

	Sunday	Monday	Tuesday	Wednesday		Thursday	Friday	Saturday
6:00am - 6:55am		Boxer Fit <i>Jag - Studio 1</i>		Boxer Fit <i>Jag - Studio 1</i>			Boxer Fit <i>Jag - Studio 1</i>	
8:00am - 8:55am		Active Aging Essentials <i>Laurie - Studio 1</i>		Active Aging Strength <i>Laurie - Zone 6</i>			Active Aging TRX <i>Laurie - Zone 6</i>	
9:00am - 9:55am	Weekend Warrior <i>(9:30am - 11:00am)</i> <i>Laurie - Zone 6</i>	Fusion Strength <i>Laurie - Studio 1</i>		Active Aging Strength <i>Laurie - Zone 6</i>			Active Aging TRX <i>Laurie - Zone 6</i>	
10:00am - 10:55am			30+ Strength & Conditioning <i>(10:30am - 11:25am)</i> <i>Alisha - Studio 2</i>	Mommy & Baby Fitness <i>(10:30pm - 11:25pm)</i> <i>Brook - Studio 2</i>	Intro to Running <i>Laurie - Zone 6/Track</i>	30+ Strength & Conditioning <i>(10:30am - 11:25am)</i> <i>Alisha - Studio 2</i>	Mommy & Baby Fitness <i>(10:30pm - 11:25pm)</i> <i>Brook - Studio 2</i>	
11:00am - 11:55am	Stretch, Roll & ROM <i>(11:15am - 11:45am)</i> <i>Laurie - Studio 1</i>						Turbo TRX <i>(11:30am - 12:10pm)</i> <i>Laurie - Zone 6</i>	
12:00pm - 12:55pm								
4:00pm - 4:55pm		Mommy & Baby Fitness <i>(4:30pm - 5:25pm)</i> <i>Brook - Studio 2</i>						
5:00pm - 5:55pm								
6:00pm - 6:55pm		Aerial Yoga <i>Denise - Studio 1</i>	Fit Barre <i>Brook - Studio 2</i>	Aerial Yoga <i>Jenna - Studio 1</i>		Fit Barre <i>Brook - Studio 2</i>		
7:00pm - 7:55pm			Intro to Weightlifting <i>Lon - Zone 3</i>			Boxer Fit <i>Jag - Studio 1</i>		

30+ Strength & Conditioning

Member: \$52.00 **Non-member: \$62.40**

Are you an athlete aged 30+ who is frustrated with limitations of aging and chronic injuries? Beginning with a movement assessment, this popular class teaches proper exercise techniques routines instrumental in decreasing the risk of injury.

NEW! Active Aging Essentials

Member: \$38.50 **Non-member: \$46.20**

When it comes to healthy aging, building balance, cardio and muscle strength are essential. Using hand weights, stability balls, bands, and other functional-fun tools participants will work hard followed by a lengthy relaxing stretch to finish.

Active Aging Strength

Member: \$44.00 **Non-member: \$52.80**

Intervals of cardio endurance on the spin bikes or the track will be paired with challenging strength exercises using barbells, dumbbells and body bars. Stability balls or BOSU will also be introduced to improve balance, core strength and range of motion.

Active Aging TRX

Member: \$44.00 **Non-member: \$52.80**

You can expect to target every major muscle group as well as improve balance, flexibility and cardio with this popular program. Using the TRX suspension apparatus, participants 55+ will use intervals of strength and endurance exercises in conjunction with cardiovascular training on the track or spin bikes. Stability balls or BOSU may be used here as well to complement.

Aerial Yoga

Member: \$50.00 **Non-member: \$60.00**

This popular program takes your traditional yoga practice to new heights! Students will use the aerial hammock as a prop to their regular practice on the ground. It incorporates rejuvenating inversions, poses and vinyasas.

All levels of experience are welcome, however, we cannot accept participants that are pregnant, have glaucoma, vertigo or high/low blood pressure due to inversions and hammock use. Please contact the Programmer if you have any questions. You must be 16+ to take this class.

Boxer Fit

Member: \$50.00 **Non-member: \$60.00**

Led by 11-time provincial boxing champion Jag Seehra, you will train like Rocky using heavy bags and air drills in this unique program. This class is a non-contact, conditioning class, and will not involve sparring. All participants must bring their own boxing gloves. Hand wraps are also highly recommended. The Northern Sport Centre will not supply gloves to be shared. We will have boxing kits for sale for (\$45 + tax).

Fit Barre

Member: \$50.00 **Non-member: \$60.00**

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

Fusion Strength

Member: \$38.50 **Non-member: \$46.20**

This popular program builds muscle strength right at the core! Deep stabilizing core muscles are activated and strengthened while using tools such as stability balls, sliders, hand weights and resistance bands to strengthen and balance total body. The class ends with an energizing and lengthy passive stretch.

New! Intro to Running

Member: \$52.00 **Non-member: \$62.40**

Runners just getting started and those thinking about adding running to their fitness routine are invited to register for this new program. Set up on our warm indoor track, participants will learn proper balance, strength and recuperation techniques that will set them up for running success. Assessing posture and other exercise tips will be shared before running "homework" is assigned!

Mommy and Baby Fitness

Member: \$50.00 **Non-member: \$60.00**

Bounce back to your pre-baby fitness and then some, with the little one in tow. Gain strength, improve your cardiovascular fitness and meet other moms – bring your stroller (and baby!).

NEW! Turbo TRX

Member: \$52.00 **Non-member: \$62.40**

This total body-conditioning version of TRX incorporates cardio intervals using the bikes or track, and bonus work with ball/bosu/hand weights. Guaranteed to be fast, efficient, effective and fun!

NEW! Stretch, Roll and Range of Motion (ROM)

Member: \$45.50 **Non-member: \$54.60**

We recommend this class after a warm up or other training for the best experience. Register for a glorious half hour of range of motion (deep, passive, full body) stretching paired with foam rolling for myofascial release.

Intro to Weightlifting

Member: \$50.00 **Non-member: \$60.00**

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!

Weekend Warrior

Member: \$78.00 **Non-member: \$93.60**

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!

Things to Remember

Children are not permitted to sit in on classes, outside the door, in the hallway.

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.

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 higher rate. Depending on the day and session you choose, the price may be lower.

Visit northern sportcentre.ca to view our prices.

Registration Dates

	Members	Non-Members
Session 1	August 26	September 2
Session 2	October 14	October 24

No Classes

Thanksgiving	October 13-14
Remembrance Day	November 11

Hours

September - April	
Monday - Friday	5:30am - 11:00pm
Saturday - Sunday	7:00am - 10:00pm



 Northern Sport Centre

September 9 - December 22

northern sportcentre.ca
250-960-6366

