

# May 2023



519.357.1208



#NHFITWELL

# GROUP FITNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Community
<b>Childminding</b> 9:15-11:30 am <i>NHWCC Meeting Room</i>	<b>Pilates</b> 8:30-9:00 am <i>Pool Deck</i>	<b>Childminding</b> 9:15-11:30 am <i>NHWCC Meeting Room</i>	<b>Cardio+Core</b> 9:30-10:00 am	<b>Childminding</b> 9:15-11:30 am <i>NHWCC Meeting Room</i>	<b>Belgrave</b> Monday
<b>Strength+Core</b> 9:30-10:15 am	<b>Strength+Core</b> 9:30-10:15 am	<b>Strength+Core</b> 9:30-10:15 am	<b>Stretch</b> 10:00-10:45 am	<b>Strength+Core</b> 9:30-10:15 am	<b>Strength &amp; Stretch Yoga</b> 7:00-8:00 pm
<b>Cycle</b> 10:15-10:45 am	<b>Stretch</b> 10:15-10:45 am	<b>Stretch</b> 10:15-10:45 am	<b>Train   Lift</b> 5:00-7:00 pm <i>Gym Floor</i>	<b>Cardio+Core</b> 10:15-10:45 am	<b>Blyth</b> Tuesday
<b>Cycle</b> 6:00-6:30 pm	<b>POUND®</b> 6:30-7:15 pm	<b>Yoga</b> 1:00-2:00 pm <i>NHWCC Meeting Room</i>	<b>Fitness &amp; Complete Memberships</b> 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	<b>Teen Train   Lift</b> 4:30-5:30 pm <i>Gym Floor</i>	<b>Yoga</b> 1:00-2:00 pm
<b>Strength+Core</b> 6:30-7:00 pm		<b>TRX®</b> 6:00-6:30 pm		<b>Saturday</b>	<b>Pound®   Zumba®</b> 7:00-8:00 pm
<b>Gym Hours</b> Monday to Friday <b>6<sup>A</sup>-10<sup>P</sup></b> Saturday <b>8<sup>A</sup>-4<sup>P</sup></b>   Sunday <b>11<sup>A</sup>-4<sup>P</sup></b>			<b>Glute Camp</b> 6:30-7:00 pm		<b>Closures</b>  Monday, May 22 Victoria Day

# PROGRAM DETAILS

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

# GROUP FITNESS

## 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

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®

Time disappears as you drum away calories and lift your butt with a ton of squats.

### Pound® | Zumba®

Blyth Arena | Fri | 7-8pm  
Apr 14-Jun 16 | \$80/10 weeks  
\$12 Drop-In | Free for Members

A mix of our Pound® & Zumba® classes.

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

Questions? Contact us

## Kid Programs

### Childminding

Health is your family's most valuable asset. Take time to invest in wellness while crafts, games and new friends await your children.

\$6 per child | \$12 per family  
Free with Family Membership  
Monday | Wednesday | Friday - 9:15-11:30am

### Teen Train | Lift

Ages 10+ | NHWCC Gym Floor  
Fri | 4:30-5:30pm *and*  
Sat | 10:30-11:30pm  
\$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.

### Members

Enjoy unlimited classes @ no extra cost

### Non-Members NHWCC Classes

1 Full Day—Full Building Use  
(unlimited classes + gym & pool use)  
\$15 | Adults & \$13 | Students

### Community Classes

\$12 (per class)

## Mind/Body

### Yoga - Blyth

Blyth Arena  
Tues | 1-2pm  
Mar 28-Jun 13 | \$96/12 weeks  
\$12 Drop-In | Free for Members

Gentle stretches designed to calm your mind, release your body & reduce your stress.

### Pilates

Develop integrity & stability through mindful engagement of core muscles.

### Stretch

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

### Strength & Stretch Yoga

Belgrave Arena  
Mon | 7-8pm | Apr 17-Jun 26  
(Skip Victoria Day - May 22)  
\$80/10 weeks  
\$12 Drop-In | Free for Members

A mix of strength & stretching for all levels.

### Yoga

Gentle stretches designed to calm your mind, release your body and reduce your stress.

## Strength

### Core

Create a strong and defined core and develop stability and balance in your whole body.

### 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.

### Train | Lift

Ask a certified personal trainer about lifting smart to increase strength & mass, flexibility & balance specific to your body & how it moves.



recreation.northhuron.ca



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