

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am - 8:55am		<b>Active Aging Step</b> <i>Laurie - Studio 1</i>		<b>Active Aging Strength</b> <i>Laurie - Studio 1</i>		<b>Active Aging TRX</b> <i>Laurie - Zone 6</i>	<b>Women on Weights</b> <i>James - Zone 7</i>
9:00am - 9:55am		<b>Fusion Strength (Level 1)</b> <i>Laurie - Studio 1</i>		<b>Active Aging Strength</b> <i>Laurie - Studio 1</i>		<b>Active Aging TRX</b> <i>Laurie - Zone 6</i>	
10:00am - 10:55am	<b>Weekend Warrior</b> <i>(10:00am - 11:25am)</i> <i>Laurie - Zone 6</i>		<b>Tai Chi</b> <i>Paz - Studio 1</i>		<b>Tai Chi</b> <i>Paz - Studio 1</i>		<b>Circuit Blast</b> <i>(10:00am - 10:45am)</i> <i>Lon/James - Zone 5</i>
4:00pm - 4:55pm		<b>Women on Weights</b> <i>(4:30pm - 5:25pm)</i> <i>James - Zone 7</i>		<b>Women on Weights</b> <i>(4:30pm - 5:25pm)</i> <i>James - Zone 7</i>			
5:00pm - 5:55pm							
6:00pm - 6:55pm		<b>Aerial Yoga (All Levels)</b> <i>Jenna - Studio 1</i>	<b>Fit Barre</b> <i>Brook - Studio 2</i>	<b>Aerial Yoga (Advanced)</b> <i>Jenna - Studio 1</i>	<b>Fit Barre</b> <i>Brook - Studio 2</i>		
7:00pm - 7:55pm			<b>Intro to Weightlifting</b> <i>Lon - Zone 3</i>		<b>Intro to Weightlifting</b> <i>James - Zone 3</i>		

### Active Aging Step

**Member: \$38.50** **Non-member: \$46.20**  
This a new class offered at the NSC and is sure to be popular! In a group exercise setting, adults 55+ will build agility, balance and cardio with step interval routines that will challenge muscle endurance, core and stretching.

### Active Aging Strength

**Member: \$44.00** **Non-member: \$52.80**  
If you were a fan of our Active Aging class, don't miss this new modified version. Intervals of cardio endurance on the spin bikes or the track will be paired with challenging strength exercises using barbells, dumbbells and body bars. Stability balls or BOSU will also be introduced to improve balance, core strength and range of motion.

### Active Aging TRX

**Member: \$38.50** **Non-member: \$46.20**  
You can expect to target every major muscle group as well as improve balance, flexibility and cardio with this popular program. Using the TRX suspension apparatus, participants 55+ will use intervals of strength and endurance exercises in conjunction with cardiovascular training on the track or spin bikes. Stability balls or BOSU may be used here as well to complement.

### Aerial Yoga

**Member: \$52.00** **Non-member: \$62.40**  
Back by popular demand, Aerial Yoga takes your traditional yoga practice to new heights! New for 2019, we are offering two different learning opportunities depending on your comfort and ability: **All Levels** and **Advanced**. Only register for the Advanced if you have taken an Aerial Yoga class before and are familiar and comfortable with the practice. If you are not sure, please contact our Programmer at 250 960 5335 to discuss. We cannot accept participants that are pregnant, have glaucoma, vertigo or high/low blood pressure due to inversions and hammock use.

### Circuit Blast

**Member: \$35.00** **Non-member: \$42.00**  
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: \$52.00** **Non-member: \$62.40**  
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 - Level 1

**Member: \$38.50** **Non-member: \$57.75**  
This popular program builds muscle strength right at the core! Deep stabilizing core muscles are activated and strengthened while using tools such as stability balls, sliders, hand weights and resistance bands to strengthen and balance total body. The class ends with an energizing and lengthy passive stretch.

### Intro to Weightlifting

**Member: \$50.00** **Non-member: \$60.00**  
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: \$35.00** **Non-member: \$42.00**  
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: \$70.00** **Non-member: \$84.00**  
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: \$50.00** **Non-member: \$60.00**  
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.

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.

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	December 17	December 24
Session 2	February 18	February 25

## No Classes

January - April	
Family Day	February 18
Easter Weekend	April 19-22

## Hours

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



**Session 1**  
January 7 - March 3

**Session 2**  
March 4 - April 28

**Free Demo Week**  
January 7 - 13

[northernsportcentre.ca](http://northernsportcentre.ca)  
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