

NCC YOUTH - FALL FITNESS SCHEDULE 2025

COMING SOON - Youth Fitness Class, Sundays At 10am - STAY TUNED

Aquatics	Mind & Body	Moderate/High Intensity	MONDAY TO FRIDAY		SATURDAY		SUNDAY	
			GYM 5:00AM - 10:00PM	POOL 6:00AM - 8:00PM	GYM 7:00AM - 7:00PM	POOL 7:00AM - 6:00PM	GYM 10:00AM - 7:00PM	POOL 10:00AM - 6:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Morning	5:30am (45min) RAW with Allie (Downstairs)	www.nutrienciviccentre.com frontdesk@nutrienciviccentre.com		506.432.6100	5:30am (45min) Sculpt & Tone w Allie (Upstairs)	
	9:00am (45min) Aqua Fitness with Anita	9:00am (45min) Aqua Fitness with Chantelle	9:00am (45min) Aqua Fitness with Dawn	9:00am (45min) Aqua Fitness with Jill	9:00am (45min) Aqua Fitness with Stefanie	9:00am (60min) RAW with 'Rotation' (Downstairs)
	9:00am (45min) RAW with Chantelle (Downstairs)	9:00am (45min) Tabata with Dawn (upstairs)	9:00am (45min) TRX with Allie (Downstairs)	9:00am (45min) Guts n Butts w Allie (Downstairs)	10:00am (45min) Fit For All w Shari (Upstairs)	
	10:00am (45min) Fit For All with Jill (Upstairs)	10:00am (30min) Walking Workout w Anita (Downstairs)	10:00am (45min) Fit For All w Chantelle (Upstairs)	9:00am (45min) Dance Fitness w Bonny (Upstairs)		YOU CAN DO IT!
	5:30pm (60min) RAW with Allie (Downstairs)	4:15pm (30min) Guts n Butts w Jill (Downstairs)		12:10pm (40min) TRX with Allie (Downstairs)	4:15pm (45min) Dance Fitness w Bonny (Upstairs)	
	6:00pm (45 min) Aqua Fit with Stefanie	5:30pm (45min) Step & Tone w Dawn (Upstairs)	5:30pm (60min) RAW with Shari (Downstairs)	6:00pm (45 min) Aqua Fit with Stefanie		

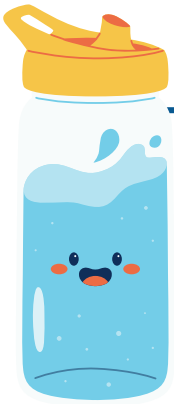
Afternoon / Evening

Updated Sept 15, 2025
240 Main Street, Sussex New Brunswick

Watch For Classes

IMPORTANT

Youth (Ages 6 to 12)
May Attend Any Of These Classes
When Accompanied By An Adult



FALL FITNESS SCHEDULE 2025

Moderate/High Intensity

Aquatics

Mind & Body



NCC CLASS DESCRIPTIONS

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)

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 For All : 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)

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)

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)

Walking Workout : On the NCC track, the class incorporates walking & some light weight lifting focusing on range of motion, flexibility & staying limber. 30 Min (Track)

FUN



Classes Are Included In All-Inclusive Youth Memberships (Or A Drop In Fee Of \$7)