

# SPRING

# FITNESS UNLIMITED

Campus Recreation Services is thrilled to bring you two full months of unlimited classes with a few extra perks, including:

- Unlimited access to ALL Fitness Classes
- Access to weekly Wellness Newsletter (videos, healthy recipes, tips/tricks, at home workouts)
- Weekly points challenge (Exchange for prizes or entries into the grand prize worth over \$200)

**Early Bird Fee  
(Before April 19th)**

Staff: \$105  
Student: \$50

**Regular Fee  
(After April 19th)**

Staff: \$120  
Student: \$75

**Drop-In Passes  
available in O117**

Single Pass: \$12  
10 Punch Pass: \$100

\* GST will be added to all prices

## MAY 6 - 31, 2019 [NO CLASSES MAY 20]

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30AM		Rise & Shine Bootcamp Studio		Rise & Shine Bootcamp Studio	
12:05PM	Hatha Yoga Pool Deck	Pilates Studio	Spin & Core Spin Room	Cardio/Foam Rolling Arena/Outside	Kickboxing Studio
12:05PM	Total Body Express Studio		Bootcamp Express Studio	Vinyasa Flow Yoga Studio	Spin & Barre Spin Room
12:10PM		HIIT (30 min) Gym/outside			
4:45PM			Total Body Fit Studio	Zumba Studio	

## JUNE 3 - 28

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30AM		Rise & Shine Bootcamp Studio		Rise & Shine Bootcamp Studio	
12:05PM	Hatha Yoga Pool Deck	Pilates Studio	Spin & Core Spin Room	Cardio/Foam Rolling Arena/Outside	Kickboxing Studio
12:05PM		Total Body Express Gym/Outdoors	Bootcamp Express Studio	Yin Yoga Studio	Spin & Barre Spin Room
12:10PM	HIIT (30 min) Studio				
4:45PM		Bootcamp Express (45 min) Studio	Total Body Fit Studio		

Register now at [nait.ca/recreation](http://nait.ca/recreation)  
In person at **O117** | Call **780.471.7713**

\*pre-registration is required to save your spot\*

Campus Recreation  
Services





# ACTIVITY DESCRIPTIONS

## **BOOTCAMP EXPRESS**

This 45min bootcamp will give you a total body workout including strength, cardio and flexibility. Offered outside (weather permitting). All fitness levels welcome.

## **CARDIO EXPRESS & FOAM ROLLING**

Offered in the NAIT Arena, get your sweat on with stairs, laps and tabata style exercises for the first 30mins. Followed by 15mins foam rolling to prevent injury, increase performance and range of motion. When the weather is nice, we may go outside.

## **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.

## **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 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.

## **SPIN & BARRE**

An action packed class where we pedal through hills, sprints, and other drills and exercises, combined with a unique Barre class where you'll perform small and isometric movements to tighten and tone your entire body - creating long, lean muscles.

## **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.

## **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.