

GROUP FITNESS DROP-IN SCHEDULE



	Time	Class Title	Location	Updates
MONDAY	8:30 am	● Yoga Flow	Nield	
	9 am	● Silver Strength & Stretch	Stage	
	10 am	● Silver Strength & Stretch	Nield	
	11:30 am	● Beginner Line Dancing	Nield	
	6 pm	▲ Women's Fitness	Stage	
TUESDAY	8:30 am	● Yoga Flow	Nield	
	10 am	● Silver Chair Yoga	Nield	
	10:15 am	● Zumba Gold	Stage	
<ul style="list-style-type: none"> • Please note: Soulful Flow & Candlelit Yin have been canceled for the current session. These classes will return Fall 2026. 				
WEDNESDAY	8:30 am	● Healthy Hips & Back	Nield	
	9 am	● Silver Strength & Stretch	Stage	
	10 am	● Silver Strength & Stretch	Nield	
	10:15 am	● Cardio Sculpt NEW	Stage	
	11:30 am	● Slow Burn Yoga	Nield	
	6 pm	▲ Women's Fitness	Stage	
THURSDAY	8:30 am	● Yoga Flow	Nield	
	10 am	● Silver Chair Yoga	Nield	
	10:15 am	● Zumba Gold	Stage	
	11:30 am	● Mindful Yoga	Nield	
	6 pm	▲ Women's Fitness	Stage	
FRIDAY	8:30 am	● Yoga FUNdamentals	Nield	<div style="border: 1px dashed black; padding: 5px; text-align: center;"> No classes Apr 3 </div>
	9 am	● Silver Strength & Stretch	Stage	
	10 am	● Silver Strength & Stretch	Nield	
	10:15 am	● Zumba Gold	Stage	
SATURDAY	8:30 am	● Yoga Flow	Nield	
	9:45 am	● Restorative Yoga	Nield	

Class Key:



Punch card eligible class



Select registered classes require an additional fee.

CLASS PRICING & DETAILS

Inclement weather hotline: 248-348-8888

Drop-In Group Fitness - All classes are held at the Northville Community Center, unless stated otherwise
please arrive early, space may be limited

\$8/class or discounted punch card, no pre-registration required

2026 Punch cards may be purchased at the Northville Community Center or Recreation Center at Hillside Monday-Friday 8:00-4:30pm - cash, check, or credit card (2.5% fee applies)

10 class punch card \$70 Resident, \$75 Non-Resident

Used punch cards may be turned in for a chance to win our monthly fitness drawing.

The selected winner will receive a complimentary 5-class punch card (valued at \$40).

Visit the front desk for more details.

Registered Group Fitness with Drop-In Option - All classes are held at the Northville Community Center, unless stated otherwise.

\$15/class Women's Fitness, first class free for new participants

\$12/class Soulful Flow & Candlelit Yin

Exact cash preferred, checks accepted

Save money with registration! Please visit our website for future class offerings.

Punch Card Refund Policy - updated 2.6.2025

- *Punch cards may be transferred.*
- *Each punch card is valid for the calendar year.*
- *NPAR will not handle money transactions after initial purchase.*
- *No refunds or replacements will be issued for lost or stolen punch cards.*
- *No refunds will be issued for unused punches without a medical exemption.*
- *Participants who experience a medical issue preventing them from using their punch card may request a refund, pro-rated credit, or extension. Requests must be submitted in writing within three months of the medical event and include supporting documentation. Northville Parks & Recreation reserves the right to determine eligibility, and all approved requests will be documented.*

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,
scan the qr code or visit:**

<https://www.northvilleparksandrec.org/connect/e-newsletter/e-notifications>






CLASS DESCRIPTIONS

General Fitness Intensity Levels

-  Low
-  Moderate
-  High

Senior Fitness Level Ratings

-  No impact, seated or standing. Canes/walkers welcome
-  Low impact. Some seated, mostly standing
-  Low to moderate impact; standing and/or floor work

General Fitness - Ages 13+

Beginner Line Dancing 60 min. **Instructor: Ann B.**

Discover basic line dance steps and choreography set to various musical styles like Country and Pop. Enhance fitness, coordination, cognition, and reduce stress while socializing and having fun in this beginner-friendly course—no prior dance experience needed!

Cardio Sculpt 45 min. **Instructor: Kate M.**

Improve strength, stamina, and mobility with a full-body workout. Includes stretches, warm-up and cool-down promoting core strength and body awareness. Features interval training using bodyweight, bands, and light weights, plus cardio and flexibility work. Modifications provided for all fitness levels, ensuring a safe, effective, and energizing experience.

Women's Fitness 60 min. **Instructor: Celeste J.**

Led by a certified fitness trainer and nutritionist, this class boosts health and fitness across all levels with strength, cardio, and core training. Enjoy a supportive, group setting with modified exercises. Equipment is provided. Please bring towel and water.

Senior Fitness - Ages 50+

Silver Chair Yoga 60 min. **Instructor: Toulla P.**

Gentle poses improve your balance, strength, flexibility, and breathe capacity. Class time 75% seated and 25% standing stretches. Wear grippy socks or bare feet. No mat needed.

9am Silver Strength & Stretch 60 min. **Instructor: Ann B.**

Low-moderate impact class tailored for active older adults, this upbeat class targets muscle toning to prevent injury and enhance bone density, balance, and overall well-being.

10am Silver Strength & Stretch 60 min. **Instructor: Ann B.**

Lower impact class tailored for active older adults, this upbeat class targets muscle toning to prevent injury and enhance bone density, balance, and overall well-being.

Zumba Gold 60 min. **Instructor: Sarah R. & Cheryl C.**

This modified, lower intensity dance workout is designed for active older adults and beginners. Zumba emphasizes moving to the music and having fun, regardless of your fitness level. No prior dance experience required!



CLASS DESCRIPTIONS

Drop-In Yoga - Ages 13+

Participants are encouraged to bring their own mat, however, a limited number of mats are available to borrow. All other equipment is provided.

Healthy Hips & Back 60 min. **Instructor: Kate M.**

Class focuses on a great stretch from head to toe, improving strength, flexibility, and balance with an emphasis on back, hips, and shoulders.

Mindful Yoga 60 min. **Instructor: Carolyne B.**

Rooted in Hatha and Restorative Yoga, this class focuses on connecting breath and movement. Appropriate for all students including seniors, beginners and those with a regular yoga practice.

Slow Burn Yoga 60 min. **Instructor: Kelly D.**

Slow burn classes blend breath and movement to improve inner and outer alignment, strength, and flexibility. With gradual sequences and extended holding postures, they foster balance, focus, and calm.

Soulful Flow 60 min. **Instructor: Kathleen C.**

This fully guided class integrates Sun Salutation flows as well as poses designed to build strength and flexibility. Relaxing yin poses promote a deep stretch and balance out the practice.

Candlelit Yin 60 min. **Instructor: Kathleen C.**

Yin Yoga invites students to relax into gentle, supported poses held for longer periods, fostering awareness of body and mind. Suitable for all levels, props & mats provided.

General Fitness Intensity Levels



Low



Moderate



High

Restorative Yoga 60 min. **Instructor: Kathleen C.**

This class combines somatic, yin, restorative, and nidra practices. Through gentle movements, soothing stretches, and calming meditation, participants experience a feeling of renewal and revitalization, fostering a sense of tranquility and balance to embrace the week ahead.

Yoga Flow 60 min. **Instructor: Toulla P. & Kathleen C.**

Build strength, stamina, flexibility & balance. This intermediate class blends seated & standing postures, highlighting the breath & movement to leave you feeling re-energized & uplifted. Emphasis on moving from the core.

Yoga FUNdamentals 60 min. **Instructor: Kathleen C.**

During this lighthearted, feel-good class, we take it back to basics with an emphasis on anatomy, breath and functional movement. The goal is to cultivate a sense of freedom and joyous movement in your body both on the mat and in daily life.