

ADULT GROUP FITNESS SCHEDULE - MAY, 2017



CLASS		INSTRUCTOR
MONDAY <i>No Classes Memorial Day, May 29</i>		
9:00 AM	Barre Blend (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	Misty

**ALL CLASSES HELD IN NIELD ROOM
UNLESS INDICATED (STAGE)**

TUESDAY		
8:00 AM	Yoga for Healthy Hips & Backs	Karen
8:30 AM	Silver TRX (Stage)	Cheryl
9:30 AM	Strength & Endurance (Stage)	Cheryl
10:30 AM	Silver Chair Yoga	Suzanne
6:00 PM	Slow Flow Yoga	Karen

**SEE MORE CLASS INFORMATION AND
PRICING ON BACK.**

NO CLASSES MEMORIAL DAY, MAY 29th

WEDNESDAY		
9:15 AM	Slow Burn Yoga	Kelly
9:15 AM	Total Conditioning (Stage)	Cheryl
11:00 AM	Silver Chair Yoga	Cheryl
6:15 PM	Slow Burn Yoga	Cindi

**WELCOME TO OUR NEW YOGA
INSTRUCTORS: RACHEL LUKAS, MISTY
MARCUM ROLFS AND CINDI QUINN-
VENTURA**

THURSDAY		
8:00 AM	Slow Burn Yoga	Karen
8:30 AM	Silver TRX (Stage)	Cheryl
9:30 AM	Strength & Endurance (Stage)	Cheryl
10:30 AM	Silver Strength	Cheryl
11:30AM	Silver Stretch & Yoga	Cheryl
6:00 PM	TRX (Stage)	Scott
6:15 PM	Yoga for Healthy Hips & Backs	Cindi

**AN APPLE
A DAY FOR BETTER HEALTH?**

Apples are extremely rich in important antioxidants, flavanoids and dietary fiber. The phytonutrients and antioxidants in apples may help reduce the risk of developing cancer, hypertension, diabetes and heart disease.

FRIDAY		
8:15 AM	Slow Burn Yoga	Rachel
10:30 AM	Silver Chair Yoga	Lisa

SATURDAY		
8:00 AM	TRX (Stage)	Scott
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 toning muscles to prevent injury and improve 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.
Slow Flow Yoga: This class is a slower-paced, meditative flow-style class, where you can connect deeply to each posture and focus aligning and connecting to your pranayama breathing.
Strength & Endurance: Blast calories and improve your strength and total fitness through cardio and TRX circuits as well as challenging mat work. 45 minute class.
Total Conditioning: Tone up and increase strength and flexibility in this resistance training class. Perfect for the adult who is looking for an intermediate strength training workout. 45 minute class.
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. Silver TRX is a 45 minute class.
Yoga for Healthy Hips & Backs: Improve your overall health and well-being with yoga poses and stretches targeting the back and hips.

Monthly Pass for **Fitness Classes Only:** \$50 / \$55 / \$60 Price is based on residency.

Monthly Pass for **Yoga Only:** \$50 / \$55 / \$60 Price is based on residency.

Monthly Pass for **ALL Classes on calendar:** \$60 / \$65 / \$70 Price is based on residency.

Drop-in Rates: \$10 per class - regardless of participant's age; \$5 per Silver class 45 or 60 minutes, \$3 for 30 minute silver class.

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

All classes are one hour unless indicated otherwise.