

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 6:55am							
7:00am - 7:55am							
8:00am - 8:55am		Active Aging <i>Laurie - Studio 1</i>		Active Aging <i>Laurie - Zone 6</i>		Active Aging TRX <i>Laurie - Zone 6</i>	
9:00am - 9:55am		Active Aging <i>Laurie - Studio 1</i>		Active Aging <i>Laurie - Zone 6</i>		Active Aging <i>Laurie - Zone 6</i>	
10:00am - 10:55am	Weekend Warrior (10:00am - 11:25am) <i>Laurie - Zone 6</i>		Tai Chi <i>Paz</i> <i>Studio 1</i>	Fusion Strength <i>Laurie - Zone 6</i>	Tai Chi <i>Paz - Studio 1</i>		Circuit Blast (10:00am - 10:45am) <i>Lon/James</i> <i>Zone 5</i>
11:00am - 11:55am							
12:00pm - 12:55pm							
1:00pm - 1:55pm			30+ Strength & Conditioning <i>Alisha - Zone 6</i>		30+ Strength & Conditioning <i>Alisha - Zone 6</i>		
4:00pm - 4:55pm							
5:00pm - 5:55pm					Women on Weights (4:30pm - 5:25pm) <i>James - Zone 7</i>		
6:00pm - 6:55pm		Aerial Yoga <i>Jenna</i> <i>Studio 1</i>		Fit Barre <i>Brook</i> <i>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>James - Zone 3</i>	
8:00pm - 8:55pm							

30+ Strength and Conditioning

Member: Free **Non-member: \$43.75**
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 instrumental in decreasing the risk of injury while increasing physical longevity.

Active Aging

Member: \$35.00 **Non-member: \$43.75**

Stay healthy and strong for life in this low impact class that increases strength, mobility and improves posture. With a combination of cardio and muscular conditioning, the instructor works with each individual's level of ability to ensure success.

Active Aging TRX

Member: \$49.00 **Non-member: \$56.00**

Using your body weight and the TRX suspension apparatus, the instructor will guide you to a complete workout. All fitness levels are welcome! You can expect to target every major muscle group as well as improve balance, flexibility and mobility.

RETURNING! Aerial Yoga

Member: \$49.00 **Non-member: \$61.25**

This class utilizes the aerial hammock as a prop to your regular practice on the ground. It incorporates rejuvenating inversions, poses and vinyasas that allow your spine to decompress leaving you feeling relaxed and empowered. While scaled to all levels of fitness, we cannot accept participants that are pregnant, have glaucoma, vertigo or high/low blood pressure due to inversions and hammock use. Please contact the Programming Coordinator prior to registering if you have any questions.

Circuit Blast

Member: Free **Non-member: \$43.75**

Head over to Zone 5 for this 45 minute circuit run on our multi-station jungle gym. This class will increase your heart rate, body temperature and encourages speed, strength and cardiovascular and endurance benefits.

Fit Barre

Member: \$35.00 **Non-member: \$43.75**

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: \$35.00 **Non-member: \$43.75**
Fusion Strength offers total body strengthening from the inside out. Emphasis is on core activation and strengthening using Pilates influenced exercises. The instructor uses tools to challenge include resistance tubing, stability balls, BOSU, sliders, and weights. The routines emphasize strengthening and activating the deep-layer stabilizing muscles while using body weight and equipment-based exercises. Led by Laurie, this popular class is a distinct (and fun!) departure from traditional fitness!

NEW! Intro to Weightlifting

Member: \$49.00 **Non-member: \$61.25**

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!

Tai Chi

Member: Free **Non-member: \$43.75**

Tai Chi's gentle movements combine yoga and meditation followed by smooth and graceful transitions. Paz follows the 24 Simplified Yang Style derived from the Taoist principle and Chen Style of Tai Chi. You will calm your mind, improve balance and connect with your "chi" the force that Chinese philosophy believes animates the body.

Weekend Warrior

Member: \$52.50 **Non-member: \$65.63**

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: \$49.00 **Non-member: \$61.25**

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 (or participate unless it is child-focused).

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.

Members still must register for the programs that are free.

No refunds after the first class.

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.

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.



Registration Dates

	Members	Non-Members
Session 1	August 27	September 03
Session 2	October 15	October 22

Hours

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



Session 1
September 17 - November 04

Session 2
November 05 - December 23

northernsportcentre.ca
250-960-6366

