

Registered Fitness Programs

Winter 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 6:55am		Boxer FIT Kenny - Studio 1	UltraFIT TRX Brook - Studio 1	Boxer FIT Kenny - Field 1		Boxer FIT Kenny - Studio 1	
7:00am - 7:55am			Women on Weights Liz - Zone 7		UltraFIT TRX Brook - Zone 6	Women on Weights Brook - Zone 6	
8:00am - 8:55am		Active Aging Laurie - Studio 1		Active Aging Laurie - Zone 6		Active Aging TRX Laurie - Zone 6	
9:00am - 9:55am		Active Aging Laurie - Studio 1		Active Aging Laurie - Zone 6		Active Aging Laurie - Zone 6	
10:00am - 10:55am	Weekend Warrior (90 mins) Laurie - Zone 6		Tai Chi Paz Studio 1	Homeschool PE (10:00am - 10:55am) Kenny/June Gym 1/ Field 1	Fusion Laurie - Zone 6	Fusion Laurie - Zone 6	Circuit Blast (45 mins) Lon/Amy Zone 5
11:00am - 11:55am				Mommy Baby Fitness Liz - Zone 6		Tai Chi Paz - Studio 1	Mommy Baby Fitness Liz - Zone 6
12:00pm - 12:55pm		Circuit Blast (45 mins) Kenny - Zone 5	30+ Str & Cond June - Zone 6		30+ Strength & Conditioning June - Zone 7	Circuit Blast (45 mins) Rebecca - Zone 5	
2:00pm - 2:55pm			30+ Strength & Conditioning June - Zone 6		30+ Strength & Conditioning June - Zone 6		
4:00pm - 4:55pm		Kids Yoga Cynthia - Studio 1					
5:00pm - 5:55pm			Women on Weights Liz - Zone 7	Women on Weights Kascha - Zone 7	Women on Weights Amy - Zone 7	Women on Weights Kascha Zone 7	
6:00pm - 6:55pm		Boxer FIT Kenny Studio 1	FIT Barre Brook Studio 2	Women on Weights Liz - Zone 7	Intro to Weightlifting Josh - Zone 7	Boxer FIT Kenny - Studio 1	
				FIT Barre Brook Studio 2	Boxer FIT Kenny Studio 1	Acro FIT Laura - Studio 2	
					Intro to Weightlifting Josh - Zone 7	Intro to Weightlifting Josh - Zone 7	

Classes are accessible to all fitness levels. Adjust efforts based on your ability.

Demo Week: January 2 - 7 | No classes: March 30 - April 2

Updated December 12, 2017

30+ Strength and Conditioning

Member: Free Non-member: \$48.00

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

Member: \$56.00 Non-member: \$64.00

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

Member: \$56.00 Non-member: \$64.00

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.

NEW! Acro FIT

Member: \$56.00 Non-member: \$64.00

Instead of using weights we use people to build functional strength, increase coordination, and work stabilizer muscles! This class is designed for participants of all abilities to safely progress from strength building poses to acrobatic poses. Prepare to sweat, laugh and make new friends! No partner necessary.

Boxer FIT

Member: \$40.00 Non-member: \$48.00

Back by popular demand! Work out like Rocky using heavy bags and air drills taught by local boxer Kenny Lally. This is a non-contact, conditioning class that does not involve sparring or choreography. All participants must bring their own boxing gloves. Hand wraps are also highly recommended.

Circuit Blast

Member: Free Non-member: \$48.00

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

Member: \$40.00 Non-member: \$48.00

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

Member: \$56.00 Non-member: \$64.00

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

Member: \$56.00 Non-member: \$64.00

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.

Intro to Weightlifting

Member: \$64.00 Non-member: \$72.00

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!

Kids Yoga

Member: \$56.00 Non-member: \$64.00

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 Fitness

Member: Free Non-member: \$64.00

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.

Weekend Warrior

Member: \$85.00 Non-member: \$95.00

This 90 minute 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

Member: Free Non-member: \$48.00

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

Member: \$64.00 Non-member: \$72.00

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! TRX Kids

Member: \$56.00 Non-member: \$64.00

TRX Kids is all about enhancing your child's individual fitness level. Using the TRX apparatus, each class will focus on speed, flexibility, strength and endurance in a fun and engaging way. This new class is a great way to promote life-long exercise habits for those between the ages of 8 – 12. TRX Kids is supervised and taught by a certified NSC instructor allowing parents to fit in their own workout during class instruction.

Tai Chi

Member: Free Non-member: \$48.00

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.

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.

Members still must register for the programs that are free. If you do not attend the first two classes you will forfeit your spot and we will move to those on the waiting list.

No refunds after the first class.

Registration Dates

	Members	Non-Members
Session 1	December 18	December 27
Session 2	February 19	February 26



Session 1
January 8 - March 4

Session 2
March 5 - April 29

No Classes
Easter: March 30 - April 2

Demo Week
January 2 – 7

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