

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am - 8:55am		Active Aging Step <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> <i>(May Only)</i>	Fusion Strength (Level 1) <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	Intro to Running <i>(11:05am - 12:00pm)</i> <i>Laurie - Zone 6/Track</i>	Intro to Running <i>Laurie - Zone 6/Track</i>					
4:00pm - 4:55pm		Women on Weights <i>(4:30pm - 5:25pm)</i> <i>James - Zone 7</i>		Women on Weights <i>(4:30pm - 5:25pm)</i> <i>James - Zone 7</i>			
5:00pm - 5:55pm							
6:00pm - 6:55pm		Aerial Yoga <i>Jenna - 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>		Intro to Weightlifting <i>James - Zone 3</i>		

Active Aging Step

Member: \$38.50 **Non-member: \$46.20**
This a new class offered at the NSC and is sure to be popular! In a group exercise setting, adults 55+ will build agility, balance and cardio with step interval routines that will challenge muscle endurance, core and stretching.

Active Aging Strength

Member: \$44.00 **Non-member: \$52.80**
If you were a fan of our Active Aging class, don't miss this new modified version. 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: \$51.43 **Non-member: \$61.71**
Led by Jenna, 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.

Fit Barre

Member: \$52.00 **Non-member: \$62.40**
Fit Barre is a muscle conditioning based class using the ballet bar, light weights and a Bender Bar. 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 - Level 1

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: \$62.86 **Non-member: \$75.43**
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!

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: \$41.25 **Non-member: \$49.50**
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!

Women on Weights

Member: \$50.00 **Non-member: \$60.00**
This popular small group class takes the fear out of weight training by tackling myths and stereotypes. Join like-minded ladies to learn the principles and training methods to be efficient and effective in the weight room and beyond.



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 northernsportcentre.ca to view our prices.

Registration Dates

	Members	Non-Members
Spring	April 15	April 22

No Classes

Victoria Day	Monday, May 20
UNBC Convocation	Friday, May 31

Hours

May & June	
Monday - Friday	5:30am - 10:00pm
Saturday - Sunday	8:00am - 9:00pm



 Northern Sport Centre

April 29 - June 23

northernsportcentre.ca
250-960-6366

