

Hay River Recreation Department | Spring Fitness Schedule

May 3rd - May 28th

No programming May 24th

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Spin 12:15-12:45 pm	Spin 6:00-6:45 pm	Lunch Spin 12:15-12:45 pm	Spin 6:00-6:45 pm	Lunch Spin 12:15-12:45 pm
Stretching with a Foam Roller 7:15-8:00 pm	Yoga for Strength 7:00-8:00 pm	Kickboxing 6:00-7:00 pm	Yoga 7:00-8:00 pm	

No Lunch Spin April 7th or 9th

We will only be accepting drop-ins if you have purchased a 10-punch pass or a membership

All fitness programs will have a limit of 10 participants per class.

Memberships allow you to drop-in to all fitness programs provided there is room that day.

The only way to guarantee a spot in a fitness class is to register for the class in advance.

For fitness programming to run there must be at least 5 people registered for the program. Programming may be changed or cancelled depending on registration numbers.

	Adult	Student	Senior
10-Punch Pass	\$76.00	\$63.00	\$47.50

Fitness Membership

	Adult	Student	Senior
1-Month Membership	\$127.50	\$105.00	\$78.75
3-Month Membership	\$306.00	\$252.00	\$189.00
6-Month Membership	\$510.00	\$420.00	\$315.00

Registration Per Class

	Adult	Student	Senior
4-Week Registration	\$29.00	\$24.00	\$19.00
3-Week Registration	\$21.75	\$18.00	\$14.25

Registration is now open at the Hay River Community Centre Customer Service Desk.

874-6500



For more information | Nicole Mitchell | Recreation Programmer | recprogrammer@hayriver.com | 867-874-6500 ex. 255

Fitness Programming Descriptions

Spin

All spin classes are great cardio workouts that are easy on the knees and joints. This class is perfect for all fitness levels, it is easily adaptable for beginner and advanced levels.

Kickboxing

Kickboxing classes combine classic boxing and kickboxing moves with high interval training to provide a fun and effective workout.

Must purchase own hand wraps. Contact Recreation Programmer for more information.

Yoga - With Nancy

Nancy is new to Hay River and is excited to share her passion for yoga. Join her for a beginners class to learn the basics of the Hatha yoga practice.

Nancy also teaches our Thursday class suitable for people comfortable with yoga and are ready to improve their practice.

Yoga mats and blocks are available.

Yoga - With Nancy

Nancy is teaching a new class. Foam rolling helps release tension in the muscles, relieve muscle soreness, and improve flexibility and range of motion. Combined with some simple stretches, this class will help you hold onto flexibility and mobility, 6 foam rollers are available for use but bring your own if you have one.

Yoga for Strength

We welcome Lynda to our team! Lynda is a Registered Massage Therapist and momma with a passion for yoga who joins us from Yellowknife.

Yoga for Strength is a challenging series will bring strength to your practice. Throughout the class, postures are linked together in a flowing (vinyasa) sequence, building not only strength but stamina and flexibility. With a focus on alignment and the awareness of breath and movement, this class is an opportunity to deepen your time on the mat.

