IN GYM

Location: NLCDC Gymnasium

Fee: Non-member: \$10.25 Adult \$6.00 Youth/Senior

Monday – Friday, 3:30 – 6:00 pm

Ages: All Ages (Under 12 must be supervised by a guardian 18 and over)

Drop-In Gym is available for members and non-members to utilize the gymnasium for a variety of activities, as they wish. Such activities could include basketball, volleyball, badminton, pickle ball, floor hockey, etc.

The space/activities available in the gymnasium during this time are available on a first-come, first serve basis.



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OTHER DROP-IN PROGRAMS

CLIMBING WALL

Location: AJFH Lobby

Fee: Member: Free

Non-Member: \$11.75 Adult, \$7.00 Youth

See Upcoming Schedule Below

Ages: 6+ (Under 12 must be supervised by a guardian 18 and over)

The wall is available on a drop-in basis; however, it's best to book ahead of time to make sure you get the date and time that works best for you! Available time slots are 30 minutes, with a maximum of 2 participants per slot.

Visit the AJFH front desk for more information.

ROCK CLIMBING WALL

HOURS OF OPERATIONS:
 OPEN: 6:00PM TO 9:00PM
 30 MINUTE CLIMBS

NOVEMBER 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 ✗	5	6	7
8	9	10	11	12 ✗	13	14
15	16	17	18 ✗	19	20	21
22	23	24	25 ✗	26 ✗	27	28
29	30					

DECEMBER 2026						
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 ✗	3	4	5
6	7	8	9 ✗	10 ✗	11	12
13	14	15	16 ✗	17	18	19
20	21	22	23 ✗	24	25	26
27	28	29	30 ✗	31		

★ PLEASE ARRIVE A FEW MINUTES EARLY TO CHECK IN AND GEAR UP. ★

REGISTERED PROGRAMS

Registration for the ADULT REGISTERED PROGRAMS and SOCCER FOR TOTS

NOW OPEN!

Registration available in-person at the AJFH
or
online at www.citypa.ca/register

BODY SCULPT

COURSE ID: #15983

Location: Rotary Room

Fee: Member: \$35.00 Non-member \$50.00

6 Week Session, 6 Classes – Mondays, 6:30 – 7:20 pm

Mon, Nov 2, 2026 – Mon, Dec 7, 2026

Ages: 16 and up (15 & under please contact AJFH to inquire)

This low impact workout is a total body workout, focusing on firming, arms, legs, glutes, chest abs, and back. It is great for all fitness levels with beginners, using low or no weights, and the more advanced using heavier weights. Modify the work out to fit your needs and feel the burn.

Instructor: Cindy Gallegos

REGISTERED PROGRAMS

CHAIR YOGA (*CANCELLED*)

Location: Malhotra Room

Ages: 16 and up (15 & under please contact AJFH to inquire)

Chair Yoga is a gentle form of yoga for all levels of experience that can be done while sitting. Some poses can also be done standing using a chair for support. With using a chair for poses, you can take advantage of the many benefits that yoga provides, including increased circulation, decreased blood pressure, and chronic pain, as well as reduced anxiety and increased feelings of well-being. Chair Yoga allows you to make gradual improvements to your balance and flexibility, while reducing the potential risks associated with practicing traditional yoga.

Instructor: Kerri MacLeod

FITNESS FUSION

COURSE ID: #15985

Location: Rotary Room, Track

Fee: Member \$35.00 Non-member \$50.00

6 Week Session, 6 classes – Wednesdays, 6:30 – 7:20 pm

Wed. Nov 4, 2026 – Wed, Dec 9, 2026

Ages: 16 and up (15 & under please contact AJFH to inquire)

Implementing variety into your workouts is a good way to stay motivated and challenge your body. In Fitness Fusion, each class provides a different workout style. With this program, you'll get to challenge yourself through six different styles. This session will include classes such as circuit training, a body weight-bands-ball class, and a stride and strength class on the indoor track.

Fitness Fusion is easily adaptable, so all fitness levels are welcome!

Instructor: Cindy Gallegos

REGISTERED PROGRAMS

MMA CONDITIONING

COURSE ID: #15991

Location: Malhotra Room

Fee: Member \$42.00 Non-member \$60.00

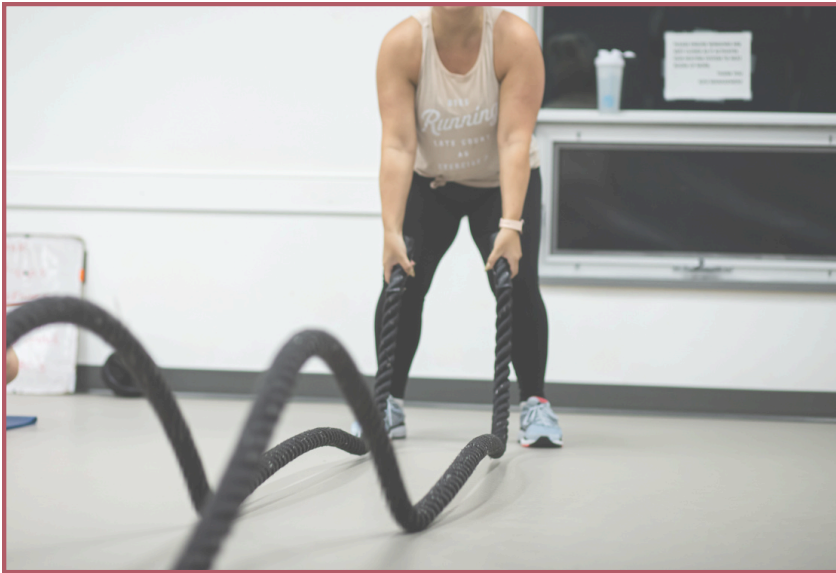
6 Week Session, 6 classes – Mondays, 7:00 – 7:50 pm

Mon, Nov 2, 2026 – Mon, Dec 7, 2026

Ages: 16 and up (15 & under please contact AJFH to inquire)

This class uses the popular training implements often used in Mixed Martial Arts (ex. UFC). TRX Rip trainers, battle ropes, kettlebells, and medicine balls are all used in various ways to provide an intense and fun workout. This program is open to all individuals wanting a fantastic workout with unique equipment! Classes are organized with 8 – 10 minute workouts and 5 minute cool down... the actual workout is 5x5 minute rounds, with 1 minute breaks, just like a Championship UFC fight!

Instructor: Lannie Mugleston



REGISTERED PROGRAMS

MUSCLE 101 (FULL)

COURSE ID: #18375

Location: Malhotra Room

Fee: Member \$84.00 Non-member \$120.00

6 Week Session, 12 Classes – Tuesdays & Thursdays, 7:00 – 7:50 pm

Tues, Nov 3, 2026 – Thu, Dec 10, 2026

Ages: 16 and up (15 & under please contact AJFH to inquire)

Muscle 101 is a dedicated strength-building class designed to maximize muscle tension and recruit maximum power. Using barbells, dumbbells, and classic compound movements, you will lift heavy and train for genuine physical strength. This class will push your baseline and reshape what you're capable of moving. There will be a maximum of 8 participants allowed.

Show up, chalk up, and lift heavy.

Instructor: Lannie Mugleston



REGISTERED PROGRAMS

LEARN TO LOVE RUNNING

COURSE ID: #16047

Location: Indoor Track

Fee: Member \$35.00 Non-member \$50.00

7 Week Session, 6 classes – Wednesdays, 6:15 – 7:15 pm

Wed. Nov 4, 2026 – Wed, Dec 16, 2026 (No Class Nov 11)

Ages: 16 and up (15 & under please contact AJFH to inquire)

This class works with participants at their present running level, and develops their running skills from there. The instructor teaches participants techniques on how to run to reduce injuries, pain and discomfort often associated with running. Participants will learn the run/walk method of running, and will progress at a pace that is always comfortable and enjoyable. The goal of the class is to help participants learn how to run at a pace they enjoy, which will hopefully result in a regular running routine they look forward to doing each week.

Instructor: Raylene Melnyk

REGISTERED PROGRAMS



POUND ROCKOUT WORKOUT

COURSE ID: #16046

Location: Rotary Room

Fee: Member \$40.50 Non-member \$58.50

7 Week Session, 7 classes – Tuesdays, 6:30 – 7:20 pm

Tues. Nov 3, 2026 – Tues., Dec 15, 2026

Ages: 16 and up (15 & under please contact AJFH to inquire)

Sweat. Sculpt. Rock. Channel your inner rockstar with this full-body cardio jam session, inspired by drumming. Using Ripstix (lightly weighted exercise drumsticks) torch calories and tone while rocking out to your favorite music.

Instructor: Raylene Melnyk



REGISTERED PROGRAMS

SOCCER FOR TOTS

COURSE ID: #18275

Location: Indoor Turf (Hauser Field)

Fee: Member \$21.00 Non-member \$30.00

6 Week Session, 6 classes – Tuesdays, 4:30 – 5:00 pm

Tue, Nov 3, 2026 – Tue, Dec 8, 2026

Ages: 3–6

This beginner soccer program helps tots develop their motor skills using a soccer ball as their vector. Every class will start with a brief stretch, followed by activities designed to develop running, hopping, jumping, balancing abilities and coordination. Please bring indoor shoes. THIS CLASS IS PARENT ASSISTED. PARENTS ARE EXPECTED TO HELP THEIR CHILD PARTICIPATE IN THE ACTIVITIES.

Instructors: Mila Stonechild & Emma Leland



Stay tuned for more registered program offerings in 2027, including those geared towards **youth and teens!**

Continue to keep an eye out on our **seasonal Program Guides** for these, as well as updates on continuing registered programs to find the program and session time that works for you!

Updates can also be seen on the following:

Alfred Jenkins Field House webpage at
www.citypa.ca/ajfh



City of Prince Albert



@cityofprincealbert



PROGRAM INSTRUCTORS



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