



# Group Class Schedule

## Indoor Cycle Class Schedule

Northview Community Fitness and Aquatic Center

### Group Classes

Check the Fitness Center website for updated class offerings!

- Cardio Drumming: Tue., 6:30 am  
Wed., 7:00 pm
- POP Pilates: Mon., 6:30 pm
- TRX Boot camp: Thu., 5:45 am
- Water Aerobics: Mon., 5:30 pm,  
Wed. & Fri., 6:00 am
- Yoga: Tue., 5:45 pm  
Thu., 6:00 am  
Thu., 6:30 pm
- Zumba: Wed., 5:30 pm
- Staff Boot Camp: M/T/W/TH, 4:00 pm  
*(NV staff only for this class)*

### Indoor Cycle Classes

Monday 6:30 pm	Brian VanZweden
Tuesday 5:35 am	Heidi LaPlante (Cycle Core)
Wednesday 5:35 am	Carl Marsh
Wednesday 6:00 pm	Stephanie Sainsbury
Thursday 5:30 pm	Heidi LaPlante

### Group Class Pricing

INTRODUCTION pricing has been EXTENDED to Jan. 15<sup>th</sup>. 10 packs can be used on any "Group" Fitness Class offered at the Fitness Center. (Exception: Cycle classes)

- Members: Annual and Monthly members only  
\$30.00 for 10-class pkg or \$5.00 per class
- Non-Members:  
\$60.00 for 10-class pkg or \$8.00 per class

### Cycle Class Pricing

- Members: Annual and Monthly members only  
\$40.00 for 5 pkg, \$80.00 for 10 pkg or \$10.00 per class
  - Non-Members:  
\$60.00 for 5 pkg, \$100.00 for 10 pkg, or \$15.00 per class
- All Class packages are non transferrable & expire 1 year from purchase.

### Indoor Cycle ENDURANCE Classes (90 min. classes)

These 10 classes begin Saturday and Sunday Jan 5<sup>th</sup> & 6<sup>th</sup>, 2018.  
Members \$150.00, Non-Members \$175.00 or \$20.00 per class.

Like us on Facebook for the most up to date information

### Northview Community Memberships

- NV Community \$180 yearly, \$20 monthly, \$5 daily
- NV Senior(65+) Community \$120, \$15 monthly, \$4 daily
- NV Staff and Staff Spouse Membership FREE
- NV Student 7<sup>th</sup>-12<sup>th</sup> grade FREE with NV Student ID
- NV Indoor Track Only \$40 yearly, \$5 monthly
- NV Senior(65+) Indoor Track Only FREE

### General Memberships

- Adult \$340 yearly, \$35 monthly, \$8 daily
- Senior (65+) \$240 yearly, \$25 monthly, \$7 daily
- Indoor Track Only \$70 yearly, \$8 monthly
- Senior (65+) Indoor Track Only \$60 yearly, \$7 monthly
- Non NV students 7<sup>th</sup>-12<sup>th</sup> grade pay adult pricing

Northview Community Member includes Residents, Alumni, and Parents of current student. Proof of these should be brought into the center when applying for a NV Community membership.

## HOW to PAY and RESERVE your spot in class

Pay for your classes at the Fitness Center during Center hours by check or cash.  
We are using the MindBody software for class reservation and check-in on the day of class.

- Go to [www.Clients.MindBodyOnline.com](http://www.Clients.MindBodyOnline.com) or the MindBody App on your phone to set up your personal account.
- Search for Northview Fitness Center
- Reserve your spot in the classes you choose to attend. If you find you cannot attend the class after reserving your spot, PLEASE cancel at least 1 day in advance so someone from the wait list can be emailed to attend.

If you need assistance at any time, please stop in the Center during Fitness Center hours and a Fitness Desk Attendant will assist you.