

ADULT GROUP FITNESS SCHEDULE - JANUARY, 2018

CLASS	Room	INSTRUCTOR
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MONDAY

9:15 AM	Slow Burn Yoga	NIELD	Kelly
10:30 AM	Silver Strength	NIELD	TBA
6:15 PM	Slow Burn Yoga	NIELD	Misty

TUESDAY

8:00 AM	Yoga for Healthy Hips & Backs	NIELD	Misty
10:30 AM	Silver Chair Yoga	NIELD	Suzanne
4:45 PM	Ashtanga Vinyasa Style Yoga	NIELD	Kelly

WEDNESDAY

9:15 AM	Slow Burn Yoga	NIELD	Kelly
10:00 AM	Silver Circuit (NEW)	STAGE	Julie
11:00 AM	Silver Cardio & Core (NEW)	NIELD	Julie
6:15 PM	Slow Burn Yoga	NIELD	Cindi
6:45 PM	WERQ (NEW) starts Jan. 31	STAGE	Emily

THURSDAY

8:00 AM	Slow Burn Yoga	NIELD	Misty
10:30 AM	ZUMBA (NEW)	STAGE	Sarah
11:30AM	Silver Strength	NIELD	TBA
6:15pm	Yoga for Healthy Hips & Backs	NIELD	Cindi

FRIDAY

8:15 AM	Slow Burn Yoga	NIELD	Rachel
9:15am	WERQ (NEW) starts Jan. 26	STAGE	Emily
10:30 AM	Silver Chair Yoga	NIELD	TBA
10:15AM	*Beginner Tai Chi	STAGE	Julie
11:30AM	*Intermediate Tai Chi	STAGE	Julie

Class Descriptions can be found on the back.

New Classes in January: Zumba, WERQ, Silver Circuit, Silver Cardio & Core

NEW Punch Cards are available for purchase. Please see back for details and pricing.

NO CLASSES: Jan. 1 & 15, Feb. 19.

Pre-register for January classes:
Beginner Tai Chi and
Intermediate Tai Chi
Contact the Community Center office for more information.

Free WERQ demo on Wednesday, Jan. 17 at 6:45pm and Friday, Jan. 19 at 9:15am and Please stop in and try this new exciting Fitness Class!

Pre registration required-Cards not accepted

Pre registration required - Cards not accepted

SATURDAY

8:00 AM	TRX & Conditioning	STAGE	Scott
9:15 AM	Slow Burn Yoga	NIELD	Rachel
10:30 AM	Silver Chair Yoga	NIELD	Rachel

SUNDAY

10:30 AM	Yoga for Healthy Hips & Backs	NIELD	Suzanne
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We reserve the right to cancel, alter or make location and instructor changes to any class **at any time** for reasons that may include, but not limited to, scheduling, participant and instructor safety, equipment limitations, space availability, instructor illness, emergency. We make every effort to avoid class cancellation and notify of time changes and cancellations **whenever reasonably possible**. We do not make assignments regarding subs. We are committed to providing our guests with the best customer service possible. We appreciate your flexibility and understanding when special circumstances arise. If you would like to be added to our email distribution list, please email Pam Cameron at pcameron@twp.northville.mi.us.

Ashtanga Vinyasa Style Yoga: A specific flow of postures that take you through sun salutations, standing and seated postures. It's a dynamic sequence that opens new dimensions of the mind-body-breath connection.

Beginner Tai Chi: Learn the fundamental movements of Tai Chi to improve your memory, balance, flexibility, reduce stress and increase breathing capacity. Tai Chi is endorsed by the Arthritis Foundation. You are required to pre-register for this class.

Intermediate Tai Chi: Progress your tai chi skills in this intermediate class. Challenge your mind and body as you progress with movements that will deepen your tai chi learning. It is recommended that you take beginner tai chi twice before the intermediate class. This is a pre-registered class. Punch cards or drop-ins will not be accepted.

Slow Burn Yoga: Slower progressive sequences to longer holding postures will bring your entire body and mind into balance in this intense, yet calming class.

Silver Cardio & Core: An innovative workout that uses a combination of seated and standing movements to focus on strengthening your core while you increase your endurance.

Silver Chair Yoga: Through gentle yoga poses and stretches, you will increase your breath capacity, body flexibility and strength.

Silver Circuit: A total body workout done at your level. Move from station to station doing exercises for balance, coordination, cardio, strength & Flexibility. 50 minute class.

Silver Strength: Designed for our older, active exercisers, this class focuses on toning muscles to prevent injury and improving strength, bone density, balance and overall well-being.

TRX & Conditioning: Increase total body flexibility, promote mobility and stability and develop core strength. Learn basic foundational exercises through easy to follow progressions focusing on technique and conditioning.

Yoga for Healthy Hips & Backs: Improve your overall health and well-being with yoga poses and stretches targeting the back and hips.

WERQ- This high energy wildly addictive cardio dance workout based on the hottest pop and hip pop music will get your cardio system in shape while you have fun!

Zumba- Back by popular demand, this aerobic fitness program features movements inspired by various styles of Latin American dance. Get in shape while dancing the hour away! All Levels welcome.

Punch Card Prices are as follows:

Under 55 age group

10-Class card: \$70-Resident, \$80 -Non Resident; 20-Class card : \$130-Resident, \$140- Non Resident

55+ age group

10-Class card: \$60 Resident, \$70 Non Resident; 20-Class card: \$110 Resident, \$120 No-Resident

Drop in Fees

Silver Classes -\$7 , Yoga & Fitness \$10

*** See the *Inspire* Brochure or Office Staff for fee and registration information on pre-registered classes.**

Exact change and no coins is appreciated. If you are attending two classes in a row, you must pay for each class

