

## 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.

## Bellyfit

Bellyfit® Strong Sexy Sacred™ is the ultimate holistic fusion of Dance, Fitness and Yoga designed specifically for women. Set to a soundtrack of the best electronic dance music and ambient tracks available join us for forty minutes of sweaty, high-energy cardio, ten minutes of targeted + full body core work and a ten-minute cool down of relaxing stretches. Shoes and a yoga mat are required.

## 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.

## Groove IT

Spend the hour dancing your way through this dynamic, multi-level, cardio workout with easy to follow patterns. It is the ultimate combination of dance and functional movement to provide a unique cross training fitness experience no matter how your inner athlete likes to play! No dance experience needed and all abilities are welcome.

## Nia

Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. Nia cardio-dance workouts combine 52 simple moves with dance arts, martial arts, and healing arts practiced barefoot, and adaptable to individual needs and abilities class.

## 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 expanded it to three times a week.

## 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 combining breath and physical postures to improve 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.

## 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 classes are free for NSC Members.

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.

As a courtesy to all, please limit your use of scents such as perfume and cologne when attending classes.

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.

Outdoor shoes are not permitted in the fitness areas. Spitting is not permitted in the field or on the track.

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

# Drop-In RecNorth Winter 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 - 11:00am

Drop-In Beginner Pickleball

Gym 1

11:00am - 1:00pm

Drop-In Intermediate Pickleball

Gym 1

1:00pm - 3:00pm

Drop-In Advanced Pickleball

Gym 1

9:00am - 12:00pm

Drop-In Badminton

Gym 3

3:30pm - 5:00pm

Drop-In Basketball

Gym 1

8:00pm - 10:00pm

Drop-In Wheelchair Basketball

Gym 3

## Tuesday

12:00pm - 3:00pm

Drop-In Advanced Pickleball

Gym 1

## Wednesday

9:00am - 11:00am

Drop-In Beginner Pickleball

Gym 1 + 3

11:00am - 1:00pm

Drop-In Intermediate Pickleball

Gym 1 + 3

1:00pm - 3:00pm

Drop-In Advanced Pickleball

Gym 1 + 3

## Thursday

12:00pm - 3:00pm

Drop-In Advanced Pickleball

Gym 1

9:00pm - 11:00pm

Drop-In Basketball

Gym 1

## Friday

9:00am - 11:00am

Drop-In Beginner Pickleball

Gym 1

11:00am - 1:00pm

Drop-In Intermediate Pickleball

Gym 1

1:00pm - 3:00pm

Drop-In Advanced Pickleball

Gym 1

## Saturday

10:00am - 2:00pm

Drop-In Basketball

Gym 1

## Sunday

1:00pm - 4:00pm

Drop-In Pickleball

Gym 1 + 3

Round Robin Play

Free for Members

\$6.00 drop-in for non-members

All space availability subject to events



    
northernsportcentre.ca  
250-960-6366

## Session 1

January 8 - March 4

## Session 2

March 5 - April 29

## No Classes

Easter: March 30 - April 2