



# Group Class 10 Pack

Member: \$30.00 Non-Member: \$60.00  
Good for any Northview Fitness Center class offerings

Introduction pricing on adult "Group classes" offered by **Northview Community Fitness Center**  
**Individual class prices \$5.00 Member/\$8.00 Non-Member; 10 Pack \$30.00 Member/\$60.00 Non-Member**  
UPDATED Class schedules can be found on our website at [www.NVPS.net/community/fitness-center/](http://www.NVPS.net/community/fitness-center/) OR on the MindBody App.  
Class reservations are recommended through MindBodyOnline.com as classes may fill to capacity.

## Northview Community Fitness and Aquatic Center

### 10 pack Registration

Your package will expire 1 year from purchase

Full Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Membership Key tag # \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

I understand there are injury and liability risks involved in any physical activity and will not hold Northview Public Schools or any of its instructors, employees, or directors, responsible for any incident or injury I incur while participating in this program or at the facility where it is held.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please note:** For the \$30.00 pack pricing, *Track Only* memberships do not apply. Monthly or Yearly Membership must be purchased before the class package can be activated. Please visit our website for membership pricing.

### Group Classes (Ongoing classes start Nov. 6)

Check the Fitness Center website for updated class offerings!

- Cardio Drumming: Tue. 6:30 am  
Wed. 7:00 pm
- POP Pilates: (Starts Nov. 13) 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 (Ongoing classes starts Nov. 27)

- |                   |                             |
|-------------------|-----------------------------|
| Monday 6:30 pm    | Brian VanZweden             |
| Tuesday 5:45 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 (Starts Nov. 6)

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 (Starts Nov. 27)

- **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)

Begin Saturday and Sunday Jan 5<sup>th</sup> & 6<sup>th</sup>. Space is limited!  
Members \$150.00, Non-Members \$175.00 or \$20.00 per class  
\*Additional details to follow

### HOW to PAY and RESERVE your spot in class

Pay for your classes at the Fitness Center during Center hours by check or cash.

To reserve your spot for classes, 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 into the Center during Fitness Center hours and a Fitness Desk Attendant will assist you.