

Spring 2022 Class Schedule: April 25 - June 26

Group Fitness Classes
 Registered Programs

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 7:00am			Cycle Fit David - Zone 6		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		Active Aging Essentials 8:00am - 8:50am Laurie - Studio 1	Ready to Run David - Zone 6
9:00am - 10:00am	Weekend Warrior 9:00am - 10:30am Laurie - Zone 6	Active Aging Strength 9:00am - 9:50am Laurie - Studio 1	Gentle Vinyasa Leah - Studio 1	Active Aging TRX 9:00am - 9:50am Laurie - Zone 6		Active Aging Essentials 9:00am - 9:50am Laurie - Studio 1	Fit Camp Lon - Zone 6
10:00am - 11:00am							Aerial Yoga 10:30am - 11:30am Leah - Studio 1
10:00am - 11:00am	ROM and Roll 10:45am - 11:30am Laurie - Zone 6	Yin Yoga Fusion 10:30am - 11:45am Vivian - Studio 1	Boomer Fit 10:30am - 11:25am Erica - Zone 6	Fit at 50+ 10:30am - 11:30am Kim - Zone 6	Yin Yoga 10:30am - 11:45am Vivian - Studio 1	Boomer Fit 10:30am - 11:25am Rebecca - Zone 6	Core Fit 10:15am - 10:45am Lon - Zone 6
11:00am - 12:00pm					Fit at 50+ 10:30am - 11:30am Kim - Zone 6	Yin Yoga 10:30am - 11:45am Vivian - Studio 1	
12:00pm - 1:00pm				Yoga Vivian - Studio 1		Gentle Yoga Vivian - Studio 1	
4:00pm - 5:00pm				Vinyasa Yoga 4:30pm - 5:25pm Leah - Studio 1			
5:00pm - 6:00pm		Cycle n' Core Rebecca - Zone 6				Strength n' Conditioning Rebecca - Zone 6	Zumba Benita - Studio 1
6:00pm - 7:00pm				Nia 5:30pm - 6:30pm Kathleen - Studio 1			
6:00pm - 7:00pm			Fit Camp Lon - 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			

Spring Hours

May - June Hours

Monday - Friday: 5:30am - 10:00pm | Saturday - Sunday: 8:00am - 9:00pm
 May 23: 8:00am - 8:00pm | May 27 (UNBC Convocation) 6:00pm - 10:00pm

No Classes:

May 23: Victoria Day
 May 27: UNBC Convocation Day



Registered Programs

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

Members can register beginning: April 11.

Non-members can register beginning April 18.

Active Aging Essentials

Member: \$56.25 Non-member: \$67.50

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.

Active Aging Strength

Member: \$50.00 Non-member: \$60.00

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 instructor works with every individual's level of ability.

Active Aging TRX

Member: \$56.25 Non-member: \$67.50

Participants 55+ can expect to target every major muscle group as well as improve balance, flexibility and cardio using the TRX suspension apparatus.

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, Boomer Fit is for you.

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. If you want to take your cycle fitness to a higher 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' Core

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

Aerial Yoga

Member: \$90.00 Non-member: \$112.50

This 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. This class is scaled to all levels of fitness. *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: \$72.00 Non-member: \$86.40

Train like Rocky using heavy bags and air drills in this popular program. This 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.

Fit at 50+

Member: \$42.00 Non-member: \$50.40

Are you 50 or over? The group will focus on functional exercises, including light resistance training, balance, core stability, range of motion and moderate cardio. All the exercises can be modified to accommodate those with pre-existing injuries. *Program doesn't run May 19 - June 9.*

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 Vinyasa

Vinyasa is the union of breath and movement. This is a beginner flow class at a slower pace, with variations and modifications to poses offered to make it accessible to all. We will gently flow through lengthening, opening, and soothing asanas (yoga postures), while being mindful to the alignment of the body and the breath.

Gentle Yoga

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.

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! Love the workout, love the results!

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.

NEW! Ready to Run

Member: \$90.00 Non-member: \$112.50

A running class without any running – yes, you read that correctly! Whether you're a road, trail, track, new or experienced runner, this unique class will strengthen and stabilize the muscles and joints used while on the run.

ROM (Range of Motion) and Roll

Member: \$56.25 Non-member: \$67.50

This program is perfect after a warm up or other training for the best experience. Register for Lauries glorious 45 minutes of range of motion (deep, passive, full body) stretching paired with foam rolling for myofascial release.

Weekend Warrior

Member: \$87.75 Non-member: \$105.30

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. 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.

NEW! Strength n' Conditioning

New to our schedule and designed by Rebecca, this class uses dumbbells, kettlebells and your own body weight to increase strength, flexibility and cardio.

Vinyasa

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

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.

Yin Yoga Fusion

Join Vivian for 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

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.

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.



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 May 20, 2022



**northernsportcentre.ca
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