2026 Fall Sneak Peek of Registered Fitness Classes

August 24-29 2026

Pre-register for your spot in our sneak peek programs

Monday Aug 24	Tuesday Aug 25	Wednesday Aug 26	Thursday Aug 27	Friday Aug 28	Saturday Aug 29
	9:15-10:00am **Chair Supported Strength & Mobility** Maria T				9:15-10:00am **Movin' & Groovin' (5-7 unparented)** Ferne
	10:30-11:15am **Gentle Morning Hatha** Katherine			10:15-11:00am **Postnatal Pilates Foundations** Judith	10:15-11:00am **Movin' & Groovin' (8-10 unparented)** Ferne
11:15-12:00pm **Lifting Heavy for Older Adults** Derrick	10:30-11:15am **Barre HIIT** Gina			1:30-2:15pm **Kickboxing** Jay	
	11:30-12:15pm **Postnatal Yoga** Katherine				
		6:00-6:45pm **Pedal & Pilates** Judith			
	7:45-8:30pm **Restore & Mobility** Donna				

Class Descriptions

Barre HIIT: A Pilates inspired Barre class encompassing upper and lower body exercises with short bursts of cardio drills that will HITT and target all the right areas! Small equipment will bring a fun and challenging aspiration to this class. No previous Barre or Pilates is required. All fitness levels welcome. Location: Fitness Studio

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)

Gentle Morning Hatha: Start your day with mindful movement, gentle stretching, and calming breathwork in this welcoming Gentle Hatha Morning Yoga class. Designed for all levels, this practice focuses on improving flexibility, balance, mobility, and overall well-being through slow, supportive postures and intentional movement. Expect a peaceful and grounding atmosphere that will leave you feeling refreshed, centred, and ready for the day ahead. Modifications and options are offered throughout, making this class accessible for beginners and experienced yogis alike. Location: Boardroom

Kickboxing: Train your mind and body with fun kickboxing techniques in a safe and welcoming atmosphere. You will improve strength and power in this dynamic class, as well as enhance your joint mobility, flexibility, balance, stability, and body awareness. Get ready to punch, elbow, knee, and kick pads and heavy bags. The use of hand wraps and a mouth guard is suggested but not required. No previous martial arts experience is required. All fitness levels are welcome. Location: Fitness Studio

Lifting Heavy for Older Adults: If you have previous weight training experience and want to take it to the next level, then Lifting Heavy for Older Adults is your challenge. This class will incorporate techniques that you have learned in classes like Senior Strong, Powerlifting, and Forever Strong, and advance your programming for more strength gains. Under the guidance of your instructor, learn how to challenge your regular weight training routine with gross muscle movements like bench press, squat and deadlift at a heavier resistance. You will also use different styles of training techniques like drop sets and super sets. Increase bone density, muscle mass, cardiac output and confidence as you push your muscles for strength & hypertrophy. Some previous weight training experience is strongly recommended. Location: Track corner 3

Movin' & Groovin' (5-7) Unparented: Come groove with us as you learn basic dance moves and apply them to your favorite songs. Get exposed to recreational dance with popular music and fun movement activities and drills. Spin, shimmy & twirl with your friends! No previous dance experience required. Location: Fitness Studio

Movin' & Groovin' (8-10) Unparented: Come groove with us as you learn basic dance moves and apply them to your favorite songs. Get exposed to recreational dance with popular music and fun movement activities and drills. Spin, shimmy & twirl with your friends! No previous dance experience required. Location: Fitness Studio

Pedal & Pilates: Kick off with 20 minutes of high-energy spin to elevate your heart rate, then unwind and focus on your deep core muscles with 20 minutes of foundational Pilates movements and stretches. Designed to build cardiovascular capacity. strength and relaxation, enjoy the best of multiple worlds in one seamless session. Location: Track corner 2 & Boardroom

Postnatal Pilates Foundations: Reconnect with your body after pregnancy in this supportive beginner Pilates class with baby by your side. Designed for new moms, we'll focus on rebuilding core and pelvic floor strength, improving posture, increasing mobility, and restoring confidence through gentle, low-impact movement. Suitable for all fitness levels. Car seats, diapers and bottles are welcome. Must be 6-weeks postnatal to attend and verbally cleared by a doctor or midwife to return to physical activity. Location: Boardroom

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. Bring your baby with you because you will also learn basic baby massage and baby yoga techniques. This is an opportunity to do something unique with your baby while also getting back into a yoga practice. Location: Boardroom

Restore & Mobility: Ease tension, improve mobility, and support your overall well-being in this relaxing yet effective class. Through a combination of mobility training, gentle strengthening, stretching, breathwork, and restorative yoga, you'll enhance movement quality, reduce stiffness, and leave feeling refreshed and recharged. Ideal for anyone looking to move better, recover from an active lifestyle, or simply unwind at the end of the day. Location: Boardroom

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

Plus returning special population programs like:

- Minds in Motion, Fitness for Special Populations

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

- "Bye Bye Bye" to Summer Kids Dance Workshop
- Dump the Desk Slump Workshop
- "Ghostbusters" Halloween Kids Dance Workshop
- Hip Mobility Workshop
- Sound Bowl & Yoga Workshop
- Yoga for Back Care; SI Joint Health Workshop
- Lady Gaga Abracadabra Dance Workshop
- Pelvic Floor for Weightlifting Series
- Rooted & Rising Women's Health Series

Updated Aug 5, 2026