



ACTIVE AGING SERVICES

RATES

	Seniors (55+)
Annual Monthly Rate	\$35.23
Annual Monthly Spouse Rate	\$32.95
31 Day Pass	\$55.34
31 Day Spouse Pass	\$51.80
10 Visit Pass (no expiry)	\$95.25
Daily Admission	\$11.35

Some conditions apply. Prices listed before tax, subject to change. \$10.00 Access Key fee applies per person.

- Free Group Fitness Drop-In Classes
- 50% Off Registered Programs
- Complimentary Parking Permit (up to two hours)
- Suspend (temporary hold) your membership up to three months (great for snow birds)
- Towel service
- Come up and meet our friendly and knowledgeable Personal Trainers. Many of them have special training in low impact fitness, rehabilitation, and are great motivators!

HOURS FOR EARLY BIRDS AND NIGHT OWLS

	September - April	May & June	July & August
Monday - Friday	5:30am - 11:00pm	5:30am - 10:00pm	5:30am - 9:00pm
Saturday & Sunday	7:00am - 10:00pm	8:00am - 9:00pm	8:00am - 7:00pm

INDOOR TRACK

Grab a friend and get moving on Prince George's only indoor track! Three lanes walking, jogging, and running, roomy and comfy is the safe and warm place for walkers and runners of all speeds and abilities - all you need is a pair of running shoes!

Call Tania at
250 960 6356 for
your Personal Tour!

Aging with Attitude Week

Join us **September 26 - 30** for five days of FREE tours, drop-in fitness classes and Pickleball and Badminton games!

Buses 15, 16, 17 and 18 will get you here!

Badminton

Tuesday & Thursday - 9:00am - 12:00pm

Pickleball

Monday, Wednesday & Friday - 9:00am - 12:00pm

**Secure environment
away from the
weather elements.**

**AED and Security on
site!**

SPECIALTY PROGRAMMING!

Boomer FIT

This 50+ program is led by a Kinesiologist and Exercise Physiologist who will have you on your way to fitness or improving your fitness level, with age and medically specific training. If you are an older adult and have medical issues that have previously limited your participation, this is your chance!

Active Aging

It's no secret that fitness and quality of life are linked. This low impact class, combining cardio and strength training, is designed to keep you moving. Increase your strength and mobility, improve posture and help combat osteoporosis. This small group program is tailored to the participants that register.

Yoga Flow

These sessions provide a broad introduction and experience of yoga. Whether you're a beginner or advanced yoga student, the benefits of this class can include stress reduction, increased flexibility, improved core strength, lower anxiety and more efficient circulation.

Yin Yoga

Slow. Soft. Nurturing. In the practice of Yin, we allow our bodies to passively release into deeper relaxation, flexibility and ease of mind. This mindful meditation weaves yogic philosophy and teachings into the physical practice.



250 960 6366 | www.northernsportcentre.ca