

ADULT GROUP FITNESS SCHEDULE - JULY, 2017



CLASS			INSTRUCTOR
MONDAY			
9:00 AM	Total Conditioning (Stage)		Cheryl
9:15 AM	Slow Burn Yoga		Kelly
10:30 AM	Silver Strength		Cheryl
11:30 AM	Silver Stretch & Yoga		Cheryl
6:15 PM	Slow Burn Yoga	No Class July 3	Misty

NO CLASSES TUESDAY JULY 4 HOLIDAY
ALL CLASSES HELD IN NIELD ROOM
UNLESS INDICATED (STAGE)

TUESDAY NO CLASSES JULY 4 HOLIDAY			
8:00 AM	Yoga for Healthy Hips & Backs		Karen
8:30 AM	Silver TRX (Stage)		Cheryl
10:30 AM	Silver Chair Yoga		Suzanne
6:00 PM	Slow Burn Yoga		Karen

SEE MORE CLASS INFORMATION AND
PRICING ON BACK.

WEDNESDAY			
9:00 AM	Total Conditioning (Stage)	No Class July 19	Cheryl
9:15 AM	Slow Burn Yoga		Kelly
11:00 AM	Silver Chair Yoga		Cheryl
6:15 PM	Slow Burn Yoga		Cindi

REGULAR PHYSICAL ACTIVITY

 - Controls Weight
 - Combats Health Conditions & Diseases
 - Improves Mood
 - Boosts Energy
 - Promotes Better Sleep
 - Can Be Fun & Social!

THURSDAY			
8:00 AM	Slow Burn Yoga		Karen
8:30 AM	Silver TRX (Stage)		Cheryl
10:30 AM	Silver Strength	No Class July 20	Cheryl
11:30 AM	Silver Stretch & Yoga		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

SATURDAY			
9:15 AM	Slow Burn Yoga		Karen/Staff
10:30 AM	Silver Chair Yoga		Karen/Lisa



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

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.

Barre Blend: Using the ballet barre, you will strengthen, lengthen and tone your body with isometrical movements. Your total body workout will also include pilates and mat work.
Silver Chair Yoga: This class will increase your breath capacity, body flexibility and strength through gentle yoga poses and stretches.
Silver Strength: Designed for our older, active exercisers, this class focuses on exercises and light cardio to tone muscles to prevent injury, improve strength, bone density, balance and overall well-being.
Silver Stretch & Yoga: This class focuses on yoga stretches and strength using light weights. Enjoy the relaxation achieved through yoga poses while increasing stamina and strength. 30 minute 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.
Strength & Endurance: Blast calories and improve your strength, cardiovascular endurance and total fitness with hand weights, cardio, TRX as well as challenging mat work.
Total Conditioning: This results-oriented total body workout will tone and increase muscle strength, cardiovascular endurance, and flexibility using hand weights and other fitness equipment.
TRX & Silver TRX: 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 or decrease resistance.
Yoga for Healthy Hips & Backs: Improve your overall health and well-being with yoga poses and stretches targeting the back and hips to help protect from injury.

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 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 & Yoga class.

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