

Class Schedules :

■ Group Fitness Drop-In Classes

■ Registered Fitness Classes

Summer 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00am - 6:55am		Cycle FIT Brook - Zone 6	Core FIT Alisha - Zone 6	UltraFIT TRX Brook - Studio 1	FIT Camp Alisha - Zone 6	Strong n' FIT Brook - Studio 1	Cycle n' Sculpt Brook - Zone 6		
8:00am - 8:55am				Active Aging Laurie - Zone 6		Active Aging TRX Laurie - Zone 6			
9:00am - 9:55am	Gentle Yoga Cynthia Studio 1	Cycle FIT Rebecca - Zone 6	FIT Camp Alisha - Zone 6	Strong n' FIT Brook - Studio 1	Active Aging Laurie - Zone 6	Cycle n' Sculpt Rebecca - Zone 6	Active Aging TRX Laurie - Zone 6	Strong n' FIT Talía - Studio 1 (July Only)	FIT Camp Lon /James - Zone 6
10:00am - 10:55am		Yin Yoga 10:30am - 11:40am Vivian Studio 1	Boomer FIT 10:30am - 11:25am June - Zone 6	Tai Chi Paz - Studio 1	Boomer FIT 10:30am - 11:25am June - Zone 7		Yin Yoga 10:30am - 11:40am Vivian - Studio 1	Zumba Brandi - Studio 1	
11:00am - 11:55am			30+ Strength & Conditioning 11:30pm- 12:25pm June - Zone 6	30+ Str & Conditioning 11:30pm- 12:25pm June - Zone 7	Mommy Baby Fitness Talía - Zone 6 (July Only)				
12:00pm - 12:55pm		Yoga Vivian Studio 1			Yoga Vivian - Studio 1	Gentle Yoga Cynthia Studio 1	Gentle Yoga Vivian - Studio 1		
4:00pm - 4:55pm			Women on Weights 4:30pm - 5:25pm Amy - Zone 8						
5:00pm - 5:55pm		Cycle n' Sculpt Rebecca - Zone 6	TRAINER on the TRACK Amy	Zumba Brandi /Benita Studio 1	FIT Camp Lon - Zone 6	Yoga Flow Laura - Studio 1	Strong n' FIT Rebecca - Zone 6	FIT Camp James - Zone 6	Zumba Brandi - Studio 1
6:00pm - 6:55pm				FIT Barre Brook - Studio 2		FIT Barre Brook - Studio 2			
7:00pm - 7:55pm		Yoga Flow Talía - Studio 1 (July Only)							

Drop-in classes July 3 – September 9 | Registered programs July 3 – August 26
Classes are accessible to all fitness levels. Adjust efforts based on your ability.

No registered programs August 4, 5,6 | No drop-in classes August 4, 5, 6 and September 1,2,3
Updated July 16, 2018

Registered Program Information

Non-Member Pricing (N/M) | Free for Members (M) (unless listed)

30+ Strength and ConditioningN/M: \$50

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 AgingM: \$40 | N/M: \$50

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 TRXM: \$40 | N/M: \$50

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.

FIT BarreM: \$40 | N/M: \$50

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.

Mommy Baby FitnessN/M: \$31.25

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. Be sure to bring your stroller.

UltraFIT TRXN/M: \$43.75

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 WeightsM: \$42 | N/M: \$52.50

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.

Tai ChiN/M: \$43.75

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.

No refunds after the first class.

The Northern Sport Centre reserves the right to limit enrollment or cancel programs.

Registration fees will be prorated for any cancelled programs.

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.

Drop-in classes have a maximum number of students to ensure adequate room to move about. You can pick up your NSC Class Pass at the Front Registration Desk no more than thirty (30) minutes before class time to confirm your spot.

Drop in classes are closed to late arrivals to avoid disrupting the instructor and students.

Children under twelve are not permitted to participate (unless it is child focused) or sit in on classes, outside the room or in the hallway while their parents participate.

Children 13 - 15 can participate with a parent/guardian in attendance.

Youth 16 - 18 are permitted without a parent/guardian.

Drop-In Program Information

Free for Members

Boomer FIT

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.

Core FIT

This thirty minute blast to your mid-section is a fun and effective way to improve posture, increase balance, and reduce back pain. A combination of plyometric cardio exercises and core stability routines will tone your body into perfection and help you find those abs you forgot you had!

Cycle FIT

This high-intensity class will challenge your cycling performance, cardiovascular fitness, and muscular endurance. If you want to take your cycle fitness to a new level, 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

Previously Crank 'N' Core, this class offers both strength and sweat! Be ready to push through hill climbs and sprints on our bikes followed by a fun and challenging muscular conditioning workout using dumbbells and barbells.

FIT Camp

Northern Sport Centre's signature Boot Camp will take up your fitness up a notch with this 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 to start if you are new to yoga or just needing to slow down and enjoy the relaxing benefits of the practice. The class is slower paced and you will receive lots of assistance to give you the foundation to improve your strength and balance.

Strong n' Fit

Get strong and fit in our upbeat group strength class using bars and dumbbell weights. You will train to improve full body strength and endurance with engaging and dynamic routines designed to take you and your fitness to the next level.

Trainer on the Track

Not sure how to use the weight machines? Curious about kettlebells? We've taken the traditional fitness orientation and made it more personal.

Yin Yoga

Take time to restore, relax, and return to your breath through a slow, nourishing practice. In the practice of Yin, allow your body to passively release into a 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 based on the instructor's teaching practice. No previous yoga experience is necessary!

Yoga Flow

Yoga Flow offers a more 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 bring balance to the mind and body. This class is offered in the intermediate and all abilities levels.

Zumba

Zumba is an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Drop-In RecNorth Summer 2018

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.

Monday

9:00am - 1:00pm

Drop-In Pickleball

Gym 1

4:30pm - 7:30pm

Drop-In Pickleball

Gym 1

6:00pm - 9:00pm

Drop-In Soccer

Field 2

Wednesday

9:00am - 1:00pm

Drop-In Pickleball

Gym 1

4:30pm - 7:30pm

Drop-In Pickleball

Gym 1

6:00pm - 9:00pm

Drop-In Soccer

Field 2

Friday

9:00am - 1:00pm

Drop-In Pickleball

Gym 1

4:00pm - 7:30pm

Drop-In Basketball

Gym 1

6:00pm - 9:00pm

Drop-In Soccer

Field 2

Tuesday

7:00pm - 9:00pm

Drop-In Basketball

Gym 1

Thursday

7:00pm - 9:00pm

Drop-In Basketball

Gym 1

Saturday

10:00am - 2:00pm

Drop-In Basketball

Gym 1

Free for Members.

\$6.00 drop-in for non-members.

All space availability subject to events.



Drop-in classes
Registered programs

July 3 – September 9

July 3 – August 26

No registered programs
No drop-in classes

August 4, 5, 6

August 4, 5, 6

September 1, 2, 3

northersportcentre.ca
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