

FITNESS UNLIMITED

FREE CLASSES ALL SEMESTER

Campus Recreation Services is thrilled to announce that ALL Group Fitness Classes for FALL 2019 are **FREE TO NAIT STAFF AND STUDENTS**. Take advantage of these free classes provided for you to improve your overall well-being and holistic experience at NAIT. Join us Sept 23 - 27 for a week of daily classes to test things out and see what you like!

Pre-registration for classes is required and can be done through at nait.ca/fitnessclasses

SEE & TRY WEEK - SEPTEMBER 23 - 27, 2019

ACTIVITY LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TOTAL BODY EXPRESS GYM	12:05-12:50 PM				
PILATES GYM		12:05-12:50 PM			
YIN YOGA GYM			12:05-12:50 PM		
BODYWEIGHT BOOTCAMP GYM				12:05-12:50 PM	
KICKBOXING GYM					12:05-12:50 PM

SEPTEMBER 30 - NOVEMBER 29, 2019

NO CLASSES OCTOBER 14 & NOVEMBER 11, 2019

ACTIVITY LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING BOOTCAMP STUDIO S112		6:30-7:30 AM			
FLOW YOGA L-BUILDING L229	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			
YIN YOGA STUDIO S112			12:05-12:50 PM		
SPIN & CORE SPIN ROOM			12:05-12:50 PM		
SWIM WORKOUT POOL			12:00-1:00 PM		
BODYWEIGHT BOOTCAMP L BUILDING L229				12:05-12:50 PM	
MOBILITY & STRETCHING STUDIO S112				12:05-12:50 PM	
KICKBOXING STUDIO S112					12:05-12:50 PM
FLOW YOGA POOL DECK					12:05-12:50 PM
BEYOND 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	



Campus Recreation
Services

REGISTER NOW

Main Campus - 0117 | 780.471.7713 | nait.ca/fitnessclasses



ACTIVITY DESCRIPTIONS

ALL LEVELS OF FITNESS WELCOME

BEYOND YOGA

This is a unique class that incorporates strength, stretch, mobility, balance & breathing techniques. This class will feature traditional yoga poses along side the use of small dumbbells, foam rollers and balls.

BODYWEIGHT BOOTCAMP

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

FLOW YOGA

Working to achieve a balance between mind and body, you will feel relaxed while gaining strength and flexibility. This flow class will take you through traditional flow yoga movements.

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.

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.

-  Relaxation
-  Cardio
-  Strength
-  Flexibility

MORNING BOOTCAMP

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

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.

SWIM WORKOUT

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

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

Total Body Fit draws on a wide range of movements and drills to improve strength, stamina, flexibility and coordination. This hour long class features a unique movement & mobility approach, with a mix of functional fitness

YIN YOGA

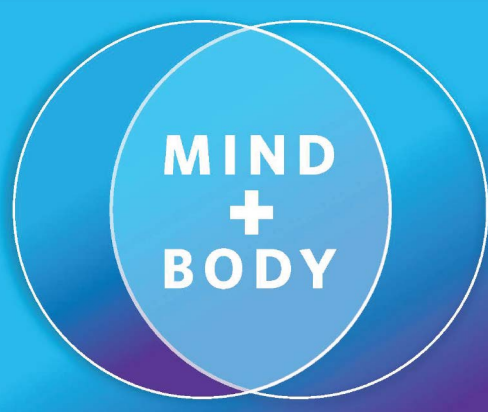
Yin is a rich compliment to the more muscular forms of yoga, emphasizing the deep release of connective tissue and tension through the hips, thighs, pelvis and lower spine. This gentle practice is suitable for all levels, regardless of the style of yoga you traditionally practice.

ZUMBA

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



DECEMBER 2 - 13, 2019
MONDAY - FRIDAY 12:05-12:50PM (GYMNASIUM)




MIND + BODY

MIND+BODY CONNECT

This program focuses on physical and mental wellness and supports students who experience mild to moderate anxiety. It includes free, professionally led training sessions to help students manage stress and anxiety.

For more information, or to apply visit:
Counselling Services W111PB
counselling@nait.ca


DEPARTMENT OF STUDENT WELL-BEING AND COMMUNITY



Campus Recreation
Services

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