

# Spring 2024 Class Schedule: April 29 - June 30

Group Fitness Classes 
  Registered Programs

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 7:00am		<b>Cycle Fit</b> David - Zone 6		<b>HIIT Bootcamp</b> David - Zone 6		<b>HIIT Bootcamp</b> David - Zone 6	
7:00am - 8:00am							
8:00am - 9:00am		<b>Active Aging TRX</b> 8:00am - 8:50am Laurie - Zone 6		<b>Active Aging Essentials</b> 8:00am - 8:50am Laurie - Zone 6		<b>Active Aging Strength</b> 8:00am - 8:50am Laurie - Studio 1	
9:00am - 10:00am	<b>Weekend Warrior</b> 9:00am - 10:30am Laurie - Zone 6	<b>Active Aging TRX</b> 9:00am - 9:50am Laurie - Zone 6	<b>Fit Camp</b> 9:00am - 9:50am Charlene - Studio 1	<b>Active Aging Essentials</b> 9:00am - 9:50am Laurie - Zone 6	<b>TRX</b> 9:00am - 9:50am Charlene - Zone 6	<b>Active Aging Strength</b> 9:00am - 9:50am Laurie - Studio 1	<b>Fit Camp</b> Lon - Zone 6
10:00am - 11:00am			<b>Tai Chi</b> Paz - Studio 1		<b>Tai Chi</b> Paz - Studio 1		<b>Core Fit</b> 10:15am - 10:45am Lon - Zone 6
		<b>Active Aging Intro to TRX</b> 10:00am - 10:50am Laurie - Zone 6	<b>Strength to Sport 101</b> Charlene - Zone 6		<b>Strength to Sport 101</b> Charlene - Zone 6		<b>Cycle &amp; Ball Fitness</b> 10:15am - 11:00am Laurie - Zone 6
11:00am - 12:00pm	<b>Ball Pilates</b> 10:45am - 11:45am Laurie - Studio 1	<b>Yin Yoga</b> 10:30am - 11:45am Vivian - Studio 1		<b>Yin Yoga</b> 10:30am - 11:45am Vivian - Studio 1	<b>Boomer Fit</b> 10:30am - 11:25am Rebecca - Zone 6	<b>Yin Yoga Fusion</b> 10:30am - 11:45am Vivian - Studio 1	
		<b>Boomer Fit</b> Erica - Zone 6		<b>Women on Weights</b> Laurie - Zone 6			
12:00pm - 1:00pm		<b>Gentle Yoga</b> Vivian - Studio 1	<b>STRONG Nation</b> Sherry - Studio 1	<b>Yoga</b> Vivian - Studio 1	<b>POUND Unplugged</b> Sherry - Studio 1	<b>HIIT Bootcamp</b> 12:00pm - 12:50pm Charlene - Zone 6	<b>Restorative Yoga</b> 12:00pm - 1:15pm Vivian - Studio 1
5:00pm - 6:00pm		<b>Hatha Yoga Flow</b> Denise - Studio 1	<b>Cycle n' Core</b> Rebecca Zone 6	<b>Zumba</b> Dawn - Studio 1		<b>Zumba</b> Benita - Studio 1	<b>Strength n' Conditioning</b> Rebecca Zone 6
6:00pm - 7:00pm		<b>Nia Dance Fit</b> Kathleen - Studio 1	<b>Athletic Yoga</b> Denise - Studio 1	<b>Fit Camp</b> Lon - Zone 6	<b>Nia Dance Fit</b> Kathleen - Studio 1		
7:00pm - 8:00pm		<b>Boxer Fit</b> Jacob - Studio 1	<b>Cardio Dance</b> Paz - Studio 1	<b>Core Fit</b> 7:05pm - 7:35pm Lon - Zone 6	<b>Boxer Fit</b> Jacob - Studio 1	<b>Cardio Dance</b> Paz - Studio 1	

## Spring Hours

### May - June Hours

Monday - Friday: 5:30am – 10:00pm | Saturday - Sunday: 8:00am – 9:00pm  
 May 20: 8:00am - 8:00pm | May 31 (UNBC Convocation) 6:00pm - 10:00pm

### No Classes:

May 20: Victoria Day  
 May 31: UNBC Convocation



## Registered Programs

These small group, specialty programs are open to members and non-members.

**Members can register beginning April 15.**

**Non-members April 22.**

### Active Aging Essentials

**Member: \$63 Non-member: \$72**

When it comes to healthy aging, balance, cardio, and muscle strength are essential. Participants will work hard using hand weights, stability balls bands, and more.

### Active Aging Intro to TRX

**Member: \$56 Non-member: \$64**

Curious about the yellow rope-like bands attached to our walls? Using suspension and body weight, TRX was created for Navy SEALs and Army Rangers. Build your strength, confidence and comfort in this beginner level program.

### Active Aging Strength

**Member: \$56 Non-member: \$64**

Stay healthy and strong for life in this low impact class designed to keep you moving, increase your strength and mobility and improve posture. Combining cardio and muscular conditioning, your instructor works with every individual's level of ability.

### Active Aging TRX

**Member: \$63 Non-member: \$72**

Join Laurie and use your body weight and the TRX suspension apparatus for a complete workout. Previous experience with TRX is recommended. You can expect to target every major muscle group as well as improve balance, flexibility, and mobility.

### Ball Pilates

**Member: \$63 Non-member: \$72**

Modified Pilates based exercises using the stability ball and occasionally other resistance tools to strengthen core and improve posture. Extended range of motion (stretching) completes the full body conditioning. All participants must be able to hold their own body weight, and easily go from standing to lying positions for the best experience.

### Boxer Fit

**Member: \$64 Non-member: \$76.80**

Train like Rocky using heavy bags and air drills in this popular program. This class is a non-contact, conditioning class, and will not involve sparring. Participants must bring their own boxing gloves. Hand wraps are also recommended. The Northern Sport Centre will not supply gloves to be shared.

### Cycle and Ball Fitness

**Member: \$63 Non-member: \$72**

Join Laurie in Zone 6 for a dynamic workout that combines cycling and ball exercises. Build core strength and stability - suitable for the seasoned fitness enthusiast or those just getting started.

### Intro to Women on Weights

**Member: \$135 Non-member: \$180**

This popular small group class takes the fear out of weight training by tackling myths and stereotypes. Join like-minded ladies in Studio 1 to learn the principles and training methods to be efficient and effective in the weight room and beyond.

### Strength to Sport 101

**Member: \$126 Non-member: \$144**

Improve your athletic ability in your sport of choice with this twice a week strength training program. Fitness newbies and youth will gain confidence in the weight room as they learn classic strength training movements that will elevate any sport skills.

### Weekend Warrior

**Member: \$90 Non-member: \$108**

Do you have a solid fitness base but want that extra push in weekly fitness routine? Give us 90 minutes and we will give you energizing and inspiring fitness that will challenge and inspire!

*No refunds after the first class. Registration fees will be pro-rated for any cancelled classes. Prices do not include taxes. Prices are per class weekday, per session. Prices listed are the highest. Please visit the website for actuals depending on the day and session.*

## Drop-In Group Fitness

### Free for Members

Group fitness classes are part of your membership. Pick up your class pass 30 minutes before class starts. One pass per person. No taking passes to save a spot for others. Space is first-come first serve.

### Athletic Yoga

Athletic yoga, or power yoga, combines traditional poses with strength training and cardio for a dynamic and intense workout. Classes focus on continuous, flowing sequences that enhance strength, flexibility, and endurance.

### Boomer Fit

Age is just a number in this fun and popular class for those 50+! Grab a friend (or meet a new one!) as you exercise your way to fitness or an improved fitness level using weights, bands and more!

### Cardio Dance

Dance your way to fitness with the motivating Latin moves and music of merengue, samba, salsa and more. No dance experience required!

### Core Fit

This 30-minute blast to your mid-section will improve posture, increase balance and reduce back pain. A combination of plyometric cardio and core stability routines will find those abs you forgot you had!

### Cycle n' Core

We combined Cycle Fit and Core Fit to create this new class! 35 minutes of cycling and 20 minutes of core work on the floor will jumpstart your week and build cardio and strength.

### Cycle Fit

This high intensity class will challenge your cycling performance, cardiovascular fitness, and muscular endurance. Cycle Fit is suitable for riders fresh off the training wheels as well as those seeking a new challenge.

### Fit Camp

Northern Sport Centre's signature Boot Camp will amp up your fitness using an interval-based workout. No drill sergeants, but all the hard-core conditioning you can handle. Train with cutting edge methods and equipment to create a healthier you.

### Gentle Yoga

Gentle Yoga is a great class if you are new to yoga or feel the need for a more restful approach. This slower pace allows for personal guidance while building a foundation to improve your strength and balance.

### Hatha Yoga Flow

This introductory yoga class will explore some foundational asanas (yoga poses). Learn about the benefits and proper alignment in the basic yoga postures and be introduced to pranayama and meditation.

### HIIT Bootcamp

Get ready to sweat! This high intensity interval training class consists of circuit type training that incorporates cardio, resistance training, and core, all in a fast faced, feel the burn workout! Love the workout, love the results!

### Nia Dance Fit

Nia is a fun, energizing and inspirational fitness experience! Nia uniquely blends dance, martial arts & the healing arts, with a variety of eclectic music and simple, creative, choreography.

### POUND Unplugged

Blending high-intensity training with rhythmic breathing, mindfulness and meditation, POUND Unplugged will make you sweat, release, and boost neurochemicals before quickly settling back into a peaceful, recharged, and empowered state.

### Restorative Yoga

Restorative Yoga is a practice of floor postures held for a longer period. These poses are supported with props to gently open within the body. Led by Vivian, benefits include deep body relaxation, stilling a busy mind, and more.

### Strength n' Conditioning

This popular class uses dumbbells, kettlebells, and your own body weight to increase strength, flexibility, and cardio.

### STRONG Nation

Stop counting the reps. Start training to the beat. STRONG Nation® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

### Tai Chi

You will calm your mind, improve balance, and connect with your "chi" the force that Chinese philosophy believes animates the body. Paz follows the 24 Simplified Yang Style derived from the Taoist principle and Chen Style of Tai Chi

### TRX

Curious about the yellow rope-like bands attached to our walls? Using suspension and body weight, TRX was created for Navy SEALs and Army Rangers. See why they use it to condition themselves into the best warriors and athletes on the planet!

### Yin Yoga

Make time to restore, relax and return to your breath through a slow, nourishing practice led by Vivian. In the practice of Yin, allow your body to passively release into deeper relaxation and flexibility.

### Yin Yoga Fusion

Enjoy this balance and blend of active yoga and a gentle flow. Combining a passive side of Yin Yoga and a softening and surrender deep into the connective tissues, this class is a well-rounded practice and open to all levels.

### Yoga

Join Vivian as she leads the ancient practice of uniting your breath and physical posture. Acquire improved flexibility, balance, strength, and mental clarity. No previous yoga experience is necessary!

### Zumba

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™! Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.



## Things to Remember

- As a courtesy to all, please limit your use of scents such as perfume and cologne when attending classes.
- Classes are closed to late arrivals to avoid disrupting the instructor and students.
- Outdoor shoes are not permitted in any of the fitness areas.
- Class dates/times and instructors are subject to change or be cancelled at any time for illness, facility bookings and other activities.
- Classes are accessible for all levels – just do your best.

## Children and Youth

- Children 13 - 15 can participate with a parent/guardian in attendance.
- Youth 16 + are permitted without a parent/guardian.
- Children under 12 are not permitted to participate in classes.
- Children under 12 cannot sit in on classes, outside the room or in the hallway while their parents participate.

Updated April 2, 2024



Registered Programs



Group Fitness



**northernsportcentre.ca**  
**250-960-6366**