

Summer 2022 Class Schedule: June 27 – August 21

Group Fitness Classes
 Registered Programs

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
6:00am - 7:00am		Cycle Fit David - Zone 6				HIIT Bootcamp David - Zone 6			
8:00am - 9:00am		Active Aging Strength 8:00am - 8:50am Laurie - Studio 1			Active Aging TRX 8:00am - 8:50am Laurie - Zone 6				
9:00am - 10:00am		Active Aging Strength 9:00am - 9:50am Laurie - Studio 1	Fit Camp Kim - Zone 6		Fit Camp Kim - Zone 7	Active Aging TRX 9:00am - 9:50am Laurie - Zone 6	Fit Camp Lon - Zone 6	Hatha Yoga 9:00am - 10:15am Leah - Studio 1	
10:00am - 11:00am		Yin Yoga Fusion 10:30am - 11:45am Vivian - Studio 1	Boomer Fit 10:30am - 11:25am Erica - Zone 6	Boomer Fit 10:30am - 11:25am Erica - Zone 6	Yin Yoga 10:30am - 11:45am Vivian - Studio 1	Boomer Fit 10:30am - 11:25am Rebecca - Zone 6	Yin Yoga 10:30am - 11:45am Vivian - Studio 1	Aerial Yoga 10:30am - 11:30am Leah - Studio 1	Core Fit 10:15am - 10:45am Lon - Zone 6
11:00am - 12:00pm									
12:00pm - 1:00pm				Yoga Vivian - Studio 1		Gentle Yoga Vivian - Studio 1			
1:00pm - 2:00pm			Gentle Yoga Leah - Studio 1		Power Yoga Leah - Studio 1				
5:00pm - 6:00pm		Cycle n' Core Rebecca - Zone 6		Vinyasa Yoga Leah - Studio 1	Strength n' Conditioning Rebecca - Zone 6	Vinyasa Yoga Leah - Studio 1			
6:00pm - 7:00pm		Fit Camp 6:15pm - 7:15pm Kim - Zone 6	Fit Camp Lon - Zone 6	Fit Camp 6:15pm - 7:15pm Kim - Zone 6					
7:00pm - 8:00pm		Boxer Fit Jacob - Studio 1	Core Fit 7:15pm - 7:45pm Lon - Zone 6	Boxer Fit Jacob - Studio 1					

Summer Hours

July - August Hours

Monday - Friday: 5:30am - 9:00pm | Saturday - Sunday: 8:00am - 7:00pm
 July 1: 8:00am - 7:00pm | August 1: 8:00am - 7:00pm

No Classes:

July 1: Canada Day
 August 1: BC Day



Registered Programs

These specialty programs are open to members and non-members.

Members can register beginning: June 13.

Non-members can register beginning June 20.

Active Aging Strength

Member: \$50 Non-member: \$60

Stay healthy and strong for life in this low impact class in Studio 1 designed to keep you moving, increase your strength and mobility and improve your posture. Instructor Laurie combines cardio and muscular conditioning that works with every individual's level of ability.

Active Aging TRX

Member: \$50 Non-member: \$60

Join Laurie and use your body weight and the TRX suspension apparatus in Zone 6 for a complete workout. All fitness levels are welcome! You can expect to target every major muscle group as well as improve balance, flexibility and mobility.

Aerial Yoga

Member: \$60 Non-member: \$75

This all-level class utilizes the aerial hammock as a prop to your regular practice on the ground. It incorporates rejuvenating inversions, poses and vinyasas that allow your spine to decompress leaving you feeling relaxed and empowered.

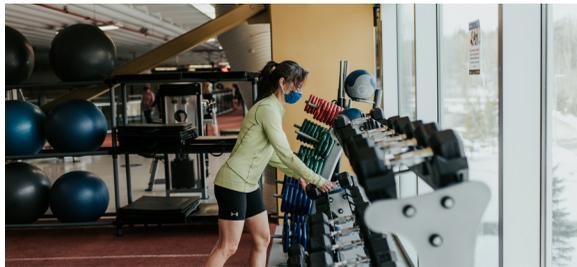
We cannot accept participants that are pregnant, have glaucoma, vertigo or high/low blood pressure due to inversions and hammock use. Please contact the Programming Coordinator prior to registering if you have any questions.

Boxer Fit

Member: \$64 Non-member: \$76.80

Train like Rocky using heavy bags and air drills in this popular program. Led by Jacob in Studio 1, this popular class is a non-contact, conditioning class, and will not involve sparring. Participants must bring their own boxing gloves. Hand wraps are also recommended. The Northern Sport Centre will not supply gloves to be shared.

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. Prices listed are the higher rate. Depending on the day you choose, the price may be lower. Visit www.northernsportcentre.ca to view all prices.



Group Fitness *Free for Members*

Group fitness classes are part of your membership. Pick up your class pass 30 minutes before class starts. One pass per person. No taking passes to save a spot for others. Space is first-come first serve.

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, join us!

Core Fit

This 30-minute blast to your mid-section will improve posture, increase balance and reduce back pain. A combination of plyometric cardio and core stability routines will find those abs you forgot you had.

Cycle Fit

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

Cycle n' Core

We combined Cycle Fit and Core Fit for this popular class! 35 minutes of cycling and 20 minutes of core work on the floor will jumpstart your week and build cardio and strength.

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 *(Last Class - Aug. 2)*

Gentle Yoga is a great class if you are new to yoga or feel the need for a more restful approach. Vivian leads a slower pace that allows for personal guidance while building a foundation to improve your strength and balance.

Hatha Yoga

This introductory yoga class will explore some foundational asanas (yoga poses). The goal of hatha yoga is to balance your body and mind, and to help you become a wholesome being. You will learn about the benefits and proper alignment in the basic yoga postures, and be introduced to pranayama and meditation.

HIIT Bootcamp

Get ready to sweat! This high intensity interval training class consists of circuit type training that incorporates cardio, resistance training, and core, all in a fast paced, feel the burn workout!

Power Yoga *(Last Class - Aug. 4)*

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 and leave feeling calm and empowered.

Strength n' Conditioning

This class uses dumbbells, kettlebells and your own body weight to increase strength, flexibility and cardio. Head up to Zone 6 for an energizing workout with other like-minded participants!

Vinyasa Yoga *(Last Class - Aug. 3)*

Vinyasa is a smooth sequence of yoga poses, seamlessly progressing from one to the next, anchored by the breath. Also known as flow, this dynamic style incorporates lengthening, strengthening, opening, core, and balance postures.

Yin Yoga

Make 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.

Yin Yoga Fusion

You will enjoy this balance and blend of active yoga and a gentle flow. Combining a passive side of Yin Yoga and a softening and surrender deep into the connective tissues, this class is a well-rounded practice and open to all levels.

Yoga

Join Vivian as she leads the ancient practice of uniting your breath and physical posture. Acquire improved flexibility, balance, strength and mental clarity. Yoga is for all levels and abilities. Classes range in style depending on the instructor's teaching practice. No previous yoga experience is necessary!

Things to Remember

- 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.*
- Classes are accessible for all levels – just do your best.*

Children and Youth

- Children 13 - 15 can participate with a parent/guardian in attendance.*
- Youth 16 + are permitted without a parent/guardian.*
- Children under 12 are not permitted to participate in classes.*
- Children under 12 cannot sit in on classes, outside the room or in the hallway while their parents participate.*

Updated July 5, 2022



Drop-In RecNorth

June 27 - August 21, 2022

Free for Members.

\$6.43 drop-in for non-members.

Equipment loan and rental is cancelled. Players must bring their own racquets, balls and birdies. Please bring your own disinfecting wipes to clean equipment. Diluted bleach is NOT permitted.

Recreation North is designed to fill vacant time slots when user groups are not booked in the gymnasiums or fieldhouse.

Space availability is subject to community bookings. Availability is updated via notices posted in the facility, the website, and on social media.

Badminton

Monday and Thursday 6:00 pm - 8:30 pm Gym 3

Pickleball

Tuesday and Thursday
All Levels 8:00 am - 12:00 pm Gym 3

Wednesday

All Levels 6:00 pm - 8:30 pm Gym 3

Volleyball

Tuesday and Friday 6:00 pm - 8:30 pm Gym 3



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250-960-6366