



**NOVEMBER 2018  
ADULT GROUP FITNESS DROP-IN SCHEDULE**

<u>DAY</u>	<u>CLASS</u>	<u>ROOM</u>	<u>INSTRUCTOR</u>
<b>MONDAY</b>			
9:15 AM	Slow Burn Yoga	<b>NIELD</b>	Kelly
10:30 AM	Silver Strength & Stretch	<b>NIELD</b>	Julie
6:00 PM	Slow Burn Yoga	<b>NIELD</b>	Andrea
<b>TUESDAY</b>			
7:45 AM	Yoga for Healthy Hips & Back	<b>NIELD</b>	Jaime Sue
9:00 AM	Silver Chair Yoga	<b>NIELD</b>	Suzanne
10:15 AM	Silver Chair Yoga	<b>NIELD</b>	Suzanne
<b>WEDNESDAY</b>			
9:15 AM	Slow Burn Yoga	<b>NIELD</b>	Kelly
10:30 AM	Silver Strength & Stretch	<b>NIELD</b>	Ann
6:45 PM	WERQ	<b>STAGE</b>	Emily/Lindsey
<b>THURSDAY</b>			
	<b>*Class Cancelled Nov. 22<sup>nd</sup>*</b>		
8:00 AM	Yoga for Healthy Hips & Back	<b>NIELD</b>	Jaime Sue
10:30 AM	Silver Strength & Stretch	<b>NIELD</b>	Julie
10:30 AM	Silver ZUMBA	<b>STAGE</b>	Sarah
<b>FRIDAY</b>			
	<b>*Class Cancelled Nov. 23<sup>rd</sup>*</b>		
8:00 AM	Slow Burn Yoga	<b>NIELD</b>	Carmen
10:15 AM	Silver Chair Yoga	<b>NIELD</b>	Andrea
<b>SATURDAY</b>			
9:00 AM	Blend Yoga	<b>NIELD</b>	Kim
10:30 AM	Silver Chair Yoga	<b>NIELD</b>	Kim
<b>SUNDAY</b>			
10:30 AM	Yoga for Healthy Hips & Back	<b>NIELD</b>	Suzanne/Kim

**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 JANUARY- PLEASE INQUIRE AT THE COMMUNITY CENTER DESK FOR CLASS SESSIONS AND INFORMATION:**

**BEGINNER and INTERMEDIATE TAI CHI**

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 Karlee Hamilton at [khamilton@twp.northville.mi.us](mailto:khamilton@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 & Back:** Improve your overall health and well-being with yoga poses and stretches targeting the back and hips. **ALL LEVELS**

### Punch Card Prices:

	Under 55 Age Group		55+ Age Group
10 Class Card	Resident - \$70.00 (\$7/ class) Non Resident- \$80.00 (\$8/class)	10 Class Card	Resident- \$60.00 (\$6/class) Non Resident- \$70.00 (\$7/class)
20 Class Card	Resident- \$130.00 (\$6.50/ class) Non Resident- \$140.00 (\$7.00/class)	20 Class Card	Resident- \$110.00 (\$5.50/class) Non Resident- \$120.00 (\$6.00/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 are appreciated. If you are attending two classes in a row, you must pay for each class separately.**