

Registered Fitness Classes

Fall 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6:00am - 6:55am			Ultra Fit TRX <i>Brook - Studio 1</i>					
7:00am - 7:55am					UltraFIT TRX <i>Brook - Zone 6</i>			
8:00am - 8:55am		Active Aging <i>Laurie - Studio 1</i>		Active Aging <i>Laurie - Zone 6</i>		Active Aging TRX <i>Laurie - Zone 6</i>		
9:00am - 9:55am		Active Aging <i>Laurie - Studio 1</i>		Active Aging <i>Laurie - Zone 6</i>		Active Aging <i>Laurie - Zone 6</i>		
10:00am - 10:55am	Weekend Warrior (10:00am - 11:25am) <i>Laurie - Zone 6</i>	Boomer FIT (10:30am - 11:25am) <i>June - Zone 6</i>	Tai Chi <i>Paz - Studio 1</i>	Homeschool PE (10:00am - 11:25am) <i>Lisa & Brook Fieldhouse</i>	Fusion <i>Laurie - Zone 6</i>	Tai Chi <i>Paz - Studio 2</i>	FIT Barre (Session 2) <i>Brook - Studio 2</i>	Circuit Blast (45 mins) <i>Kascha/Lon Zone 5</i>
11:00am - 11:55am			Mommy Baby Fitness <i>Liz - Zone 7</i>		Boomer FIT (10:30am - 11:25am) <i>June - Zone 7</i>			
12:00pm - 12:55pm		Circuit Blast (45 mins) <i>Mitch - Zone 5</i>			Circuit Blast (45 mins) <i>Brook - Zone 5</i>			Circuit Blast (45 mins) <i>Rebecca - Zone 5</i>
1:00pm - 1:55pm			Boomer FIT <i>June - Zone 6</i>		BoomerFIT <i>June - Zone 6</i>			
2:00pm - 2:55pm			30+ Strength & Conditioning <i>June - Zone 6</i>		30+ Strength & Conditioning <i>June - Zone 6</i>			
4:00pm - 4:55pm		Kids Yoga <i>Cynthia - Studio 1</i>						
5:00pm - 5:55pm			Women on Weights <i>Liz - Zone 7</i>	Pre Natal Fitness (4:30pm - 5:25pm) <i>Kascha - Zone 7</i>	Women on Weights <i>Brook - Zone 7</i>	Pre Natal Fitness (4:30pm - 5:25pm) <i>Kascha - Zone 7</i>		
6:00pm - 6:55pm			NEW! Intro to Weightlifting <i>Mitch - Zone 7</i>	FIT Barre (Session 2) <i>Brook - Studio 2</i>	NEW! Intro to Weightlifting <i>Mitch - Zone 7</i>			

Non-Member Pricing | Free for Members

30+ Strength and Conditioning

S1: \$60 | S2: \$80

In a group exercise setting, athletes age 30+ frustrated with the limitations of aging and chronic injuries will learn proper exercise techniques instrumental in decreasing the risk of injury and increasing physical longevity.

Active Aging

S1: \$60 | S2: \$80

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

Active Aging TRX

S1: \$60 | S2: \$80

Using your own body weight and the TRX suspension apparatus, you will experience a full body workout geared towards your individual fitness level. You can expect to target every major muscle group as well as improve balance, flexibility and mobility. This incredibly safe class is a fun and effective way to stay strong and healthy as you age.

Boomer FIT

S1: \$60 | S2: \$80

This 50+ program will have you on your way to fitness or improving your fitness level. If you have previously limited your activity, Boomer FIT is your chance to learn effective, age and medically appropriate methods on the road to optimal wellness.

Circuit Blast

S1: \$60 | S2: \$80

This is a 45min circuit run on our multi-station jungle gym. This class will increase your heart rate, body temperature and encourage speed, strength and cardiovascular and endurance benefits.

FIT Barre

S2: \$80

FIT Barre is a muscle conditioning based class using the ballet barre, light weights and a Bender Ball. Focus on getting strong like a dancer without having to be one! You can expect a great workout while having a ton of fun. No shoes or experience required.

Fusion

S1: \$60 | S2: \$80

A blending of Yoga, Pilates and strength exercises using resistance tubing, stability balls, sliders and weights. Emphasis is on strengthening and activating the deep layer stabilizing muscles while using body weight and equipment-based exercises. A distinct departure from traditional classes.

Homeschool PE

S1: \$99.96 | S2: \$133.28

Calling all home school and distance education students ages 5 - 15! Register for this PE class that includes team and individual sports, age-appropriate active games and introduction to the NSC fitness programs and facilities.

Kids Yoga

S1: \$60 | S2: \$80

Yoga is not only good for you, but amazing for kids too! Each class includes songs, games, dance, and of course relaxation. Your child will develop an increased awareness of self and others, improved balance, posture, breathing mechanics and strength. This class is offered to children between the ages of 6-12.

Mommy Baby Yoga

S1: \$60 | S2: \$80

Spend an hour bonding with your baby through movement and breath while you both will feel the benefits of this transformative practice. You can expect to build strength, improve balance, and establish a relaxation routine for you to enjoy with your baby. This class is catered towards pre-mobile babies only.

Mommy Baby Fitness

S1: \$60 | S2: \$80

Bounce back to your pre-baby fitness and then some, with the little ones in tow. Gain strength, improve your cardiovascular fitness and build lasting relationships with our certified pre and post natal fitness specialist Liz Bennett. Be sure to bring your stroller.

PreNatal Fitness

S1: \$60 | S2: \$80

Are you a regular exerciser and now pregnant? Are you interested in learning methods to maintain your fitness and have the healthiest pregnancy possible? Learn safe techniques for strengthening during pregnancy, and modifications that should be made to your training. If you are brand new to exercise this class is great for you, but please wait to join until the second trimester.

Weekend Warrior

S1: \$50 | S2: \$70

This class is great for busy people who have a strong fitness base but want that extra push to compliment what they are doing during the week. This is designed to challenge you to reach your individual fitness goals.

UltraFIT TRX

S1: \$60 | S2: \$80

Want to get fit? Get UltraFIT using suspension and body weight training tools. 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.

Women on Weights

(Small Group Specialized Training)

S1: \$83.30 | S2: \$133.28

This small group class will take the fear out of weight training by tackling myths and stereotypes head-on. Learn the principles and training methods to be time efficient and successful in the weight room.

NEW! Tai Chi

S1: \$60 | S2: \$80

By popular request, we are adding the ancient healing practice of Tai Chi to our programming. Gentle movements combine yoga and meditation followed by smooth and graceful transitions. Under the expert eye of popular instructor Paz Milburn, you will calm your mind, improve balance and connect with your “chi” the vital force that Chinese philosophy believes animates the body.

NEW! Intro to Weightlifting

(Small Group Specialized Training)

S1: \$99.96 | S2: \$133.28

Learn the fundamentals of the basic weight lift in this small group program. Our certified instructor will hone your squat, improve your press and increase your deadlift. By the end of the session, you will have a new confidence in lifting the heavier weights on your own!

Children are not permitted to sit in on classes, outside the door, in the hallway (or participate unless it is child-focused).

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.

Registered classes are free for Members however registration is still required as is regular attendance. These classes have limited enrollment and are popular - instructors will be taking attendance. **If you do not attend the first two classes, you will forfeit your spot and we will move to those on the wait list.**

Registration Dates

	Members	Non-Members
Session 1	September 5	September 7
Session 2	October 16	October 23



Session 1

September 18 – October 29

Session 2

October 30 – December 23

No Classes

October 8 & 9

November 12 & 13

Demo Week: September 11 – 17

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