

Drop In Fitness Classes - Holidays 2017

	Wednesday Dec 27	Thursday Dec 28	Friday Dec 29	Saturday Dec 30
6:00am - 6:55am	FIT Camp <i>Brook - Zone 6</i>	Strong n' FIT <i>Brook - Studio 1</i>	Cycle & Sculpt <i>Brook - Zone 6</i>	
7:00am - 7:55am				
8:00am - 8:55am				
9:00am - 9:55am	Yoga <i>Alisha - Studio 1</i>	Cycle FIT <i>Alisha - Zone 6</i>	FIT Camp <i>Alisha - Zone 6</i>	
10:00am - 10:55am				Yoga Flow <i>Cynthia - Studio 1</i>
11:00am - 11:55am				
12:00pm - 12:55pm	Yoga <i>Vivian - Studio 1</i>	Yoga Flow <i>Cynthia - Studio 1</i>	Gentle Yoga <i>Vivian - Studio 1</i>	
1:00pm - 1:55pm				
2:00pm - 2:55pm				
4:00pm - 4:55pm				
5:00pm - 5:55pm	Zumba <i>Benita - Studio 1</i>			

Free Demo Week: January 2 - 7, 2018
Updated December 6, 2017

Drop-In RecNorth Holidays 2017

December 27

9:00am - 11:00am
Drop-In Beginner Pickleball
Gym 1

11:00am - 1:00pm
Drop-In Intermediate Pickleball
Gym 1

1:00pm - 3:00pm
Drop-In Advanced Pickleball
Gym 1

December 28

9:00am - 11:00am
Drop-In Beginner Pickleball
Gym 1

11:00am - 1:00pm
Drop-In Intermediate Pickleball
Gym 1

1:00pm - 3:00pm
Drop-In Advanced Pickleball
Gym 1

December 29

9:00am - 11:00am
Drop-In Beginner Pickleball
Gym 1

11:00am - 1:00pm
Drop-In Intermediate Pickleball
Gym 1

1:00pm - 3:00pm
Drop-In Advanced Pickleball
Gym 1

December 31

9:00am - 10:30am
Drop-In Beginner/INT Pickleball
Gym 1

10:30am - 12:00pm
Drop-In Advanced Pickleball
Gym 1

Free for Members

\$6.00 drop-in for non-members

All space availability subject to events



northersportcentre.ca
250-960-6366

Holiday Hours

December 24 <i>Christmas Eve</i>	7:00am - 4:00pm
December 25 <i>Christmas Day</i>	CLOSED
December 26 <i>Boxing Day</i>	CLOSED
December 27 - 30	5:30am - 8:00pm
December 31 <i>New Year's Eve</i>	7:00am - 4:00pm
January 1 <i>New Year's Day</i>	CLOSED
January 2	5:30am - 11:00pm

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 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.

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.

Yoga

Enjoy the ancient practice of combining your breath and physical postures to improve 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.

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.

As a courtesy to all, please limit your use of scents such as perfume and cologne when attending classes.

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.

Winter 2018 Registration Dates

Members Monday, December 18

Non-Members Wednesday, December 27

Free Demo Week : January 2 - 7, 2018

Monthly Pre-Authorized & Pre-Paid Membership

Six month – two year rates
(effective September 1, 2017)

ANNUAL MONTHLY MEMBERSHIP

Adult (19+)	\$54.51
Senior (55+)	\$35.93
Youth (13-18)	\$37.08
<small>(first youth is free with an adult membership, second is 50% off)</small>	
Child (0-12)	Free
Student	\$42.86
Spouse	\$33.61
Corporate	\$46.76
UNBC Alumni	\$46.76

31 DAY PASS

Adult (19+)	\$85.62
Seniors (55+)	\$56.45
Youth (13-18)	\$58.29
Child (0-12)	Free
Student	\$67.39
Spouse	\$52.84

Corporate and UNBC Alumni - Not available. Taxes are extra

TEN-VISIT PASS (NO EXPIRY)

All	\$97.14
Children (0-12yrs).....	Free

DAILY ADMISSION

All	\$11.58
Children (0-12yrs).....	Free
Pickleball Drop-In.....	\$6.00

Please note:

Prices do not include taxes
\$10.00 Access Fob Key Fee Applies to all