

September 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+Yoga+Pilates 9:30-10:45 am		Strength+Core 9:30-10:15 am	Belgrave Monday
Cardio+Core 10:15-10:45 am	Stretch 10:15-10:45 am	Glute Camp 7:00-7:30 pm		Cardio+Core 10:15-10:45 am	Strength & Stretch Yoga 7:00-8:00 pm <small>Starts September 26</small>
Fitness & Complete Memberships Include Unlimited Regular Classes in all locations <small>Classes located in Group Fitness Room @ NHWCC & upstairs halls @ Belgrave & Blyth Arenas unless otherwise stated</small> Drop in early or sign up in advance to guarantee your spot	POUND® 7:30-8:00 pm	TRX® 7:30-8:00 pm		Outdoor Boot Camp <small>Strollers Welcome!</small> 10:00-11:00 am <small>Starts September 9</small>	Blyth Tuesday
	Strength+Core 8:00-8:30 pm			Teen Train & Lift 3:30-4:30 pm <small>Starts September 16</small>	Healing Yoga 1:00-2:00 pm <small>Starts September 13</small>
 NORTH HURON	Gym Hours			Saturday	Friday
	Monday to Friday 6^A - 10^P Saturday Sunday 8^A - 4^P 11^A - 4^P			POUND® 10:30-11:15 am <small>Starts September 10</small>	Family Pound® & Zumba® 7:00-8:00 pm <small>Starts September 23</small>
				Teen Train & Lift 11:30 am-12:30 pm <small>Starts September 18</small>	Closures Monday, Sept 5 (Labour 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.

Pound®

So much fun that time just 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)

Style & focus of classes will vary based on the instructor. Questions? Contact us.

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 | Sep 9-Oct 7
\$40/5 weeks

\$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 & Sat | 11:30am-12:30pm
Sep 16-Oct 8 | \$30/4 weeks

\$5 Drop-In | Free for Members

Join the gym community! Lift, sweat & hang out with certified trainers on the gym floor. Basic workouts to lift safe & train smart.

Mind/Body

Healing Yoga

Blyth Arena
Tues | 1-2pm | Sep 13-Nov 1
\$64/8 weeks/per session
\$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.

Stretch & Strength—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.

Strength+Yoga+Pilates Fusion

Focus on total body strengthening to improve posture, strength & muscle definition while improving mobility.

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.

TRX®

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



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