

ADULT GROUP FITNESS SCHEDULE - March 2018

Northville Community Center 303 W. Main Street



CLASS	Room	INSTRUC-TOR
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MONDAY

9:15 AM	Slow Burn Yoga	NIELD	Kelly
10:30 AM	Silver Strength & Stretch	NIELD	Julie
6:15 PM	Slow Burn Yoga	NIELD	Kara

NO CLASSES - March 22, 23, 24 - Craft Show.

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

Punch Cards are available for purchase. Please see back for details and pricing. Punch cards are accepted at all non pre-registered classes.

WEDNESDAY

9:15 AM	Slow Burn Yoga	NIELD	Kelly
10:00 AM	Beg. Tai Chi -registered class- no passes	STAGE	Julie
10:30 AM	Silver Cardio & Resistance Bands	NIELD	Emily
11:15 AM	Int. Tai Chi -registered class- no passes	STAGE	Julie
6:15 PM	Slow Burn Yoga	NIELD	Cindi
6:45 PM	WERQ	STAGE	Emily/Lindsey

Not sure what class is right for you? Class Descriptions can be found on the back.

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

THURSDAY No Class March 22

8:00 AM	Slow Burn Yoga	NIELD	Misty
10:30 AM	*Silver ZUMBA	STAGE	Sarah
10:30 AM	Silver Strength & Stretch	NIELD	Julie
6:15 PM	Yoga for Healthy Hips & Backs	NIELD	Andrea

For Classes that are held before or after office hours, punch cards can be purchased through the instructor. Check and cash are accepted for payment.

FRIDAY No Class March 23

8:15 AM	Slow Burn Yoga	NIELD	Rachel
10:00 AM	Silver WERQ	STAGE	Emily

*** Notice Time or Name change for class
** Pre registration required for Tai Chi- Punch Cards not accepted.**

SATURDAY No Class March 24

9:15 AM	Slow Burn Yoga	NIELD	Rachel
10:30 AM	Silver Chair Yoga	NIELD	Rachel/Cindi

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.

Revised: 3/14/18

CLASS DISCRIPTIONS

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. **Moderate to advance Level**

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. You are required to pre-register for this class.

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. **All Levels**

Silver Cardio & Resistance Bands: An innovative workout that uses bands as resistance to strengthen isolated muscle groups, improve stability and balance while increasing your endurance. **All Levels**

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

Silver Strength and Stretch

Use light hand weights and bands to strengthen your muscles, improve bone density and increase your stamina. Learn gentle stretches that can be done seated or standing to increase your joint flexibility and range of motion. **All Levels**

Silver WERQ- This wildly addictive cardio dance workout based on the hottest pop and hip pop music has been modified to target active seniors. This class will get your cardio system in shape while you have fun movin' to the beat! **Active Senior**

Silver 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! Modifications are always taught. Moderate Levels - **Active Seniors**

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

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! **Moderate to Advanced Levels**

Punch Card Prices are as follows:

Under 55 age group

10-Class card: \$70-Resident (\$7 a class), \$80 -Non Resident (\$8 a class) ; 20-Class card : \$130-Resident (\$6.50 a class), \$140- Non Resident (\$7 a class)

55+ age group

10-Class card: \$60 Resident(\$6 a class), \$70 Non Resident (\$7 a class); 20-Class card: \$110 Resident (\$5.50 a class), \$120 No-Resident (\$6 a class)

Drop in Fees

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

Punch cards, regardless of age category are accepted for All non-registered Classes.

Now accepting payments of cash, check or credit card* at the Community Center Desk.

*All credit card payments are subject to a convenience fee of 2.5%, with a minimum charge of \$1.95.

If you attend class before or after office hours and are not able to stop in during office hours, you may purchase a card from an instructor. They will only accept cash or check and exact change is appreciated. This option will only be offered at those classes before or after office hours.

*** 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.**