

ADULT GROUP FITNESS SCHEDULE - MAY 2018

Northville Community Center 303 W. Main Street



CLASS	Room	INSTRUCTOR
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MONDAY *NO CLASS MEMORIAL DAY MAY 28*

9:15 AM	Slow Burn Yoga	NIELD	Kelly
10:30 AM	Silver Strength & Stretch	NIELD	Julie
6:00 PM	*Slow Burn Yoga	NIELD	Kara

NO CLASSES - MAY 28 - MEMORIAL DAY.

TUESDAY

7:45 AM	**Slow Flow Yoga	NIELD	JaimeSue
9:00 AM	*Yoga for Healthy Hips & Backs	NIELD	Suzanne
9:30 AM	** Pilates Mat - Free Demo Days May 15 & May 22	STAGE	Amy
10:15 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. Punch cards expire 3 months from purchase date.

WEDNESDAY

9:15 AM	Slow Burn Yoga	NIELD	Kelly
10:00 AM	Beg.Tai Chi -registered class- no passes accepted	STAGE	Julie
6:00 PM	*Slow Burn Yoga	NIELD	Cindi
6:45 PM	WERQ	STAGE	Emily/Lindsey

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.

THURSDAY

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

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

FRIDAY

8:15 AM	Slow Burn Yoga	NIELD	Rachel
10:00 AM	Silver Chair Yoga	NIELD	Andrea

Pre-register for May Beginner Tai Chi. Punch cards not accepted. Pre-register for free Pilates Demo. Contact Community Center office for more info.

SATURDAY

9:00 AM	**Blend Yoga	NIELD	Rachel
10:30 AM	Silver Chair Yoga	NIELD	Rachel/Cindi

*** New Class Time
** New Class Format**

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 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 Amy Alandt at aalandt@twp.northville.mi.us.

CLASS DESCRIPTIONS

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 Advanced Level**

Blend Yoga: This is an intermediate level class that pairs Slow Burn with the guided challenge of Vinyasa. Great for those experienced in yoga basics or who have practiced for years. **Intermediate 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.

Pilates Mat **Demo Days:** Come attend **two free introductory Pilates classes**. Spend an hour improving your mind body connection through pilates - a low impact exercise program designed to rebalance, lengthen and strengthen the body and increase flexibility. Exercises focus on proper alignment, core strength and muscle balance. Please bring your own mat. **For beginner and intermediate students.** Beginning in June, this class will run as a 5-week pre-registered session.

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 Zumba: This popular 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**

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**

Slow Flow: This **beginner to intermediate class** will incorporate breath and movement to create strength and length throughout the body. Each class will guide you through a slow vinyasa flow, focusing on comprehensive sequencing with the intention to enhance personal growth to each and every student. The flow of this class will consist of a combination of postures that are held and movement that encourages the connection of the mind and body and breath.

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-hop 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 Non Resident (\$6 a class)

Punch cards expire 3 months from the date of purchase.

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.

Drop-in Fees:

Silver Classes: \$7.00 Adult Fitness/Yoga: \$10.00

*** 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.**