

Winter 2010 Recreation “Group Ex” Classes



Classes run: January 4, 2010 through May 1, 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 Amy Track	12-12:30pm Super Circuit Marcene Circuit Room	12-12:30pm Spin Glenda Track	12-12:30pm Super Circuit Marcene Circuit Room	12-1pm Full Body Bootcamp Glenda Field 1	12-12:30pm Spin Amy Track	11:30am-12:30pm Booty Bootcamp Glenda Studio
			12:30-1pm Super Circuit Glenda 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 12/11/2010

“Group Ex” Class Descriptions



What is Group Ex? The collection of fun, dynamic, and motivational fitness classes that the NSC offers free to full-access Members (and for a low drop-in fee for Non-Members). These exercise classes take place in a group setting with qualified instructors, and provide an energizing and social environment for increasing your fitness level at your own pace. Join a Group Ex class today!

Bender Ball Body Blast – This class offers total body conditioning using the innovative Bender Method – the versatile Bender Ball is used with tubing and Glide Discs to create a challenging and effective workout.

Booty Bootcamp – Focus on the junk in your trunk while you work your lower body muscles. This class will concentrate on your glutes, calves, hamstrings and quads while giving your heart a workout too!

Full Body Bootcamp – Mix up your regular routine with this non-stop bootcamp. By incorporating new exercises, advanced moves, and different equipment, you’ll be working hard start to finish, head to toe!

Nia – Nia fuses dance, martial arts and yoga-style exercises into one holistic fitness experience. It can be a high-intensity workout or a chance to gently explore the mind-body connection – the choice is yours.

Rise & Shine – Start your morning right with this high-energy, bootcamp-style class.

Spin – This 30-minute, fast-paced biking class is designed to increase your cardiovascular fitness by pushing you to your limit. The ability to adjust your own speed and resistance level means all levels of fitness and experience can be accommodated in this class.

Step I – Learn the basics of step choreography in this fun, energizing class.

Step II – Step up to the next level in this rhythmic cardio class that is sure to have you “feeling the burn”. Some step experience is recommended.

Step Pump – Step with attitude! This combination class blends the cardio challenge to step with resistance training to give you a complete calorie-burning workout.

Super Circuit – Short on time? Join us in the Circuit Room for a fast and effective workout program. This combination class maximizes your results while minimizing your time in the gym.

Yoga – This class strengthens both the body and the mind. By including traditional poses and breathing exercises, the benefits of this class can include increased flexibility and stress reduction. No previous yoga experience is necessary.

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