

Group Fitness Drop-In Classes

Fall 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 6:55am		Cycle FIT Brook - Zone 6	Strong n' FIT David - Zone 6	Yoga Alisha - Studio 1 FIT Camp David - Zone 6	Strong n' FIT Brook - Zone 6	Cycle n' Sculpt Brook - Zone 6	
7:00am - 7:55am							
8:00am - 8:55am						Trainer on the Track Brook	
9:00am - 9:55am	Gentle Yoga Cynthia Studio 1	Cycle FIT Rebecca - Zone 6	FIT Camp Liz - Zone 6	Strong n' Fit Brook - Studio 1	Cycle FIT Rebecca - Zone 6	Strong n' FIT Brook - Studio 1	FIT Camp Kascha/Lon - Zone 6 Yoga Flow Alisha Studio 1
10:00am - 10:55am			Trainer on the Track Liz		Gentle Yoga Cynthia - Studio 1		Bellyfit Lisa Studio 1
11:00am - 11:55am		Yin Yoga 10:30am - 11:40am Vivian - Studio 1		Yin Yoga 10:30am - 11:40am Vivian - Studio 1		Yin Yoga 10:30am - 11:40am Vivian - Studio 1	
12:00pm - 12:55pm		Yoga Vivian - Studio 1	Yoga Flow Gillian - Studio 1	Yoga Vivian - Studio 1	Yoga Flow Cynthia - Studio 1	Gentle Yoga Vivian - Studio 1	
5:00pm - 5:55pm		Nia Kathleen Studio 1 Cycle n' Sculpt Rebecca Zone 6	Zumba Benita Studio 1 FIT Camp Rebecca Zone 6	Zumba Kathleen Studio 1 Strong n' FIT Rebecca - Zone 6	Cycle FIT Alisha - Zone 6	Yoga Alisha - Studio 1 FIT Camp Kascha/Lon Zone 6	
6:00pm - 6:55pm		Core FIT (30 mins) Rebecca - Zone 6	Yoga Flow Taylor - Studio 1		Yoga Flow Laura - Studio 1	Yoga Flow Gillian - Studio 1 FIT Camp David - Zone 6	Core FIT (30 mins) Kascha/Lon - Zone 6
7:00pm - 7:55pm		Yin Yoga Taylor - Studio 1	Groove It Lisa - Studio 1 Trainer on the Track Josh	Strong n' FIT 6:30pm - 7:25pm Kascha Zone 6	Bellyfit Lisa - Studio 1	Groove It Lisa - Studio 1	

No classes November 12 & 13

Updated November 9, 2017

NEW! 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.

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 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.

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.

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.

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.

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 RecNorth Fall 2017

Monday

9:00am - 3:00pm
Drop-In Beginner/INT
Pickleball
Gym 1

6:00pm - 11:00pm
Drop-In Basketball
Gym 1

Tuesday

10:00am - 12:00pm
Drop-In Soccer
Field 2

1:00pm - 4:00pm
Drop-In Advanced
Pickleball
Gym 1

Wednesday

9:00am - 3:00pm
Drop-In Beginner/INT
Pickleball
Gym 1

6:00pm - 11:00pm
Drop-In Basketball
Gym 1

Thursday

10:00am - 12:00pm
Drop-In Soccer
Field 2

1:00pm - 4:00pm
Drop-In Advanced
Pickleball
Gym 1

6:30pm - 8:00pm
Drop-In Wheelchair
Basketball
Gym 1

Friday

9:00am - 3:00pm
Drop-In Beginner/INT
Pickleball
Gym 3

Sunday

1:00pm - 4:00pm
Drop-In Beginner/INT
Round Robin Pickleball
Gym 1

Free for
Members

\$6.00 drop-in for
non-members

All space
availability
subject to events



Session 1

September 18 –
October 29

Session 2

October 30 –
December 23

No Classes

November 12 & 13

Swim & Gym
November

600 Lap Challenge
November and December

12 Days of Fitness
December 1 - 12