



JULY 2018 ADULT GROUP FITNESS DROP-IN SCHEDULE

<u>DAY</u>	<u>CLASS</u>	<u>ROOM</u>	<u>INSTRUCTOR</u>
MONDAY			
9:15 AM	Slow Burn Yoga	NIELD	Kelly
10:30 AM	Silver Strength & Stretch	NIELD	Julie
6:00 PM	Slow Burn Yoga	NIELD	Kara
TUESDAY			
7:45 AM	Yoga for Healthy Hips & Back	NIELD	Jaime Sue
9:00 AM	Silver Chair Yoga	NIELD	Suzanne
10:15 AM	Silver Chair Yoga	NIELD	Suzanne
WEDNESDAY	All Classes Cancelled July 4 – Holiday		
9:15 AM	Slow Burn Yoga	NIELD	Kelly
6:00 PM	Slow Burn Yoga	NIELD	Andrea
6:45 PM	WERQ	STAGE	Emily/Lindsey
THURSDAY			
8:00 AM	Yoga for Healthy Hips & Back	NIELD	Jaime Sue
10:30 AM	Silver Strength & Stretch	NIELD	Julie
10:30 AM	Silver ZUMBA	STAGE	Sarah
FRIDAY			
8:00 AM	Slow Burn Yoga	NIELD	Rachel
10:15 AM	Silver Chair Yoga	NIELD	Andrea
SATURDAY			
9:00 AM	Blend Yoga	NIELD	Rachel/Cindi
10:30 AM	Silver Chair Yoga	NIELD	Rachel/Cindi
SUNDAY			
10:30 AM	Yoga for Healthy Hips & Back	NIELD	Suzanne

PLEASE NOTE: IN AN EFFORT TO PROVIDE A POSITIVE FITNESS EXPERIENCE AND ALLOW AN ADEQUATE AMOUNT OF SPACE BETWEEN PARTICIPANTS TO EXERCISE, THE MAXIMUM CLASS SIZE IS 22 FOR CLASSES HELD IN THE NIELD/MAINVILLE ROOMS.

THE FOLLOWING REGISTERED CLASSES ARE OFFERED IN JULY – PLEASE INQUIRE AT THE COMMUNITY CENTER DESK FOR CLASS SESSIONS AND INFORMATION:

**BEGINNER TAI CHI
PILATES**

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

Blend Yoga: Class format will consist of a combination of postures that are held and a guided flow of movements focusing on a comprehensive sequencing with the intention to enhance personal growth to each and every student. Great for those experienced in yoga basics or who have practiced for years. **BEGINNER TO INTERMEDIATE LEVEL**

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 LEVEL – 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**

WERQ: A high-energy and wildly addictive cardio-dance workout based on the hottest pop and hip-hop music. Get your cardio system in shape while you have fun! **MODERATE TO ADVANCED LEVELS**

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

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