

# FITNESS UNLIMITED

## FREE CLASSES ALL SEMESTER

Campus Recreation Services is thrilled to announce that ALL Group Fitness Classes for WINTER 2019 are **FREE TO NAIT STAFF AND STUDENTS** thanks to funding from the Government of Alberta. Take advantage of these free classes provided for you to improve your overall well-being and holistic experience at NAIT.

Pre-registration for classes is required and can be done through our website at [nait.ca/recreation](http://nait.ca/recreation)

**JANUARY 14 - MARCH 29, 2019**

**NO CLASSES FEBRUARY 18-22, 2019 (READING WEEK)**

ACTIVITY   LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RISE & SHINE BOOTCAMP STUDIO   S112		6:30-7:30 AM		6:30-7:30 AM	
RISE & SHINE YOGA STUDIO   S112			6:30-7:30 AM		
HATHA YOGA   POOL DECK	12:05-12:50 PM				
TOTAL BODY EXPRESS STUDIO   S112	12:05-12:50 PM				
PILATES STUDIO   S112		12:05-12:50 PM			
QUICKFIT HIIT (30MIN)   GYM		12:10-12:40 PM			
QUICKFIT BODY WEIGHT (30MIN)   FWC COURT			11:10-11:40 AM		
SPIN & CORE   SPIN ROOM			12:05-12:50 PM		
VINYASA FLOW YOGA   E124				12:05-12:50 PM	
QUICKFIT CARDIO (30MIN)   ARENA				12:10-12:40 PM	
QUICKFIT (30 MIN)   L242			12:10-12:40 PM		
KICKBOXING STUDIO   S112					12:05-12:50 PM
BHANGRA FIT STUDIO   S112			12:05-12:50 PM		
MOBILITY & STRETCHING STUDIO   S112				1:05-1:50 PM	
YIN YOGA STUDIO   L162					12:05-12:50 PM
SWIM WORKOUT   POOL	12:05-12:50 PM		12:05-12:50 PM		
QUICK FIT   S112					1:10-1:40 PM
HATHA YOGA STUDIO   S112		4:45-5:45 PM			
TOTAL BODY FIT STUDIO   S112			4:45-5:45 PM		
ZUMBA STUDIO   S112				4:45-5:45 PM	
SPIN EXPRESS   SPIN ROOM	4:00-4:30 PM				
CIRCUIT CLASS   S112	4:45-5:45 PM				



Campus Recreation  
Services

**REGISTER NOW**

Main Campus - O117 | 780.471.7713 | [nait.ca/recreation](http://nait.ca/recreation)



# ACTIVITY DESCRIPTIONS

## BHANGRA FIT

Join us for a high energy cardio dance class! A complete body workout, guaranteed to make you sweat. It is based on Bhangra dance that originated in Punjab, India. The class will include a warm up and cool down as well as some strength and core movements. Bring lots of water and be prepared to sweat!

## CIRCUIT CLASS

This full body circuit training class will combine cardio and resistance by rotating through a series of stations and exercises. Get a little bit of everything in this full hour of fitness.

## HATHA YOGA

Working to achieve a balance between mind and body, you will feel relaxed while gaining strength and flexibility.

## KICKBOXING

A combination of cardio, boxing and martial arts providing a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance.

## MOBILITY & STRETCHING

By performing proper mobility exercise you can help prevent injury, increase performance and range of motion. This class will include mobility exercises for all joints, foam rolling and stretching.

## PILATES

Each class will work to balance all muscle groups' strength and flexibility, with an emphasis on challenging the core muscles with each movement. Pilates mat is a challenging yet safe method to sculpt your body and to feel increased agility in your everyday movements.

## QUICKFIT BODY WEIGHT

Using your own body as resistance, this class will target the entire body without any equipment but yourself.

## QUICKFIT CARDIO

Join us in the NAIT Arena where we will get our sweat on with some stairs, laps and tabata style exercises. This class is great for walkers or joggers! *\*When the weather is nice we may take you outside\**

## QUICKFIT

Join us for a 30 minute all-inclusive quickfit class.

## QUICKFIT HIIT

HIIT is a quick fun class where you will perform exercises at your own pace for a set time, with small breaks in between. In just 30 minutes we will have you sweating!

## RISE & SHINE BOOTCAMP

Start your morning off right with our trainer for a motivational exercise class of strength training, core, cardio and flexibility.

## RISE & SHINE YOGA

This is the perfect class for you to restore, rest and rejuvenate the body and mind. This is a very subtle and effective practice leaving you feeling truly restored and rejuvenated on every level.

## SPIN & CORE

Enjoy a combination of spin and core all in one intense fun workout! Start on the bike and finish with some core exercises on the mat.

## SPIN EXPRESS

This 30 minute class will be entirely on the bike, open to all levels of fitness. Kick it up a notch and try out one of the Real Ryder spin bikes for your class (separate sign up for Real Ryders available on IM Leagues).

## SWIM WORKOUT

A coached program designed to improve swimming skills, endurance and speed. Requirement: must be able to swim 400m comfortably.

## ALL LEVELS OF FITNESS WELCOME

### TOTAL BODY EXPRESS

This class will cover a bit of everything in 45 minutes. It will get your heart rate up and work on strength, balance, core and cardio.

### TOTAL BODY FIT

Looking for the full meal deal? This 60 minute class will cover everything from head to toe. From strength and cardio, endurance and flexibility, enjoy it all in one hour.

### VINYASA FLOW YOGA

A yoga class for those newer to yoga or those wanting a basic flow class. This class introduces foundational yoga postures, teaches you how to breath and helps you feel more comfortable in the yoga practice.

### YIN YOGA

Yin is a rich compliment to the more muscular forms of yoga, emphasizing the deep release of connective tissue and tension through the hips, thighs, pelvis and lower spine. This gentle practice is suitable for all levels of experience, regardless of the style of yoga you traditionally practice.

### ZUMBA

Latin rhythms and easy-to-follow moves create a one-of-a-kind fitness program that will blow you away.

## QUESTIONS ABOUT GROUP FITNESS CLASSES?

Contact **Amy Eversley** at [aeversley@nait.ca](mailto:aeversley@nait.ca) or **780.491.3140** and she will be happy to let you know what class is best for you.



Campus Recreation Services

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