

ADULT GROUP FITNESS SCHEDULE - NOVEMBER, 2017



	CLASS		INSTRUCTOR
--	--------------	--	-------------------

MONDAY

9:00 AM	Silver TRX & Tone (Stage)		Cheryl
9:15 AM	Slow Burn Yoga		Kelly
10:30 AM	Silver Strength		Cheryl
11:30 AM	Silver Stretch & Flex		Cheryl
6:15 PM	Slow Burn Yoga		Misty

TUESDAY

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

WEDNESDAY

9:00 AM	Total Conditioning (Stage)		Cheryl
9:15 AM	Slow Burn Yoga		Kelly
10:00 AM	Drums Alive! (pre-register)		Debbie
11:00 AM	Silver Fit		Cheryl
6:15 PM	Slow Burn Yoga		Cindi

THURSDAY NO CLASSES THANKSGIVING 11/23

8:00 AM	Slow Burn Yoga		Misty
8:30 AM	Silver TRX & Tone (Stage)		Cheryl
10:30 AM	Silver Strength		Cheryl
11:30 AM	Silver Stretch & Flex		Cheryl
6:15 PM	Yoga for Healthy Hips & Backs		Cindi

FRIDAY

8:15 AM	Slow Burn Yoga		Rachel
10:30 AM	Silver Chair Yoga		Lisa
11:30 AM	Beginner Tai Chi (pre-register)	No class 11/24	Julie

SATURDAY

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

SUNDAY

10:30 AM	Yoga for Healthy Hips & Backs		Suzanne
----------	-------------------------------	--	---------

**ALL CLASSES HELD IN NIELD ROOM
UNLESS INDICATED (STAGE)**

**SEE MORE CLASS INFORMATION AND
PRICING ON BACK**

**Effective January, 2018
TRX & Conditioning and Barre Blend
will be pre-registered classes**

**Pre-register for New Classes of
Drums Alive!:**

**Wednesdays
Nov. 1 - Dec. 20 (8 Weeks)**

**Contact the Comm. Ctr. for more
information.**



**HAPPY THANKSGIVING! NO CLASSES 11/23
CLASSES RESUME FRIDAY, 11/24**

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 Cheryl Swies at cswies@ci.northville.mi.us.

<p>Ashtanga Vinyasa Style: A specific flow of postures that will take you through sun salutations, standing and seated postures. It's a dynamic sequence that opens new dimensions of the mind-body-breath connection. All levels are welcome.</p>
<p>Barre Blend: Using the ballet barre, you will strengthen, lengthen and tone your body with isometrical movements. Your total body workout may also include pilates, mat work and TRX.</p>
<p>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.</p>
<p>Beginner Yoga: This introductory class will focus on the fundamentals of breath, poses and movements resulting in increased strength, flexibility and balance. This class is for those completely new to yoga, have been away from practice or desire a basic yoga class.</p>
<p>Drums Alive! Experience the joy of music and rhythm with this cardio workout as you drum on a stability ball while moving to a choreographed routine. Powerful for stress-reduction and mental balance. You may sit in a chair or stand. You are required to pre-register for this class. Bring your exercise ball. Base and drumsticks are provided.</p>
<p>Silver Chair Yoga: Through gentle yoga poses and stretches, you will increase your breath capacity, body flexibility and strength.</p>
<p>Silver Fit: This class will help you build core/body strength and flexibility through lite cardio movements, toning exercises, stretches and hand weights.</p>
<p>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.</p>
<p>Silver Stretch & Flex: This 30 minute class focuses on breath capacity, stretches for flexibility and mobility and balance. Light weights and resistance bands may be used.</p>
<p>Silver TRX & Tone: An incredibly effective total body conditioning and toning class, the TRX Suspension Trainer provides a workout that leverages gravity and your bodyweight. Adjust your body position to add/decrease resistance. Stretches and balance included in a varied workout.</p>
<p>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.</p>
<p>Total Conditioning: Tone up and increase strength and flexibility in this resistance training class. Perfect for the adult who is looking for an intermediate strength training workout.</p>
<p>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.</p>
<p>Yoga for Healthy Hips & Backs: Improve your overall health and well-being with yoga poses and stretches targeting the back and hips.</p>

Monthly Pass for **Fitness Classes Only:** \$50 Resident / \$55 School District / \$60 Non-resident

Monthly Pass for **Yoga Only:** \$50 Resident / \$55 School District / \$60 Non-Resident

Monthly Pass for **ALL Classes (excluding pre-registered classes) on calendar:** \$60 Resident / \$65 School District / \$70 Non-resident

Drop-in Rates: \$10 per non-Silver class any age; \$5 per Silver class; \$3 for 30 minute Silver Stretch & Flex class.

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.