

NCC WINTER FITNESS SCHEDULE

WINTER SCHEDULE STARTS : MONDAY, JANUARY 5TH, 2026

FOLLOW US ON FACEBOOK AND / OR INSTAGRAM FOR LAST MINUTE CHANGES & NOTIFICATIONS

2026



CLASS TYPE	AQUATICS	MIND & BODY	LOW/MODERATE INTENSITY	MODERATE/HIGH INTENSITY	CLASS LOCATION	COMMUNITY ROOM (UPPER LEVEL)
						TRACK / GYM (LOWER LEVEL)

www.nutrienciviccentre.com

frontdesk@nutrienciviccentre.com

506.432.6100

240 Main Street, Sussex New Brunswick

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
--	--------	---------	-----------	----------	--------	----------

MORNING

AFTERNOON / EVENING

5:30am (45min)
RAW with Allie

9:00am (45min)
Aqua Fitness w Anita

9:00am (45min)
RAW with Chantelle

10:00am (45min)
Fit For All w Chantelle

10:00am (30min)
Aqua Arthritis w Anita

11:00am (30min)
Chair Yoga with Jill

small step everyday

5:30pm (60min)
RAW with Shari

6:00pm (45 - 60 min)
Aqua Fit w Stefanie

6:45pm (60min)
Yoga with Shari

TO DO LIST

9:00am (45min)
Aqua Fitness w Jill

9:00am (45min)
Intro to Rhythm Riding w Allie/Chantelle

10:00am (30min)
Walking Workout w Anita

10:00am (45min)
Yoga with Catherine

11:00am (30min)
Senior Power w Jill

12:10pm (40min)
Spin with Allie

4:15pm (30min)
Guts n Butts with Jill

5:30am (45min)
Bike Bootcamp w Allie

9:00am (45min)
Aqua Fit w Chantelle

9:00am (45min)
TRX with Allie

10:00am (45min)
Fit For All w Jill

10:00am (30min)
Aqua Arthritis w Chantelle

11:00am (30min)
Chair Yoga with Jill

-you- MATTER

5:30pm (60min)
RAW with Shari

6:45pm (60min)
Yoga with Shari

DONE

9:00am (45min)
Aqua Fit w Chantelle

9:00am (45min)
Guts n Butts with Allie

9:00am (45min)
Dance Fitness w Bonny

10:00am (45min)
Yoga with Catherine

11:00am (30min)
Senior Power w Bonny

4:15pm (45min)
Tabata with Jill

6:00pm (45 - 60 min)
Aqua Fit w Stefanie

5:30am (45min)
Sculpt & Tone w Allie

9:00am (45min)
Aqua Fitness w (Rotation)

9:00am (45min)
Bike Bootcamp w Allie/Chantelle

10:00am (45min)
Fit For All w Shari

10:00am (30min)
Aqua Arthritis w Anita

11:00am (30min)
Chair Yoga w Catherine

4:15pm (45min)
Dance Fitness w Bonny

YOU got THIS

BELIEVE IN YOURSELF

9:00am (60min)
RAW with (Rotation)

NCC HOURS

MONDAY TO THURSDAY

GYM 5:00AM - 10:00PM
POOL 6:00AM - 8:30PM

FRIDAY

GYM 5:00AM - 10:00PM
POOL 6:00AM - 8:00PM

SATURDAY

GYM 7:00AM - 7:00PM
POOL 7:00AM - 6:00PM

SUNDAY

GYM 10:00AM - 7:00PM
POOL 10:00AM - 6:00PM



LAST UPDATED
JAN 19, 2026

WATCH FOR POP-UP CLASSES