



Adult Fitness Schedule

January 2 - March 16

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

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------|---|--|--|-------------------------------------|--|--|---------------------------------------|
| Morning | TRX 5:45am-6:45am | rYpped 5:45am-6:45am | Interval Power 6:00am-7:00am | rYpped 5:45am-6:45am | Cycle Fit 5:45am-6:30am | rYpped 8:00am-9:00am | Cycle Fit 9:00am-10:00am |
| | Cardiac Program 7:15am-10:00am | Cycle Fit 5:45am-6:30am | Cardiac Program 7:15am-10:00am | Cycle Fit 5:45am-6:30am | Cardiac Program 7:15am-10:00am | Gravity 8:00am-9:00am | Beginner Pickleball 9:30am-11:30am |
| | Aerobics 9:00am-10:00am | Fusion 6:45am-7:45am | Aerobics 9:00am-10:00am | Step 9:00am-10:00am | Aerobics 9:00am-10:00am | Cardio Box 9:00am-10:00am | Cycle Fit 10:00am-11:00am |
| | Bosu-Step/Zumba 9:00am-10:00am | Step 9:00am-10:00am | rYpped 9:00am-10:00am | Stretch & Relax 10:00am-11:00am | rYpped 9:00am-10:00am | Cycle Fit 9:00am-10:00am | Strong by Zumba 10:00am-11:00am |
| | Stretch & Relax 10:00am-11:00am | Simply Step 9:00am-10:00am | Stretch & Relax 10:00am-11:00am | Minds in Motion 10:00am-11:30am | Restorative Yoga 10:00am-11:30am | Super Circuit 9:00am-10:00am | Fusion 11:00am-12:00pm |
| | Pulmonary Program 10:45am-1:00pm | | | | Pulmonary Program 10:45am-1:00pm | Yoga Fitness 10:00am-11:00am | |
| Afternoon | | | | | | Zumba 11:00am-12:00pm | |
| | Noon Hour Basketball 12:00pm-2:00pm | Fusion Sculpt 12:10pm-1:00pm | Noon Hour Basketball 12:00pm-2:00pm | Interval Sculpt 12:10pm-1:00pm | Noon Hour Basketball 12:00pm-2:00pm | | |
| | rYpped 12:10pm-1:00pm | Bootcamp 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 | | Cardio Express 12:10pm-1:00pm | Drop-In Pickleball 1:30pm-3:00pm | Circuit 12:10pm-1:00pm | | |
| | Circuit 12:10pm-1:00pm | | Cycle Fit 12:10pm-1:00pm | | Senior Fit 1:30pm-2:30pm | | |
| | Senior Fit 1:30pm-2:30pm | | TRX 12:10pm-1:00pm | | | | |
| | | | Senior Fit 1:30pm-2:30pm | | | | |
| | | | | | | | |
| | Step 4:30pm-5:30pm | rYpped 4:30pm-5:30pm | Step 4:30pm-5:30pm | Cardio Box 4:30pm-5:30pm | rYpped 4:30pm-5:30pm | | Belly Dance 4:00pm-5:00pm |
| | Cycle Fit 4:30pm-5:30pm | Strong by Zumba 5:30pm-6:30pm | Yoga 5:00pm-6:30pm | Yoga 4:30pm-5:30pm | | Adult Dance: Advanced East Coast Swing 6:00pm-7:00pm | |
| | rYpped 5:30pm-6:30pm | Cycle Fit 5:30pm-6:30pm | rYpped 5:30pm-6:30pm | Pound 5:30pm-6:30pm | | Adult Dance: Beginner Salsa 7:30pm-8:30pm | |
| | Yoga 5:30pm-6:45pm | Step 6:30pm-7:30pm | Cycle Fit 5:30pm-6:30pm | Tai Chi 5:30pm-6:30pm | | | |
| Super Circuit 5:30pm-6:30pm | Gravity 6:30pm-7:30pm | Super Circuit 5:30pm-6:30pm | Cycle Fit 5:30pm-6:30pm | | | | |
| Basic Bootcamp 6:30pm-7:30pm | | Cardio Box 5:45pm-6:45pm | Step 6:30pm-7:30pm | | | | |
| Zumba 6:30pm-7:30pm | | Gravity 6:00pm-7:00pm | Gravity 6:30pm-7:30pm | | | | |
| Pickleball 7:30pm-9:00pm | | Zumba 6:30pm-7:30pm | | | | | |
| | | Basic Bootcamp 6:30pm-7:30pm | | | | | |
| | | | | | | | |
| Open Gym 9:00pm-9:45pm | Adult Volleyball League 7:00pm-10:00pm | Adult Dodgeball League 7:00pm-10:00pm | Open Gym 9:00pm-9:45pm | Open Gym 9:00pm-9:45pm | Open Gym 9:00pm-9:45pm | Open Gym 9:00pm-9:45pm | |

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 |
| Registered Program - see Membership Services Desk for details | | | |

NBCY - Revision Date: February 5, 2018

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 will be 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