

# NORTHSIDE HEALTH & FITNESSCENTER

## JULY CLASS SCHEDULE

TIME	MON	TUES	WED	THUR	FRI	SAT	SUN
6:30-7:30	SPIN Susie	Boot Camp Rosa \$\$\$\$\$\$	Spin Anne	Boot Camp Rosa \$\$\$\$\$\$	Spin Anne		
7:30-9:00	YOGA Monica		YOGA Jodi		YOGA Jayne		
<b>TIMES LISTED BELOW CLASS IN THIS ROW</b>	No-nonsense 9:05-10:05 2 <sup>nd</sup> half 10:05-11:00* Tristin	Easy Does It Yoga 9:05-10:30  Erika	Core & More 9:05-10:55  Tristin	Easy Does It Yoga 9:05-10:30  Jayne	WorkOut Club 9:00-10:30 \$\$\$\$\$	SPIN Michelle 9:00-10:00	Yoga Monica At 9:00-10:00
10:30-11:30				Gyrokinesis Tristin 10:35-11:55		FELDENDRAIS JUDITH	
11:00-12:00	FIT & FABULOUS CHER...		FIT & FABULOUS CHER		FIT & FABULOUS CHER		
12:00-1:00			<b>Pilates Hilary</b>			<b>YOGA LAURA 12:00-1:30</b>	
12:15 – 1:00	Silver Sneakers R Muscular Strength Cher				Silver SneakersR Muscular Strength Cher		
3:30-4:30			Tai Chi Fundamentals Tricia \$\$\$\$				
4:30-5:00							
5:00-6:00						Beginner Spin Paula	
5:30-6:30		Power Pump Rochelle	Kung Fu Nic \$\$\$\$\$\$	Power Pump Rochelle	YOGA Cat 6:00-7:00		
6:30-8:00	YOGA Cat	Spin W Susie 6:30-7:30	Integrated Yoga Jayne	Spin 6:30-7:30 Susie			

## Water Class Schedule

(reserves the pool)

Class	Monday	Tuesday	Wed	Thurs	Friday	Saturday
<b>9:30-10:30</b>	Aquatics Winifred	Water Aerobics Leslie	Aquatics Winifred	Water Aerobics Paula	Water Aerobics Leslie	Aquatics Winnie/Leslie
<b>5:45-6:45</b>		To Be Announce		To Be Announce		

*Deliberately Fit is a class Instructed by Rosa Hagan & Eileen Pedersen; this is a pay class. Aerial Fabric Class is a 5 week series (pay class)*

## DESCRIPTION OF CLASSES

**Aquatics:** A blend of aerobics, spot toning, strength training and yoga. Emphasis on firming abs and thighs and improving flexibility.

**Water Aerobics:** Sweat in the water. Minimum ½ cardio workout, coupled with weight training, isometric muscle and joint strengthening exercises. Good for those with arthritis and autoimmune diseases. Students work at their own pace but to their limits.

**Fit & Fabulous:** Non-step. Low impact aerobics, strength and core training with balls, weights and floor exercises, and slow stretches.

**Feldenkrais:** A sequence of movements designed to introduce new options, new ways of moving (being) to the nervous system.

**NoNonsense Monday/Wednesda:** This is a two-hour class (stay for both or come in for the first or second half) that involves circuit training, strength and core work.  
If you want to challenge yourself take this class

**Pilates:** A mind body integration that strengthens and lengthens the core muscle. This method enhances everything from posture to weight management.

**Spinning:** Forty-five to sixty minutes of cardio vascular workout. Includes riding on flats, seated climbs, hill climbs, jumps and sprinting.

**Core on the floor:** Balance, core, stabilization and strength. All levels welcome.

**Jivamukti Yoga with Jayne:** Yoga for Jivans (mortals) where the goal of the practice is to seek enlightenment and that goal is remembered during the practice. (all levels)

**Hatha Yoga with Monica:** Using the breath and allowing the body to be where it is. We do a series of postures that develop strength, flexibility, will, concentration & balance. With a presence of mind, body & spirit (breath) we work both the muscles of the body as well as the internal organs & systems in the body.

**Cardio Pump with Rebecca:** A little bit of step, a little bit of strength training, a little bit of floor work .....and a whole lot of fun!!!!

**Sivananda Yoga with Eileen:** Balances, harmonizes, purifies and strengthens the body, mind and soul. It shows the way to perfect health  
perfect peace with one's own Self, the world nature, and universal connection.

**Aerial Fabric:** *This is a core strengthening class! Aerial Fabric and the circus arts are used to inspire and awaken the body in space.*

*Level I and II classes offered.*