



Group Class Schedule Indoor Cycle Class Schedule

Northview Community Fitness and Aquatic Center

Group Classes

Check the Fitness Center website for updated class offerings!

Boot Camps

- Circuit Training Thu. 5:45 am
- Tabata/hiit Tues. 6:00 pm (NEW!!)
- NV Staff Only MTWTH 4:00 pm

POP Pilates: Mon. 6:30 pm

Water Aerobics: Mon. 5:30 pm
Wed. 6:00 am
Fri. 6:00 am

Yoga: Tue. 5:45 pm
Thu. 6:30 pm

Zumba: Wed. 5:30 pm

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
Saturday 7:30 am	Heidi/Steph (Endurance)

Group Class Pricing

10 packs can be used on any "Group" Class offered at the Fitness Center. Group class packages are good for 1 year from date of purchase.

- **Members:** Annual and Monthly members must be current to purchase AND USE their class package.
\$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

Cycle class packages are good until May 1, 2018.

- **Members:** Annual and Monthly members must be current to purchase AND USE their class package.
\$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

Indoor Cycle ENDURANCE Classes (90 min. classes)
\$20 per class. (Inquire at Center for package pricing) 4 spots left.

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Memberships: Annual/Monthly/Daily (regular pricing)

Northview Adult Community*	\$180.00/\$20.00/\$5.00
Northview Senior Community (65+)	\$120.00/\$15.00/\$4.00
Adult Non-Resident	\$340.00/\$35.00/\$8.00
Senior Non-Resident (65+)	\$240.00/\$25.00/\$7.00
Northview Students 7th-12th grade**	Free

Track Only Memberships also available on a Monthly/Yearly basis. NV Community: \$5/\$40 adult (seniors free), Non NV \$8/\$70 adult, \$7/\$60 senior

*Northview Community Membership includes:

- District Residents
- Alumni
- Parent of current NV student

**Non Northview students 7th-12th grade who desire a membership pay the adult pricing

HOW to PAY and RESERVE your spot in class

Pay for your classes by CASH OR CHECK ONLY at the Fitness Center desk during Center hours.

Use the MindBody software for class reservation and check-in on the day of class. (Desk attendant will help you with this if needed.)

- Go to www.MindBodyOnline.com or download the MindBody App on your smart phone to set up your personal account. Please use the same email and phone number when setting up this account and paying for your classes.
- Search for Northview Fitness Center and save us as your favorite
- 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 we are not expecting you in class and can plan accordingly.

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

Northview Community Fitness and Aquatic Center

4451 Hunsberger - 616-365-6140 – www.NVPS.net/community/fitness-center