

Fall 2022 Class Schedule: September 12 - December 18

Group Fitness Classes
 Registered Programs

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am - 7:00am		Cycle Fit David - Zone 6	HIIT Bootcamp Jocelyn - Zone 6		HIIT Bootcamp Jocelyn - 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	
9:00am - 10:00am	Weekend Warrior 9:00am - 10:30am Laurie - Zone 6	Active Aging Strength 9:00am - 9:50am Laurie - Studio 1	Fit Camp Kim - Zone 6	Active Aging TRX 9:00am - 9:50am Laurie - Zone 6	Fit Camp Kim - Zone 7	Active Aging Essentials 9:00am - 9:50am Laurie - Studio 1	Fit Camp Lon - Zone 6
10:00am - 11:00am	ROM and Roll 10:45am - 11:30am Laurie - Zone 6		Tai Chi Paz - Studio 1		Tai Chi Paz - Studio 1		Mind Over Mat Leah - Studio 1
		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 7	Fit at 50+ 10:15am - 11:15am Kim - Zone 6	Yin Yoga 10:30am - 11:45am Vivian - Studio 1	Core Fit 10:15am - 10:45am Lon - Zone 6
11:00am - 12:00pm							
12:00pm - 1:00pm		HIIT Bootcamp 12:00pm - 12:45pm Erica - Zone 6	HIIT Bootcamp 12:00pm - 12:45pm Jennifer - Zone 6	Yoga Vivian - Studio 1	HIIT Bootcamp 12:00pm - 12:45pm Jennifer - Zone 6	Gentle Yoga Vivian - Studio 1	Aerial Yoga 11:30am - 12:30pm Leah - Studio 1
1:00pm - 2:00pm							
5:00pm - 6:00pm		Cycle n' Core Rebecca - Zone 6	Nia 5:30pm - 6:30pm Kathleen - Studio 1	Nia 5:30pm - 6:30pm Kathleen - Studio 1	Strength n' Conditioning Rebecca - Zone 6	Zumba Benita - Studio 1	
6:00pm - 7:00pm		HIIT Bootcamp 6:30pm - 7:30pm Kim - Zone 6	Fit Camp Lon - Zone 6	HIIT Bootcamp 6:30pm - 7:30pm Kim - Zone 6			
7:00pm - 8:00pm		Boxer Fit Jacob - Studio 1	Core Fit 7:15pm - 7:45pm Lon - Zone 6	Cardio Dance Paz - Studio 1	Boxer Fit Jacob - Studio 1	Cardio Dance Paz - Studio 1	Boxer Fit Jacob - Studio 1

Fall Hours

September - December Hours

Monday - Friday: 5:30am - 11:00pm | Saturday - Sunday: 7:00am - 10:00pm
 Sept. 30, Oct. 10, Nov. 11 8:00am - 8:00pm | Oct. 21: 6:00pm - 11:00pm

No Classes:

Sept. 30 Truth & Reconciliation Day
 Oct. 10 Thanksgiving

Oct. 21 UNBC Graduation Ceremony
 Nov. 11 Remembrance Day



Registered Programs

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

Session 1: September 12 - October 30

Members can register beginning August 22

Non-members can register beginning August 29

Session 2: October 31 - December 18

Members can register beginning October 17

Non-members can register beginning October 24

Active Aging Essentials

Member: \$42 Non-member: \$48

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: \$49 Non-member: \$56

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: \$49 Non-member: \$56

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: \$70 Non-member: \$87.50

Aerial yoga is suitable to all levels of practitioners. Being in a silk hammock off the ground will allow you to experience yoga in a whole new way. Defying gravity is an effective way to go deeper into your stretches and improve your full-body strength and flexibility.

Boxer Fit

Member: \$56 Non-member: \$67.20

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: \$56 Non-member: \$67.20

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.

ROM (Range of Motion) and Roll

Member: \$49 Non-member: \$56

We recommend this class after a warm up or other training for the best experience. Register for Laurie's glorious 45 minutes of range of motion (deep, passive, full body) stretching paired with foam rolling for myofascial release.

Weekend Warrior

Member: \$70 Non-member: \$84

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.

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!

Cardio Dance

Dance your way to fitness with the motivating Latin moves and music of merengue, samba, salsa and more. No dance experience required!

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.

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. This slower pace 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 faced, feel the burn workout! Love the workout, love the results!

NEW! Mind Over Mat

We begin by practicing mindful presence and a stress-relieving pranayama followed by delicious whole-body stretches that warm you up for more dynamic, engaging vinyasas. The class concludes with a relaxing self-massage and a semi-guided meditation as you melt away in a blissful savasana. All levels welcome!

Nia

Join Kathleen for this unique blend of dance, martial arts & the healing arts, with a variety of eclectic music and simple, creative, choreography.

Strength n' Conditioning

Designed by Rebecca, this class uses dumbbells, kettlebells and your own body weight to increase strength, flexibility and cardio.

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

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

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. No previous yoga experience is necessary!

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 October 11, 2022