



NORTHFIELD PARK DISTRICT GROUP FITNESS CLASSES BY FITMOVES

APRIL 3 - MAY 28, 2017

Monday	9:30 - 10:30AM	YOGA with Jancy
Tuesday	8:45 - 9:45AM	FITNESS STEW with Cindy
Wednesday	7:30 - 8:30AM 8:45 - 9:45AM	STRENGTHEN & LENGTHEN with Cindy STEP & STRENGTH with Cindy
Friday	7:30 - 8:30AM 8:45 - 9:45AM	FITNESS STEW with Cindy CARDIO/STRENGTH INTERVAL with Cindy
Saturday	8:45 - 9:45AM	STEP & STRENGTH with Cindy/Jody rotation
Sunday	9:30 - 10:30AM	STRENGTH & LENGTHEN with Cindy/Jody rotation
No class on Sunday, April 16		

INTERVAL WORKOUT: Timed intervals of cardio and strength work.

FITNESS STEW: Mix of cardio work and muscle toning utilizing all different modes of training.

STEP & STRENGTH: Cardio work out using the Step and strength training.

STRENGTHEN & LENGTHEN: Non-cardio class focusing on strengthening the entire body using weights, tubing, balls and bars. Core work, stability and flexibility training.

YOGA WITH JANCY: A gentle yoga class focusing on breathing, alignment and creating space in both mind and body.

All classes are adaptable to all fitness levels. Alternative exercises provided.

FITNESS CLASS PRICING

	Member	Non-Member
Single Class Drop-In	\$10	\$15
5 Class Punch Pass	\$45	\$65
10 Class Punch Pass	\$80	\$120
20 Class Punch Pass	\$140	\$210

Northfield Park District
401 Wagner Road, Northfield IL 60093
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NorthfieldParkDistrict.org