

Monday

9:00-11:30

*MS Yoga
(Private)*

2:30-3:15

Gentle TRX

5:30-6:15

*Total Body
Pump*

6:15-7:00

*Total Body
Burn*

Tuesday

12:00-1:00
PARKINSONS
PROGRAM

Wednesday

9:30-10:15

*Total Body
Pump*

5:30-6:15

*Total Body
Burn*

6:15-7:00

Intro To TRX

Thursday

5:15-6:00

*Balls and
Bands*

Friday

9:30-10:15

*Total Body
Burn*

10:30-11:15

*Wellspring
Niagara
Class*

Saturday

9:00-10:00

*Full Body
Circuit*

Reserve your spot
using our online
booking system!

info@nhrcentre.com | nhrcentre.com | 289-362-3600



Which class is right for you?

Total Body Pump

This 45 minute circuit based class incorporates full body, functional training using the TRX suspension training system along with Kettlebells. The specific combination and timing of the exercises helps you maximize your workout and boost your fat burning potential.

Total Body Burn

“Total Body Burn 2” takes the traditional bootcamp approach to another level. This fast-paced class combines the TRX with medicine balls, kettlebells and sandbags all in one class. The goal is to strategically boost your metabolism using strength training and cardio based body weight training. For intermediate to advanced training levels.

Gentle TRX

These classes are specifically designed to promote and facilitate an active lifestyle with our aging population. Great for those individuals looking to stay active, independent and injury-free as they get older.

Full Body Circuit

This class is a mix of plyometric body weight training with targeted core exercises to boost metabolism and burn belly fat.

Balls and Bands

Using a combination of resistance bands and stability balls this class will keep you sweating and challenge your muscles at the same time.