

Group Fitness May 2012



rev 4-25

248-349-0203 ext. 1403

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	POWER Kirsten 9a RCH	Yoga Jodi 8:15a NCC	POWER Kirsten 9a RCH	Yoga Jodi 8:15a NCC	Yoga Amy 9a NCC	Yoga Emme 8a NCC
	Silver STRENGTH Kirsten 10:15a NCC	PILATES Ball Jodi 9:30a RCH	Silver STRENGTH Kirsten 10:15a NCC	PILATES Ball Jodi 9:30a RCH	POWER Tracey 9a RCH	Group Cycle Kirsten 7a RCH
Begins May 7	Yoga Anita 5:00p NCC	Silver YOGA Emme 10:15a NCC		 Julie 9:30a NCC	Silver YOGA Emme 10:15a NCC	Kick'n' Abs Scott 8a RCH
	Cycle Stretch Stacy 5:30p RCH	Absolute Abs Kirsten 5:30p RCH	Yoga Jim 6:00p NCC	 Abi 5:30p RCH		POWER Lisa 9a RCH
	POWER Amanda 6:30p RCH	Group Cycle Kirsten 6:00p RCH	POWER Lisa 6:00p RCH	Restorative Yoga Stacy 6:00p NCC		Water Fitness Jamie 9:15a RCH
	Yoga Jodi 6:30p NCC	Water Fitness Stacy 6:30p RCH	Kick'n' Abs Lisa 6:45p RCH		Cycle reservations begin @ noon the day before class. Please indicate your class time preference. 248.349.0203 x1403	

Purchase a monthly pass & attend as many classes as you like! (Monthly Pass Fee \$50/ 55/ 60 based on residency.)

... or just drop in and pay the class fee. (1-hour classes: \$8, 1/2 hr classes: \$5. Silver and Student drop-in: \$5)

No refunds or pro-rating of monthly passes. All classes are subject to change or discontinue at any time.

NCC- Northville Community Center (303 W Main St) **RCH-** Stinson Room in Rec Center @ Hillside Middle School (700 W Baseline)

May Announcements





Class Information:

**Come try our new classes and meet new instructors:
Stacy (Yoga, Cycle and Water) and Anita (Yoga)**

**No Classes on Monday, May 28th- Enjoy your Memorial Day!
No Yoga Sat May 12th @ 8am or Thurs May 31st @ 8:15am.**

If you would like to be on our e-mail distribution list to receive the monthly schedules, please send your request to Jamie- jcoley@ci.northville.mi.us or call 248-349-0203 x1403

Class Descriptions

POWER	This barbell class is proven to strengthen your entire body. Great music and awesome instructors will give you an endurance workout that challenges all of your major muscle groups by using variable weight to squat, press, lift, and curl your way to the results you are looking for!
Cardio Power	A functional-styled workout that will challenge your muscles, give you amazing core strength and raise your heartrate. This class has both strength and cardio intervals to kick your calorie burn into a higher gear.
Kick'n'Abs	Empowering cardio workout with exercises inspired by Kick-boxing and Martial Arts. Supported by driving music, you will strike, punch, and kick your way through calories to superior cardio fitness! Then finish off your workout with a blast for your abs!
Silver Strength Silver Yoga	Fun, energetic workouts specifically designed for the older, active exercisers! Silver Strength focuses on toning our muscles to prevent injury and improve bone density. Yoga is a core conditioning class that enhances our range of motion, improve balance and keep us both mentally and physically fit.
Yoga	All of our Yoga workouts will strengthen and tone muscles while improving flexibility. Enhance mental clarity and achieve better balance in life on your journey of self-discovery. This class helps you focus on your breath, becoming centered and often finishes with the gift of relaxation.
PILATES Ball	Mat and Stability Ball combination class designed to shape the body through core strengthening exercises. You will notice improved posture and tension reduction with the flowing movements of this class. Great for mind and body!
Group Cycle	Indoor cycling workout where you ride to the rhythm of powerful music. Your inspiring coach will lead you through training intervals that will include peaks and valleys, hills and mountains, and time trials. Become a cycle warrior while you sweat and burn tons of calories!
	Enjoy the rhythms of dance music while you sweat your calories away! One of the latest workout crazes to hit the fitness scene, Zumba comes packed with dance moves inspired by Latin and African rhythms to help you experience a party-like environment while you work out!
	This low-impact, cardio workout is designed for the older, active adult, those just starting a program or anyone physically limited. Learn easy-to-follow dance steps that are just as much fun as Zumba, just not as fast! Improve balance, strength, flexibility and heart function as you sweat to latin-inspired music! Get ready for a fun workout!
Water Fitness	Fun, low-impact water workout with exercise noodles. This class includes cardiovascular exercises and strength training while in chest-deep water. No swimming experience necessary and no submersion required to complete the class. Come try a new way to get fit!

* In efforts to serve you better, we strive to not cancel classes due to instructor inavailability. Therefore, there may sometimes be class offerings that are not the discipline listed on the schedule, but it will be a comparable offering. Thank you!

Jamie Coley, Health and Wellness Coordinator (248) 349-0203 x 1403
Pat Brown, Recreation Superintendent (248) 449-9949