

# NORTHVIEW

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## Fitness & Aquatic Center

### Group Fitness & Indoor Cycle Classes

Classes start the week of September 13 with a free week of classes for anyone interested in trying them out. The regular classes start the week of September 20, 2021. Space is limited in both the regular sessions and the free class week so pre-registration is highly recommended from the MindBody App (search for Northview Fitness Center). Check-in at the Fitness Center desk. Please arrive early on the first day you attend.

Classes	Instructor	Dates	Times	Cost
Boot Camp	Char Horn	Tue, Sept 14-Dec 14	4:00 pm–4:45 pm	\$10 or \$80/10pk
Boot Camp	Char Horn	Thur, Sept 16-Dec 16	4:00 pm–4:45 pm	\$10 or \$80/10pk
Cycle Classic	Char & Steph	Wed, Sept 15-Dec 15	6:35 pm–7:20 pm	\$13 or \$110/10pk
HIIT	Char Horn	Mon, Sept 13-Dec 13	5:30 am–6:15 am	\$10 or \$80/10pk
HIIT	Char Horn	Wed, Sept 15-Dec 15	5:30 am–6:15 am	\$10 or \$80/10pk
Rip & Ride Cycle	Lisa Brennen	Tue, Sept 14-Dec 14	6:00 am–6:50 am	\$13 or \$110/10pk
Rip & Ride Cycle	Lisa Brennen	Thur, Sept 16-Dec 16	6:00 am–6:50 am	\$13 or \$110/10pk
Water Fit	Lisa Crawford	Mon, Sept 13-Dec 13	5:30 pm–6:25 pm	\$10 or \$80/10pk
Water Fit	Wendy Weeda	Wed, Sept 15-Dec 15	6:00 am–6:55 am	\$10 or \$80/10pk
Water Fit	Lisa Crawford	Thur, Sept 16-Dec 16	5:30 pm–6:25 pm	\$10 or \$80/10pk
Yoga	Cassie Dean	Mon, Sept 13-Dec 13	4:00 pm–4:45 pm	\$10 or \$80/10pk
Yoga	Cassie Dean	Wed, Sept 15-Dec 15	5:45 pm–6:30 pm	\$10 or \$80/10pk
Zumba	Julie Steffen	Mon, Sept 13-Dec 13	5:45 pm–6:30 pm	\$10 or \$80/10pk

### PRICING

#### Group Classes can be purchased one of the below ways:

- Single Group Classes: \$10 per drop in class
- Group Fitness Class 10 pack: \$80 - Scan as you use on ANY Group Fitness Classes
- Fit4U Group Fitness Class Series: \$55 per 7 class series

#### Cycle Classes can be purchased one of the below ways:

- Single Cycle Classes: \$13 per drop in class
- Cycle Class 10 pack: \$110 - Scan as you use on ANY Cycle Classes
- Fit4U Cycle Class Series: \$70 per 7 class series

\*\*Fitness Center Annual Members receive additional discounts on the Single Class and 10-Class Package rates.

## GROUP CLASS LINE UP

### **BOOT CAMP** (Char Horn)

This circuit training boot camp alternates strength training exercises with aerobic cardio activities to give you two workouts in one. Classes are varied each day and combine intervals of cardio drills and muscle conditioning exercises to provide you with the ultimate circuit workout. All abilities welcome!

- Tuesdays 4:00 PM (check in with instructor)
- Thursdays 4:00 PM (check in with instructor)

### **HIIT** (Char Horn)

A 45 minute High Intensity Interval Training class which incorporates strength in the 5 planes of movement, creating a stronger core, balance, and strength. All abilities welcome!

- Monday 5:30 AM (FC doors open at 5:25 AM so arrive ready to start)
- Wednesday 5:30 AM (FC doors open at 5:25 AM so arrive ready to start)

### **YOGA** (Cassie Dean)

This Vinyasa style flow is based on linking breath with movement that will allow you to flow, align and connect with your inner-self. ALL levels and bodies are welcome and encouraged to join in this healthy practice!! Bring your own yoga mat or reserve one of ours ahead of time on a first reserved basis.

- Mondays 4:00 PM (check in with instructor)
- Wednesdays 5:45 PM

### **WATER FIT** (Lisa Crawford)

Water Fitness (formerly Water Aerobics) is an excellent way to tone and strengthen your body with little to no impact to your joints. This popular water workout is a blend of cardio and resistance strength training, and may incorporate water resistance equipment such as noodles or paddle boards.

- Mondays or Thursdays 5:30 PM (Lisa)
- Wednesdays 6:00 AM (Wendy)

### **ZUMBA** (Julie Steffen)

A total body workout using a fusion of Latin and International music with dance movements to create a dynamic, energetic and fun workout! Zumba combines all elements of fitness (Cardio, muscle conditioning, balance, flexibility) and your body won't even realize it's happening.

- Mondays 5:45 PM

## CYCLE CLASS LINE UP

### **CYCLE CLASSIC** (Char Horn & Stephanie Sainsbury)

This traditional spin type class is available for all fitness and cycling levels. Learn how you can get the most out of your bike rides by learning tricks and techniques of experienced bikers while going through a series of imaginary rides and terrains. These fun and motivating classes are set to music to help you "pump up the volume"!

Cyclops stationary bikes are equipped to accommodate both SBD clip shoes as well as tennis shoes. Space is limited so register early.

- Wednesdays 6:30 PM (Char & Steph)

### **RIP AND RIDE** (Lisa Brennan)

Where indoor group cycling meets strength training. Get your heart rate pumping with a fun paced 30-minute cycling class. We will finish with 20-30 minutes of "off bike" strength training, utilizing free weights and other equipment. All fitness levels are welcome. Cyclops stationary bikes are equipped to accommodate both SBD clip shoes as well as tennis shoes. Space is limited so register early.

- Tuesdays 6:00 AM
- Thursdays 6:00 AM