

NORTHVIEW

Fitness & Aquatic Center

Group Fitness & Indoor Cycle Classes

Fitness Center Classes run ongoing from September through May for a drop-in fee or 10-pack punchcard. (See pricing below) Check-in and pay at the Fitness Center desk upon arrival, or pre-purchase your punch card at <https://nvps.revtrak.net>

Fit4U Classes are offered in conjunction with these Fitness Center Classes as an 8 week consecutive class through our Community Education Programming.
 Fall Session begins on the start date noted below. Winter Session starts January 9th, 2023. Fit4U Fitness \$60 & Fit4U Cycle \$80.
 Pre-pay online: <https://nvps.revtrak.net/rw-adult-enrichment/>

Space is limited and may fill so pre-registration is highly encouraged.

For both Fitness Center pricing and Fit4U registrations please be sure to visit the MindBody App (search for Northview Fitness Center) to secure your spot in class

If you are new to the Fitness Center please arrive early on the first day to file your visitor paperwork. Our desk is located in the Northview High School Athletic Lobby. Entry is in the back of the school.

Classes	Instructor	2022-23 Dates	Times	Cost
HIIT	Char Horn	Wed, Sept 21-ongoing	5:30 am–6:15 am	\$10 or \$80/10pk
HIIT	Char Horn	Fri, Sept 23-ongoing	5:30 am–6:15 am	\$10 or \$80/10pk
Rip & Ride Cycle	Lisa Brennen	Tue, Sept 27-ongoing	6:00 am–6:45 am	\$13 or \$110/10pk
Rip & Ride Cycle	Lisa Brennen	Thur, Sept 29-ongoing	6:00 am–6:45 am	\$13 or \$110/10pk
Water Fit	Lisa Crawford	Mon, Sept 19-ongoing	5:30 pm–6:25 pm	\$10 or \$80/10pk
Water Fit	Wendy Weeda	Wed, Sept 21-ongoing	6:00 am–6:55 am	\$10 or \$80/10pk
Water Fit	Lisa Crawford	Thur, Sept 22-ongoing	5:30 pm–6:25 pm	\$10 or \$80/10pk
Yoga	Cassie Dean	Mon, Sept 19-ongoing	4:00 pm–4:45 pm	\$10 or \$80/10pk
Yoga	Cassie Dean	Wed, Sept 21-ongoing	6:00 pm–6:45 pm	\$10 or \$80/10pk
Zumba	Julie Steffen	Mon, Sept 26-ongoing	6:00 pm–6:45 pm	\$10 or \$80/10pk
Indoor Cycle	Char Horn	Thur, Nov 3-ongoing	7:00 pm–8:00 pm	\$13 or \$110/10pk
Lifestyle IMPACT	Char Horn	Tu/Th, Sept 20-Dec 13	6:00 pm–6:45 pm	\$420 (24+sessions)
Endurance Cycle	Char Horn	Sat, Jan 14, 2023 - mid March	7:30 am-9:00 am	\$220 (10 sessions)

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

GROUP CLASS LINE UP

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! (FC doors open at 5:25 AM so arrive ready to start)

- Wednesday 5:30 AM OR Friday 5:30 AM

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) OR Wednesdays 6:00 PM

WATER FIT (Lisa Crawford or Wendy Weeda)

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 OR Wednesdays 6:00 AM

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 6:00 PM

CYCLE CLASS LINE UP

INDOOR CYCLE (Char Horn) - (Not offered as a Fit4U class)

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.

- Thursdays 7:00 PM

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 OR Thursdays 6:00 AM

LIFESTYLE IMPACT (Not offered as a Fit4U class)

FITNESS AND NUTRITION TRAINING (Char Horn)

This small group setting focuses on how to change your eating habits to achieve your goals without eliminating food groups, slashing calories or demonizing fat, carbs or protein. We will meet bi-weekly (45 min each day) on Tuesdays and Thursdays for strength and fitness lessons, and once a week after one of the classes (30 min) for a nutrition coaching check-in specific to your needs. If done properly, you will build muscle structure, sustainable muscle, and strength so that your body can continually burn calories while at rest.

- Tuesdays & Thursdays 6:00 PM + Nutrition coaching 6:45 Tues OR Thurs

ENDURANCE CYCLE TRAINING (Not offered as a Fit4U class)

This 10 week program is designed to get you ready for the outdoor riding season by building up your functional threshold power (FTP). Your FTP is what helps you go harder for longer time periods. **Each 90 minute session will take you through a series of workouts including simulations on flat roads, long steady climbs, and short steep hills to practice staying in the saddle for longer periods of time before heading outdoors on your own bike.** Students who commit to the full program are tested to achieve their individualized FTP numbers prior to the first workout class. Drop in Students will be given generic FTP numbers to follow during their workout. **Cyclops bikes are equipped with SBD clip-ins as well as shoe baskets for non-bikeshoe wearers.**

- Saturdays 7:30 AM starting January 14th, 2023