

# OCTOBER 2024 GROUP FITNESS DROP-IN SCHEDULE



	Time	Class Title	Location	Instructor
<b>MONDAY</b>	8:30 am	Yoga Flow	Nield	Toulla
	10 am	Silver Strength & Stretch	Nield	Ann
	11:30 am	Beginner Line Dancing	Nield	Ann
	6 pm	Women's Fitness	Stage	Celeste
<b>TUESDAY</b>	8:30 am	Yoga Flow	Nield	Toulla
	10 am	Silver Chair Yoga	Nield	Toulla
	10:15 am	Zumba Gold	Stage	Sarah
	6 pm	TRX	Stage	Scott
	6 pm	Soulful Flow	Nield	Kathleen
<b>WEDNESDAY</b>	8:30 am	Healthy Hips & Back <sup>NEW</sup>	Nield	Kate
	9 am	Silver Strength & Stretch	Stage	Ann
	10 am	Silver Strength & Stretch	Nield	Ann
	11:30 am	Slow Burn Yoga	Nield	Kelly
	6 pm	Women's Fitness	Stage	Celeste
<b>THURSDAY</b>	8:30 am	Yoga Flow	Nield	Toulla
	10 am	Silver Chair Yoga	Nield	Toulla
	10:15 am	Zumba Gold	Stage	Sarah
	11:30 am	Mindful Yoga	Nield	Carolyne
	6 pm	Women's Fitness	Stage	Celeste
<b>FRIDAY</b>	8:30 am	Yoga FUNDamentals	Nield	Kathleen
	10 am	Silver Strength & Stretch	Nield	Ann
	10:15 am	Zumba Gold	Stage	Cheryl
<b>SATURDAY</b>	8:30 am	Yoga Flow	Nield	Kathleen
	9:45 am	Restorative Yoga	Nield	Kathleen

Please note the following class cancellations:

Friday, October 4 - Silver Strength & Stretch

Thursday, October 10 - all morning fitness classes      Tuesday, October 22 - all classes

# CLASS PRICING & DETAILS

*Please arrive early, space may be limited.*

## **Morning Group Fitness**

\$7 per class or discounted punch card, no pre-registration required

2024 Punch cards may be purchased Monday-Friday 8:00-4:30pm at the Northville Community Center, valid only for morning group fitness classes \$65 for 10 classes, \$120 for 20 classes - cash, check, or credit card (2.5% fee)

Used punch cards may be turned in for a chance to win our monthly fitness drawing. The selected winner will receive a free 7-class punch card. Visit the front desk at the Northville Community Center for more details.

## **Evening Registered Group Fitness**

Drop-in option, Cash only, no punch cards accepted

\$12 TRX

\$12 Soulful Flow

\$15 Women's Fitness

## **Punch Card Refund Policy**

- *Cards may be transferred*
- *Each punch card is valid for the calendar year*
- *NP&R will not handle money transactions after initial purchase*
- *No refunds will be issued for unused punches*
- *No refunds or replacements will be issued for lost or stolen punch cards*

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

## Senior Fitness – Ages 50+

### **Silver Chair Yoga**

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.

### **Silver Strength and Stretch**

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**

This modified, lower intensity dance workout is designed for active older adults and beginners. Class will focus on balance, range of motion, and coordination, incorporating a variety of fitness elements, including cardiovascular, muscular conditioning, and flexibility. Zumba emphasizes moving to the music and having fun, regardless of your fitness level. No prior dance experience required!

## General Fitness – Ages 13+

### **Beginner Line Dancing**

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!

### **TRX**

This class is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. Equipment provided. Please bring towel and water.

### **Women's Fitness**

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.



# 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**

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

### **Mindful Yoga**

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**

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 for participants of all levels.

### **Soulful Flow**

This class integrates breath and movement while featuring a combination of Sun Salutations along with poses from the Ashtanga practice. Some yin poses to balance out the practice. Open to all levels.

### **Restorative Yoga**

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**

Build strength, stamina, flexibility & balance. The gentle flow blends seated & standing postures, highlighting the breath & movement to leave you feeling re-energized & uplifted. Emphasize moving from the core. All levels of fitness are welcome.

### **Yoga FUNDamentals**

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.

