



Adult Fitness Schedule

June 14th - August 1st

Prince George Family YMCA • 250 562 9341 • nbc.ymca.ca

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	Stretch & Relax 10:00am	Muscle Fit 9:00am Stretch & Release 10:15am	Stretch & Relax 10:00am		Yoga 10:00am	Yoga Fusion 10:00am <i>Ends June 26th</i>	
Afternoon	Muscle Fit 12:10pm TRX 12:10pm Senior Fit 1:30pm	Bootcamp 12:10pm	Muscle Fit 12:10pm TRX 12:10pm Senior Fit 1:30pm	Interval Sculpt 12:10pm	HIIT 12:10pm		
Evening	Muscle Fit 5:30pm Zumba 6:30pm		Muscle Fit 5:30pm Zumba 6:30pm	Muscle Fit 4:30pm Strong Nation 5:30pm Pound 6:30pm			

Classes must be **pre-booked.**
Learn how on reverse!

Last updated June 16th, 2021
This schedule is subject to change.
For the most up to date schedule information,
please visit our website: nbc.ymca.ca

Gymnasium	Fitness Studio
Outside	Mezzanine

- Facility Hours**
Monday – Friday • 6:00am-8:00pm
Saturday & Sunday • 8:00am-6:00pm
Stat Holidays • 8:00am-6:00pm
- Child Minding Hours**
Monday-Friday: 8:30am-10:15am • 3:15pm-5:15pm
Saturday: 9:15am-11:00am
Services must be pre-booked by phone, up to one week in advance at 250 640 2161
- REC Room Hours**
Monday-Friday: 2:45pm-5:25pm
Saturday: 9:00am-11:00am
Services must be pre-booked by phone, up to one week in advance at 250 640 2161



Group Fitness Class Descriptions

CARDIO CLASSES

HIIT

High-intensity interval training, is a training technique in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods.

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!

Pound

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

DANCE CLASSES

Zumba

Join us outdoors for Zumba, a high-energy, Latin-inspired dance-fitness program that will have you addicted!

STRENGTH TRAINING CLASSES

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.

Muscle Fit

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 Nation

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.

TRX

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.

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.

Stretch & Release

Join us to regain range of motion and experience

pain relief from stubbornly tight muscles using a variety of stretches and tools in the class to relax, lengthen, and realign your fascia.

Yoga

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

SENIOR CLASSES

Senior Fit

Celebrate movement in a fun and supportive environment that is designed to increase strength, vitality and connection with others. This program is designed to provide a gentle progression of low risk exercise to those with arthritis, osteoporosis or adapting to chronic disorders.

NEW

How to register for classes:

1. Visit mynbcy.ca and login.

If you have never logged in before, please contact Membership Services **first** to ensure we have your current email address on file. If not, your account will not be linked to your membership.

2. **Go to Activities** - When you land on the Activity Search page, you can type the name of the class in the search field and/or filter your results by the "Group Fitness" category to pull up available classes.

3. **Select the class** you wish to attend by clicking on the class name, then click the "Enroll Now" button.

4. **Select the participant** who will attend, read and **agree to the waiver**, then click "Add to Cart" to sign up.

5. **Your shopping cart** will give you a summary of your desired classes and fees due. Fees will be \$0 for members.

Click "Finish" to finalized the booking

When you arrive at the facility:

- Please enter the facility physically distanced from others.
- Approach the membership desk to be checked in and answer our COVID-19 safety questions, then proceed to the outdoor fitness area
- Changerooms continue to be available; however, to reduce congestion, we encourage members to arrive prepared to workout.

We're healthier and stronger together!

In order to protect the health and safety of everyone in the facility, the following measures are in place for group fitness participation:

1. **Physical Distancing** - Please ensure physical distancing by using the floor decals to guide you to maintain a minimum distance of 2 metres from others at all times.

2. **Maximum Occupancy** - The maximum number of participants in our spaces has been reduced. We changed the location of many classes to accommodate as many members as possible. Please observe the maximum occupancy signage for the spaces as follows:

Studio - 7 Participants

Gymnasium - 17 Participants

3. **Equipment & Sanitization** - Limited equipment use available for use, with sanitization practices in place before and after use. Please pay attention to instructions for sanitization of equipment. We ask that Yoga participants bring as much of their own equipment as possible.