

Summer 2024 Class Schedule: July 2 - August 25

Group Fitness Classes
 Registered Programs

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am - 7:00am			HIIT Bootcamp Sherry - Zone 4 Starts July 24		HIIT Bootcamp Sherry - Zone 6 Starts July 19
7:00am - 8:00am					
8:00am - 9:00am		Active Aging TRX 8:00am - 8:50am Laurie - Zone 6		Active Aging Strength 8:00am - 8:50am Laurie - Studio	
9:00am - 10:00am		Fit Camp 9:00am - 9:50am Charlene - Studio	Active Aging TRX 9:00am - 9:50am Laurie - Zone 6	TRX 9:00am - 9:50am Charlene - Zone 6	Active Aging Strength 9:00am - 9:50am Laurie - Studio
10:00am - 11:00am	Yin Yoga 10:30am - 11:45am Vivian - Studio	Intro to Women on Weights 10:30am - 11:30am Laurie - Zone 6	Yin Yoga 10:30am - 11:45am Vivian - Studio	Boomer Fit 10:30am - 11:30am Rebecca - Zone 6	Ball Pilates 10:30am - 11:30am Laurie - Studio
11:00am - 12:00pm					
12:00pm - 1:00pm	Gentle Yoga Vivian - Studio		Yoga Vivian - Studio	HIIT Bootcamp 12:00pm - 12:50pm Charlene - Zone 6	Restorative Yoga 12:00pm - 1:15pm Vivian - Studio
5:00pm - 6:00pm	Cycle n' Core Rebecca Zone 6			Strength n' Conditioning Rebecca Zone 6	
6:00pm - 7:00pm		Fit Camp Lon - Zone 6			
7:00pm - 8:00pm		Core Fit 7:05pm - 7:35pm Lon - Zone 6			

Spring Hours

July - August Hours

Monday - Friday: 5:30am – 9:00pm | Saturday - Sunday: 8:00am – 7:00pm

No Classes:

August 5 BC Day



Registered Programs

These small group, specialty programs are open to members and non-members.

Members can register beginning June 17.

Non-members June 24.

Active Aging Strength

Member: \$56 Non-member: \$64

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

Active Aging TRX

Member: \$56 Non-member: \$64

Join Laurie and use your body weight and the TRX suspension apparatus for a complete workout. Previous experience with TRX is recommended. You can expect to target every major muscle group as well as improve balance, flexibility, and mobility.

Ball Pilates

Member: \$56 Non-member: \$64

Modified Pilates based exercises using the stability ball and occasionally other resistance tools to strengthen core and improve posture. Extended range of motion (stretching) completes the full body conditioning. All participants must be able to hold their own body weight, and easily go from standing to lying positions for the best experience.

Intro to Women on Weights

Member: \$120 Non-member: \$160

This popular small group class takes the fear out of weight training by tackling myths and stereotypes. Join like-minded ladies in Studio 1 to learn the principles and training methods to be efficient and effective in the weight room and beyond.

Drop-In 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!

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 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 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 paced, feel the burn workout! Love the workout, love the results!

Restorative Yoga

Restorative Yoga is a practice of floor postures held for a longer period. These poses are supported with props to gently open within the body. Led by Vivian, benefits include deep body relaxation, stilling a busy mind, and more.

Strength n' Conditioning

This popular class uses dumbbells, kettlebells, and your own body weight to increase strength, flexibility, and cardio.

TRX

Curious about the yellow rope-like bands attached to our walls? Using suspension and body weight, TRX was created for Navy SEALs and Army Rangers. See why they use it to condition themselves into the best warriors and athletes on the planet!

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!



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 June 28, 2024



Registered Programs



Group Fitness