

NCC SPRING FITNESS SCHEDULE

SPRING 2024 - SCHEDULE STARTS APRIL 8, 2024

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CLASS TYPE	Moderate/High Intensity	Aquatics	Mind & Body	Low/Moderate Intensity	CLASS LOCATION
					Community Room (Upper Level)
					Track / Gym (Lower Level)

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	9:00am (45min) Aqua Fitness with Anita	9:00am (45min) Aqua Fitness with Robert	9:00am (45min) Aqua Fitness with Lesa	9:00am (45min) Aqua Fitness with Robert	9:00am (45min) Aqua Fitness with Anita	
	⌵ 9:00am (45min) RAW with Jill	⌶ 9:00am (45min) Tabata with Shari	⌵ 9:00am (45min) TRX Total Body w Dawn	⌶ 9:00am (45min) Dance Fitness with Bonny	⌶ 9:00am (45min) Bike Bootcamp with Jill	⌵ 9:00am (45min) RAW with (Rotation)
	⌶ 10:00am (45min) Fit Over 50 with Jill	⌵ 10:00am (30min) Walking Workout with Anita	⌶ 10:00am (45min) Fit Over 50 with Dawn	⌶ 10:00am (45min) Yoga with Cathie	⌶ 10:00am (45min) Fit Over 50 with Shari	
	10:15am (30min) Aqua Arthritis with Anita	⌶ 10:00am (45min) Yoga with Cathie	10:15am (30min) Aqua Arthritis with Jill		10:15am (30min) Aqua Arthritis with Anita	
	⌶ 11:00am (30min) Chair Yoga with Jill	⌶ 11:00am (30min) Senior Power w Shari	⌶ 11:00am (30min) Chair Yoga with Jill	⌶ 11:00am (30min) Senior Power with Jill	⌶ 11:00am (30min) Full Body Stretch with Jill	
Afternoon/Evening	⌵ 12:15pm (30min) Guts n Butts with Jill		⌵ 12:15pm (30min) Upper Body Sculpt & Tone w Shari		⌶ 11:45am (30min) Chair Yoga with Cathie	
		⌶ 3:45pm (45min) Flex & Flow w Dawn		⌵ 3:45pm (45min) TRX Total Body w Jill	⌵ 12:15pm (30min) Full Body Strength w Jill	
	⌵ 5:30pm (60min) RAW with Shari	⌶ 5:30pm (45min) Spin with Alexandra	⌵ 5:30pm (60min) RAW with Jill	⌶ 5:30pm (45min) Spin with Jill		
	⌶ 5:30pm (45min) Dance Fitness w Bonny	6:00pm (45min) Aqua Circuit with Paige	⌶ 5:30pm (45min) Step & Tone w Dawn	6:00pm (45min) Aqua Jogging with Kim		
	⌶ 6:30pm (45min) Yoga with Annie		⌶ 6:30pm (45min) Yoga with Annie	⌵ 6:30pm (45min) RAW with Dawn		



(Updated April 23, 2024)

SPRING FITNESS SCHEDULE 2024

Moderate/High
Intensity

Aquatics

Mind & Body

Low/Moderate
Intensity



NCC Class Descriptions

- Aqua Arthritis: A safe and gentle stretching & range of motion class designed specifically for those with arthritis and joint issues of any age. 30 min (Therapy Pool)
- Aqua Circuit: Full body aqua class. Conducted in the shallow end, timed groups of fast moving exercises, across the width of the pool, plus added stationary exercises! 45 Min (Pool)
- Aqua Fitness: An aerobic class in the water. Excellent for those with sore joints or those looking for no impact. This class helps improve flexibility, balance, & strength. All fitness levels welcome. Foam weights/pool noodles used. Shallow and deep options. 45 min. (Pool)
- Aqua Jogging: Fast paced low impact vertical movements in the deep end for 45 min. Aqua jogging gear such as belts, pool noodles, dumbbells & balls may used in a variety of full body exercises & are provided. 45 Min. (Pool)
- Bike Bootcamp: A workout with intervals on the spin bike mixed in with a floor portion of strength training for the upper body. Get a full body workout with the legs and core working during the spin intervals and upper body and core during the strength portion. 45 mins (Community Room)
- Chair Yoga: A gentle yoga session making use of a chair in the majority of the class. It is intended to improve flexibility, range of motion and to focus on breathing. There may be a standing portion to exercise balance. No exercises on the floor. 30 min. (Community Room)
- Dance Fitness: If you like to dance and you're looking for a fun way to enhance your physical fitness, this class is for you! This is a fun & effective calorie burning routine that's choreographed to high energy music. 45 min. (Community Room)
- Fit over 50: Tailored to meet the needs of any age not wanting high impact. This is a safe and gentle fitness class. Improve your cardio, range of motion and your muscles at your own pace. Listen to high energy classics and have fun! A step and dumbbells may be used. All fitness levels welcomed. Mat is usually necessary. 45 min. (Community Room)
- Flex & Flow: A Pilates inspired class designed to strengthen your core using a variety of low impact but effective exercises. 45 min (Community Room)
- Full Body Strength: A strength class focused on the full body. Designed for a short but intense workout. 30 min (Community Room)
- Full Body Stretch: A full body stretch designed to be done on the mat, with the option to modify with a chair. 30 min (Community Room)
- Guts n Butts: A strength class focused on the muscles of the core and lower body. Designed for a short but intense workout. 30 min (Community Room)
- RAW: This is designed for the athlete in all of us. The "boot camp style" group fitness class takes place on our running track and uses various Interval Training formulas to guarantee an effective, fun and sweaty workout. A variety of equipment will be used. All fitness levels welcomed. 45-60 min (Track)
- Senior Power: Whether you want to improve flexibility, balance, endurance, or muscle mass this class will help with that. Consists of a short strength and cardio component. Dumbbells/bands used, no exercises on the floor. 30 min (Community Room)
- Spin: This class is an excellent low-impact cardio class. You will be lead through routines that are designed to simulate terrain and situations similar to riding a bike outdoors. Some of the movements and positions include hill climbs, sprints and interval training. 45 min (Community Room)
- Step & Tone: Dynamic & creative moves are incorporated to create a fun & effective calorie burning routine that's choreographed to high energy music. The steps vary intermittently with both lower & upper body toning movements that can be combined with dumbbells for increased resistance. The elevated step adds another level of aerobic fitness while improving endurance & stamina. 45 min (Community Room)
- Tabata- A full body workout incorporating strength and cardio using a Tabata style structure. This means the work to rest ratio will be 2:1. 45 min (Community Room)
- TRX Circuit: If you love the TRX straps this is for you! An interval style class with a variety of exercises using TRX. This class will keep you guessing & compliment your TRX workout. 60 min (Track)
- Upper Body Sculpt & Tone- A strength class focused on the muscles of the upper body. Designed for a short but intense workout. 30 min (Community Room)
- Yoga: A great class to try yoga for the first time or to deepen an established yoga practice. Focusing on strength and flexibility through yoga postures combined with breathing techniques to focus the mind and restore the body. Mat required. 45-60 min (Community Room)
- Walking Workout: On the track with Anita, the class incorporates walking and some light weight lifting focusing on range of motion, flexibility and staying limber. 30 Min (Track)