



Adult Fitness Schedule

December 16 - December 22

YMCA of Northern BC • 250-562-9341 • www.nbc.ymca.ca

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Morning			TRX 5:45am-6:45am	rYpped 5:45am-6:45am		rYpped 5:45am-6:45am	Cycle Fit 5:45am-6:45am
	Gravity 8:00am-9:00am			Cycle Fit 5:45am-6:45am		Cycle Fit 5:45am-6:45am	
	rYpped 8:00am-9:00am			Fusion 6:45am-7:45am			
	Cycle Fit 9:00am-10:00am	Cycle Fit 9:00am-10:00am	Step-Bosu 9:00am-10:00am	Step 9:00am-10:00am	Aerobics 9:00am-10:00am	Step 9:00am-10:00am	rYpped 9:00am-10:00am
	Cardio Box 9:00am-10:00am	rYpped 9:00am-10:00am	Aerobics 9:00am-10:00am	Simply Step 9:00am-10:00am	rYpped 9:00am-10:00am		
	Super Circuit 9:00am-10:00am	Strong by Zumba 10:00am-11:00am					
Afternoon	Yoga Fit 10:00am-11:00am	Cycle Fit 10:00am-11:00am	Stretch & Relax 10:00am-11:00am	Yoga 10:00am-11:00am	Stretch & Relax 10:00am-11:00am	Yoga 10:00am-11:00am	Yoga 10:00am-11:00am
		Fusion 11:00am-12:00pm					
			Circuit 12:10pm-1:00pm	Bootcamp 12:10pm-1:00pm	TRX 12:10pm-1:00pm	Interval Sculpt 12:10pm-1:00pm	rYpped 12:10pm-1:00pm
			Cycle Fit 12:10pm-1:00pm		rYpped 12:10pm-1:00pm	Cycle Fit 12:10pm-1:00pm	
			rYpped 12:10pm-1:00pm				
			Senior Fit 1:30pm-2:30pm		Senior Fit 1:30pm-2:30pm		Senior Fit 1:30pm-2:30pm
		Belly Dance 4:30pm-5:30pm	Step 4:30pm-5:30pm	rYpped 4:30pm-5:30pm	Step 4:30pm-5:30pm	Yoga 4:30pm-5:30pm	Cardio Box 4:30pm-5:30pm
			Cycle Fit 4:30pm-5:30pm				
	Evening			rYpped 5:30pm-6:30pm	Cycle Fit 5:30pm-6:30pm	rYpped 5:30pm-6:30pm	Cycle Fit 5:30pm-6:30pm
			Super Circuit 5:30pm-6:30pm		Super Circuit 5:30pm-6:30pm		
					Cycle Fit 5:30pm-6:30pm		
					Cardio Box 5:45pm-6:45pm		
			Basic Bootcamp 6:30pm-7:30pm	Step 6:30pm-7:30pm	Basic Bootcamp 6:30pm-7:30pm	Step 6:30pm-7:30pm	
			YAP Christmas Zumba Admission with toiletry 6:30pm-7:30pm				

Check out the Child & Youth Drop-In Schedule for programs like Craft Corner and Y MOVE!

Gymnasium	Fitness Studio	All Purpose Room	TRX / Gravity / Circuit / Outdoor / Cycle Areas
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Registered Program - see Membership Services Desk for details.

NBCY - Revision Date: December 14, 2017
 This schedule is subject to change.
 For the most up to date schedule information, please visit our website: nbc.ymca.ca



Group Fitness Class Descriptions

Cardio Classes

Aerobics

Engage the entire body in a combination of movements that will challenge both your range of motion and cardiovascular health- plus you'll have just as much fun as you did in the 80s!

Belly Dance

Whether you are new to this art form or have danced for years, belly dancing enhances weight-transfer and balance, improves grace and posture, and is down-right FUN! It can also be quite a work-out and can look very exotic. So grab a hip scarf and come shimmy with Irina, meet fun-loving folks, and most importantly have fun through Wiggles & Giggles!

Bosu

A one-stop-shop! Tone you core with use of the Bosu while you sweat with a dynamic cardio set that is sure to leave you feeling refreshed and toned.

Cardio Box

A high-energy cardio class that incorporates various martial arts movements and athletic drills in a non-contact program. Punch, kick and skip your way to your best fitness

Cycle Fit

An energetic and powerful ride on our indoor cycling bikes, filled with a combination of drills which include hills, intervals and time trials

Power Walking

Are you ready to start walking? Walking is one of the easiest forms of exercise. All you need is a good pair of shoes, comfortable clothing, and great company.

Pound

An energizing, toning and rockin' workout in which participants use drumming to become a part of the music to sweat and sculpt!

Simply Step

An encouraging novice alternative to our traditional program that uses simple steps to allow participants to focus on form, low impact and learn basic choreography!

Step

An upbeat choreographed cardio class that uses a step for high impact to sculpt while you sweat

Trail Running (R)

A clinic designed to add new scenery, variety and natural challenges to your runs while discovering the extensive trail system in and around Prince George!
*It is recommended that participants are comfortable to complete a 5km run

Zumba

A high-energy, Latin-inspired dance-fitness program that will have you addicted! Dance away the calories and let loose!

Strength Training Classes

Barre

A unique muscle conditioning class that uses the ballet bar to build self awareness, tone and balance, just like a dancer.

Basic Bootcamp

This one hour multi-level class incorporates cardiovascular intervals, with strength, core and even a little yoga! Whether you're new to fitness, recovering from injury, or an athlete looking to cross train, this class will be sure to give you what you're looking for!

Bootcamp

A total body interval workout with a variety of strength, interval, MET, HIIT and TRX/RIP to rev your metabolism and condition your entire body.

Fusion Sculpt

A complete body blend of Fusion and strength exercises using a combination of equipment and body weight to focus on strengthening and sculpting stabilizing muscles.

Gravity

A functional head-to-toe body conditioning using body weight resistance on a Total Gym incline trainer's dynamic cable pulley system.

Interval Sculpt

A high-intensity boot camp interval training that alternates cardio and strength using a variety of equipment, including body weight, bands, toning balls and free weights to sculpt all muscle groups in a short amount of time!

rYpped

A motivating combination of traditional barbell training exercises matched to top hit music to create a fun and efficient way to strength train. You've never had this much fun lifting weights!

Strong by Zumba

High intensity training, syncing music and strength moves, delivering an effective, total body workout. Music is the driving force to work hard and see results. Strong provides an intensity progression system; biomechanics and movement fundamentals are applied for injury prevention.

Super Circuit

An interval-based circuit method of cardio and strength that utilizes cycle bikes, machines every muscle group for an efficient tone and sweat!

TRX Suspension Training

A core engaging alternative to traditional strength training- TRX is a total-body workout that will strengthen all major muscles while giving the best core training your abs have ever seen!

Yoga and Stretch Classes

Fusion

A dynamic unity of Pilates and yoga designed to challenge, strengthen and stabilize your core and increase vitality.

Hatha Yoga

A gentle introduction to classic postures, breathing and relaxation.

Mindful Yoga

A calming, mindful attention to breath, embodied awareness and yoga movement to help with chronic tightness, stress resilience and emotional regulation.

Stretch & Relax

Join a soothing atmosphere devoted to releasing tight muscles as well as focusing on relaxing through breathing. Together we will find relaxation of your mind and body.

Yoga

A basic foundation and peaceful approach to improve strength and flexibility.

Fitness On Demand (FOD) Classes

Axis

Focus on your foundation - the core. Create stability in the middle of your body, then layer on mobility, strength and power. Move like never before.

Funkie Fusion

Funkie Fusion Fitness is a fusion of muscle conditioning, floor aerobic, plyometric, and dance set to 80s and 90s music. Its a program designed for all fitness levels. Each routine repeated several times throughout the song which make it easy for the participant to catch on.

Hip Hop Cardio

Keep your workout fresh and have fun with this fat-burning, cardio dance workout that targets the entire body.

RIP

RIP is a barbell workout that incorporates functional orthopaedic strength training. Every movement plane is attacked using weights and body weight. Featuring safe and motivating exercises, and great music to create a thrilling group fitness atmosphere!

Transform

Prepare for a unique mind/body experience featuring traditional yoga poses, such as warrior, and sport-influenced movement including plyometrics, and strength.

Yoga

Take your time with the moves and allow both your body and mind to release tension gradually throughout the routine. Build core strength while improving flexibility and revitalizing your entire body.

War

WAR is an exhilarating total body workout where a fusion of martial arts meets chart-topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like the pros.

Facility Hours

Monday - Friday • 5:00am - 10:00pm

Saturday & Sunday • 6:00am - 10:00pm

*Statutory Holidays • 7:00am - 7:00pm

*NOTE: On STATUTORY HOLIDAYS regularly scheduled programs will NOT run. A revised schedule is in effect for Fitness Classes.

Childminding Hours

Monday - Friday • 8:30am-7:30pm

Saturday - Sunday • 9:00am-5:00pm

Statutory Holidays • 9:00am-5:00pm

REC Room Hours

Monday - Friday • 2:30pm-7:30pm

Saturday & Sunday • 9:00am-7:00pm

Pro D Days and Stat Holidays • 9:00am-5:00pm

For questions call Shannon at 250-562-9341x110