

October 2022



519.357.1208



#NHFITWELL

GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Community
Strength+Core 9:30-10:15 am	Strength+Core 9:30-10:15 am	Strength+Core 9:30-10:15 am	Cycle 9:30-10:00 am	Strength+Core 9:30-10:15 am	Belgrave Monday
POUND® 10:15-10:45 am	Stretch 10:15-10:45 am	Stretch 10:15-10:45 am	Yoga 10:00-10:45 am	Cardio+Core 10:15-10:45 am	Strength & Stretch Yoga 7:00-8:00 pm
Strength <i>Heavy Lift</i> 7:00-8:00 pm	POUND® 7:30-8:00 pm	Yoga 1:00-2:00 pm	Yoga 6:00-6:45 pm	Outdoor Boot Camp Strollers Welcome! 10:00-11:00 am Ends October 7	Blyth Tuesday
	Strength+Core 8:00-8:30 pm	Glute Camp 7:00-7:30 pm	Fitness & Complete Memberships Include Unlimited Regular Classes in all locations — Classes located in Group Fitness Room @ NHWCC & upstairs halls @ Belgrave & Blyth Arenas unless otherwise stated — Drop in early or sign up in advance to guarantee your spot	Teen Train & Lift 3:30-4:30 pm	Healing Yoga 1:00-2:00 pm
Gym Hours Monday to Friday 6^A - 10^P Saturday Sunday 8^A - 4^P 11^A - 4^P		TRX® 7:30-8:00 pm		Saturday	Family Pound® & Zumba® 7:00-8:00 pm
 NORTH HURON				POUND® 10:30-11:15 am	Closures
				Teen Train & Lift 11:30 am-12:30 pm	Monday, October 10 (Thanksgiving Day)

PROGRAM DETAILS

Non-Members are always welcome & first visit is always FREE

GROUPOFITNESS

Cardio

Cardio

Highly energetic & basic in choreography, this class can improve your cardiovascular endurance. Choose your mode of cardio in combo classes—skipping, step, cycle.

Cycle

Prepare to drip with sweat and get your blood pumping while improving your heart health, boosting muscle endurance and taking your legs through a serious workout.

Pound®

So much fun time disappears while you drum away calories and build & lift your butt with a ton of squats.

Members

Enjoy unlimited classes @ no extra cost

Non-Members

NHWCC Classes

1 Full Day—Full Building Use (unlimited classes & gym use)

\$15 | Adults

\$13 | Students

Community Classes

\$12 (per class)

Family/Kid Programs

Family Pound®/Zumba®

Blyth Arena
Fri | 7-8pm | Sep 23-Dec 16
(Skip Remembrance Day—Nov 11)

\$96/12 weeks
\$12 Drop-In | Free for Members

A family-friendly mix of our Pound® & Zumba® classes.
Price includes the whole family.

Outdoor Boot Camp Strollers Welcome!

East Grass Area @ NHWCC

Fri | 10-11am | Ends Oct 7

\$12 Drop-In | Free for Members

All fitness levels are welcome & encouraged (including those with babies & tots) for this Cardio + Strength + Core class.

Teen Train & Lift

Ages 10+ | NHWCC Gym Floor

Fri | 3:30-4:30pm **and**

Sat | 11:30am-12:30pm

Sep 16-Oct 8 | \$30/4 weeks

Oct 14-Dec 17 | \$75/10 weeks

\$5 Drop-In | Free for Members

Join the gym community! Lift, sweat & hang out with certified trainers on the gym floor.

Mind/Body

Healing Yoga

Blyth Arena

Tues | 1-2pm

Sep 13-Nov 1 | \$64/8 weeks

Nov 8-Dec 13 | \$48/6 weeks

\$12 Drop-In | Free for Members

Postures using stability assistance for beginners or those dealing with illness, recent surgery, muscle imbalances or gait issues.

Stretch

A mix of basic stretching & fascial release with a yoga flair using fun equipment.

Strength & Stretch Yoga

Belgrave Arena

Mon | 7-8pm | Sept 26-Dec 19

(Skip Thanksgiving Monday)

\$96/12 weeks

\$12 Drop-In | Free for Members

A mix of strength & stretching for all levels.

Yoga

Move through gentle stretches designed to calm your mind, release your body and reduce your stress.

Strength

Core

Experience more than a sit-up with a top-to-bottom approach to strengthening the core.

Glute Camp

Bootylicious plus so much more! Get amazing abs & protect & strengthen the lower back, while lifting & growing your assets.

Strength+Core

Build amazing arms, strong & defined legs and glutes and a tighter core while our instructors' eagle eye for posture will push your workout to the next level.

Heavy Lift

Learn basic anatomy concepts & develop a keen sense of body awareness to progress from 'just starting out' to 'experienced lifter'.

TRX®

Suspension training develops core stability, balance, flexibility & strength using gravity & body weight.

Style & focus of classes will vary based on the instructor.

Questions? Contact us



recreation.northhuron.ca



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