

Fall 2020 Class Schedule: September 14 - December 20

Group Fitness Drop-In Classes
 Registered Programs

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 7:00am		Fit Camp Kim - Field 2	Cycle Fit David - Wolf Den	Fit Camp Kim - Field 2	Cardio n' Core David - Studio 1	Fit Camp David - Field 2	
8:00am - 9:00am		Active Aging Essentials 8:00am - 8:45am Laurie - Studio 1		Active Aging Strength 8:00am - 8:45am Laurie - Studio 1		Active Aging Strength 8:00am - 8:45am Laurie - Field 2	
9:00am - 10:00am	Sculpt n' Core Kim - Studio 1	Weekend Warrior 9:00am - 10:30am Laurie - Wolf Den/Gym 3	Active Aging Essentials 9:15am - 10:00am Laurie - Studio 1	Cardio n' Core Alex - Field 2	Tai Chi 8:30am - 9:30am Paz - Studio 1	Fit Camp Alex - Field 2	Active Aging Strength 9:15am - 10:00am Laurie - Field 2
10:00am - 11:00am	Yoga Flow 10:30am - 11:30am Denise - Studio 1						Fit Camp Lon / Alex - Field 2
11:00am - 12:00pm		Boomer Fit 10:30am - 11:30am Kim - Studio 1	Boomer Fit 10:30am - 11:30am Alex - Studio 1	30+ Strength & Conditioning 10:30am - 11:30am Kim - Field 2	Yin Yoga 10:30am - 11:30am Vivian - Studio 1	Boomer Fit 10:30am - 11:30am Alex - Studio 1	30+ Strength & Conditioning 10:30am - 11:30am Kim - Field 2
12:00pm - 1:00pm		Yoga Leah - Studio 1	Gentle Yoga Gillian - Studio 1	Yoga Vivian - Studio 1	Cycle Fit 12:15pm - 1:00pm Rebecca - Studio 1	Yin Yoga 10:30am - 11:30am Vivian - Studio 1	Boomer Fit Kim - Field 2
4:00pm - 5:00pm							Group Meditation Matthew - Studio 1
5:00pm - 6:00pm		Cycle Fit Rebecca - Wolf Den	Zumba Benita - Studio 1	Yoga Flow Denise - Studio 1	The Greatest Loser Kim - Gym 3	Zumba Benita - Studio 1	Zumba Lily - Studio 1
6:00pm - 7:00pm		Yoga Flow Denise - Studio 1	The Greatest Loser Kim - Gym 3		Cycle Fit 5:30pm - 6:30pm Rebecca - Wolf Den		
7:00pm - 8:00pm			Gentle Yoga Leah - Studio 1	Fit Camp 7:30pm - 8:30pm Lon - Field 2	Nia 6:30pm - 7:30pm Kathleen - Studio 1	Fit Camp 6:30pm - 7:30pm Alex - Field 2	Fit Camp 6:30pm - 7:30pm Kim - Field 2
							Power Yoga 9:30am - 10:30am Leah - Studio 1

Fall Hours

September - April

Monday - Friday: 5:30am – 11:00pm | Saturday/Sunday: 7:00am – 10:00pm
Stat Holidays: 8:00am – 8:00pm

Updated September 8, 2020



Registered Programs

Active Aging Strength

Member: \$43.75 Non-member: \$52.50

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 Essentials

Member: \$45 Non-member: \$52.50

When it comes to healthy aging, balance, cardio and muscle strength are essential. Participants will work hard using hand weights, stability balls bands, and more.

NEW! Group Meditation

Member: \$49 Non-member: \$58.80

Experience the benefits of group meditation led by Matthew McConaghy. He will expertly lead you through a transformative and peaceful session with the option of sharing and discussion after. Whether this is your first time meditating or you have a seasoned practice, you will find Matthew's approach welcoming and attainable.

30+ Strength & Conditioning

Member: \$49 Non-member: \$58.80

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 routines instrumental in decreasing the risk of injury.

NEW! The Greatest Loser

Member: \$104 Non-member: \$124.80

Set a new health goal for yourself this fall! Register for this motivating, fitness program delivered twice a week. You will develop cardiovascular endurance, muscular strength, core stability and could win a \$100 GC! Men and women of all fitness levels are welcome! Weekly nutritional tips, weigh-ins, and exercise homework will help keep you inspired and on track.

Weekend Warrior

Member: \$68.25 Non-member: \$81.90

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!

No refunds after the first class. Registration fees will be pro-rated for any cancelled classes. Prices do not include taxes. Prices are per class weekday, per session.

Drop-In Classes Free for Members

Boomer Fit

Age is just a number in this fun and popular class for those 50+! Grab a friend (or meet a new one!) as you exercise your way to fitness or an improved fitness level using weights, bands and more. If you have medical issues that have limited your participation, Boomer Fit is for you.

Cardio n' Core

Get your heart pumping with an energetic mix of tabata, HIIT and other cardio-style routines. Core work in the last twenty minutes ensures a total workout experience.

Cycle Fit

This high intensity class will challenge your cycling performance, cardiovascular fitness and muscular endurance. This is your class. Cycle Fit is suitable for riders fresh off the training wheels as well as those seeking a new challenge.

Fit Camp

Northern Sport Centre's signature Boot Camp will take amp up your fitness using an 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 if you are new to yoga or feel the need for a more restful approach. The slower pace allows for personal guidance while building a foundation to improve your strength and balance.

Nia (Non Impact Aerobics)

Nia is a fun, energizing and inspirational fitness experience! Nia uniquely blends dance, martial arts & the healing arts, with a variety of eclectic music and simple, creative, choreography.

Power Yoga

Power Yoga is the perfect blend of combining strength and relaxation all into one class. Using traditional yoga poses integrated with dynamic vinyasas and challenging postures you will build strength and concentration. Enjoy a peaceful savasana.

Sculpt n' Core

Join us for this innovative mix of Pilates, Fit Barre, and toning floor work that incorporates body weight and equipment like weights and foam rollers. Each instructor will bring their own twist to this new class so expect the unexpected!

Tai Chi

You will calm your mind, improve balance and connect with your "chi" the force that Chinese philosophy believes animates the body. Paz follows the 24 Simplified Yang Style derived from the Taoist principle and Chen Style of Tai Chi.

Yin Yoga

Take time to restore, relax and return to your breath through a slow, nourishing practice led by Vivian. In the practice of Yin, allow your body to passively release into 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 depending on the instructor's teaching practice.

Yoga Flow

Yoga Flow offers a 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 balance the mind and body.

Zumba

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

Drop-In RecNorth Fall 2020

Free for Members.

\$6.12 drop-in for non-members.

All space availability subject to events.

Equipment rental and loan are cancelled until further notice. Players must bring their own balls and racquets.

*Only two badminton and two pickleball nets will be set up in a gymnasium at any time to ensure physical distancing. This will be re-evaluated in the coming months.

Badminton*

Saturday 8:00am – 12:00pm Gym 3

Basketball

Monday 12:00pm – 3:00pm Gym 2
Wednesday 9:00pm – 10:30pm Gym 1+2
Thursday 6:00pm – 10:00pm Gym 2

Batting Cage

Users must bring their own bats, balls and gloves. Helmet must be worn at all times.

Monday 6:30am – 9:30am Field 1
Wednesday 6:30am – 9:30am Field 1
Thursday 6:30am – 9:30am Field 1

Pickleball*

Monday 9:00am – 3:00pm Gym 1
9:00am – 11:30am Gym 3
Tuesday 9:00am – 3:00pm Gym 1
9:00am – 11:30am Gym 3
Wednesday 9:00am – 3:00pm Gym 1
9:00am – 11:30am Gym 3
Thursday 9:00am – 3:00pm Gym 1
9:00am – 11:30am Gym 3
Friday 9:00am – 3:00pm Gym 1
9:00am – 11:30am Gym 3
Saturday 1:00pm – 5:00pm Gym 1+3

Volleyball

Thursday 12:00pm – 3:00pm Gym 2
Saturday 6:00pm – 10:00pm Gym 1

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.

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. This is a user pay facility. If you are not a member the drop-in fee must be paid.



Program Registration

Session 1: Sept. 14 - Nov. 1
Session 2: Nov. 2 - Dec. 20

Member

Aug. 24
Oct. 19

Non-Member

Aug. 31
Oct. 26

No classes

October 12 Thanksgiving
November 11 Remembrance Day



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