

Winter 2010 Recreation “Group Ex” Classes (Revised)



Classes run: January 4, 2010 through June 26, 2010

Cost: **Members: FREE** Non-Members: Drop-in Rate

| Monday | | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|---|---|--|---|---|---|
| 6-7am Booty Bootcamp Glenda Studio | | 6-7am Rise & Shine Glenda Studio | 6-7am Bender Ball Body Blast Sherry Studio | 6-7am Rise & Shine Glenda Studio | 6-7am Spin Glenda Track | | |
| | | 7:15-7:45am Spin Glenda Track | | 7:15-7:45am Spin Glenda Track | | | |
| | | | | 9-10am Yoga Emma Studio | | | |
| 12-1pm Full Body Bootcamp Glenda Field 1 | 12-12:30pm Spin Marcene Track | 12-12:30pm Spin Marcene Track | 12-1pm Booty Bootcamp Glenda Track | 12-12:30pm Spin Marcene Track | 12-1pm Full Body Bootcamp Glenda Field 1 | 12-12:30pm Spin Marcene Track | 11:30am-12:30pm Booty Bootcamp Glenda Studio |
| | | 12:30-1pm Super Circuit Marcene Circuit Room | | | | 12:30-1pm Super Circuit Marcene Circuit Room | |
| 5:30-6:30pm Nia Kathleen Studio | | 6-7pm Step I Jessica Studio | 6:30-7:30pm Step II Anna Studio | <p>Group Exercise Classes provide a great way to get started towards your fitness goals.</p> <p>Try Group Ex today, and... Find Your Fit at the NSC!</p> | | | |
| 7:30-8:30pm Step Pump Anna Studio | | | 7:30-8:30pm Step Pump Anna Studio | | | | |

Classes are first-come, first-serve. Sign-up max. 30 minutes prior to start of class • No Classes on Stat Holidays or Long Weekends
 • Classes are subject to change without notice • For more info call: 250-960-6366 • www.northernsportcentre.ca • Updated 2/8/2010