

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
6:00am - 6:55am		Cycle n' Core Brook - Zone 6		Cycle Fit Talia - Zone 6		Sculpt n' Core Brook - Studio 1						
8:00am - 8:55am												
9:00am - 9:55am	Gentle Yoga Denise - Studio 1	Cycle Fit Rebecca - Zone 6	Fit Camp Alisha - Zone 6	Sculpt n' Core Rebecca - Studio 1	Yoga Alisha - Studio 1	Cycle n' Sculpt Rebecca - Zone 6	Cardio n' Core Rebecca - Studio 1					
10:00am - 10:55am		Yin Yoga Fusion (10:30am - 11:25am) Vivian - Studio 1	Boomer Fit (10:30am - 11:25am) Alisha - Zone 6	Tai Chi Paz - Studio 1	Boomer Fit (10:30am - 11:25am) Brook - Zone 6	Yin Yoga (10:30am - 11:40am) Vivian - Studio 1	Boomer Fit (10:30am - 11:25am) Alisha - Zone 6	Tai Chi Paz - Studio 1	Boomer Fit (10:30am - 11:25am) Brook - Zone 6	Yin Yoga (10:30am - 11:40am) Vivian - Studio 1	Boomer Fit (10:30am - 11:25am) Alisha - Zone 6	Yoga Flow Denise M. - Studio 1
11:00am - 11:55am												
12:00pm - 12:55pm		Yoga Flow Vivian - Studio 1	Gentle Yoga Gillian - Studio 1	Cycle Fit (12:00pm - 12:45pm) Rebecca - Zone 6	Yoga Flow Vivian - Studio 1		Gentle Yoga Vivian - Studio 1					
4:00pm - 4:55pm												
5:00pm - 5:55pm		Nia Kathleen - Studio 1	Cycle n' Core Rebecca - Zone 6	Zumba Benita - Studio 1	Fit Camp Lon - Zone 6	Yoga Flow Denise M. - Studio 1	Cycle Fit Rebecca - Zone 6	Zumba Benita - Studio 1	Yoga (5:30pm - 6:25pm) Alisha - Studio 1			
6:00pm - 6:55pm			Core Fit (6:00pm - 6:25pm) Lon - Zone 6	Fit Camp (6:15pm - 7:15pm) Rebecca - Zone 6								
7:00pm - 7:55pm		Power Yoga Talia - Studio 1	Cardio Dance Paz - Studio 1	Nia Kathleen - Studio 1	Cardio Dance Paz - Studio 1							

Class dates/times and instructors are subject to change or be cancelled at any time for illness, facility bookings and other activities.

Updated August 19, 2019

Classes Cancelled:

October 13-14 Thanksgiving
November 11 Remembrance Day

September 9 - December 22

northensportcentre.ca
250-960-6366



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. If you have medical issues that have limited your participation, Boomer Fit is for you.

NEW! Cardio n' Core

Get your heart pumping with an energetic mix of tabata, HIIT and other cardio-style routines. Core work in the last twenty minutes ensures a total workout experience.

Cardio Dance

This accessible cardio class is perfect for those who love to dance and appreciate the cardio benefits. Dance your way to fitness with the motivating Latin moves and music of merengue, samba, salsa and more. No dance experience required!

Cycle Fit

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

Cycle n' Sculpt

This class offers both strength and sweat! Be ready to push through hill climbs and sprints on our bikes followed by a challenging conditioning workout using weights.

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.

Core Fit

This 25 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!

Fit Camp

Northern Sport Centre's signature Boot Camp will take 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. The slower pace allows for personal guidance while building a foundation to improve your strength and balance.

Nia (Non Impact Aerobics)

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.

Power Yoga

Power Yoga is the perfect blend of combining strength and relaxation all into one class. Using traditional yoga poses integrated with dynamic vinyasas and challenging postures you will build strength and concentration. Enjoy a peaceful savasana.

NEW! Sculpt n' Core

Join us for this innovative mix of Pilates, Fit Barre, and toning floor work that incorporates body weight and equipment like weights and foam rollers. Each instructor will bring their own twist to this new class so expect the unexpected!

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.

NEW! 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.

Yin Yoga

Take 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.

Yoga

Enjoy the ancient practice of uniting your breath and physical postures to acquire improved flexibility, balance, strength and mental clarity. Yoga is for all levels and abilities and can range in style depending on the instructor's teaching practice.

Yoga Flow

Yoga Flow offers a modern approach to the ancient practice of yoga by incorporating dynamic movement and classical breathing techniques. This practice will leave you feeling rejuvenated by guiding you through creative sequences designed to balance the mind and body.

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.



All drop-in classes are part of your membership fee. Classes are accessible for all levels. Just do your best. Pick up your NSC Class Pass at the Front Desk thirty (30) minutes before class time to confirm your spot.

Drop-In RecNorth

Get your game on with our drop-in sports like badminton and basketball. Come with a friend or join in as you like!

Rent a pickleball or badminton racquet for \$2 at the Front Desk. All space availability is subject to events - please check the website for schedule changes.

Free for Members.

\$6.00 drop-in for non-members.

All space availability subject to events.

Badminton

Monday
6:30am - 7:55 am
Gym 3

Tuesday
9:00pm - 10:25pm
Gym 1

Wednesday
6:30am - 7:55 am
Gym 3

Friday
6:30am - 7:55 am
Gym 3

Saturday
1:00pm - 4:55 am
Gym 1

Basketball

Monday
9:00pm - 10:25pm
Gym 1

Tuesday
6:30am - 7:55am
Gym 1 & 2

Thursday
6:30am - 7:55am
Gym 1 & 2

Saturday
1:00pm - 4:55pm
Gym 2

Wheelchair Basketball
Friday
6:00pm - 8:55pm
Gym 3 (Sept. 16-Dec. 2)

Pickleball

All Level
Monday - Thursday
9:00am - 2:55pm
Gym 3

Sunday
4:00pm - 5:55pm
Gym 1

Beginner
Monday & Wednesday
9:00am - 10:55am
Gym 1

Intermediate
Monday & Wednesday
11:00am - 12:55pm
Gym 1

Advanced
Monday - Thursday
1:00pm - 2:55pm
Gym 1

Volleyball

Wednesday
9:00pm - 10:25pm
Gym 1

Saturday
2:00pm - 5:55pm
Gym 3

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.



northernsportcentre.ca
250-960-6366

