

Take a Class

Fitmoves, run by Cindy Clohesey, offers a mix of classes.

Current class schedules are available on northfieldparkdistrict.org.

ADULT TAP All levels welcome.

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

FITMOVES Group Fitness Class Pricing - Buy a Punch Pass		
	Fitness Center Member	Non-Member
Single class drop-in	\$12	\$15
5 class punch pass	\$55	\$70
10 class punch pass	\$90	\$130
20 class punch pass	\$160	\$240



New! Vinyasa Yoga & Meditation Classes

Introduction to Vinyasa Flow Yoga

An introduction to asanas (postures), pranayama (breath) and drishti (gaze). This class is designed to introduce the fundamental asanas and introduce the vinyasa form of yoga (flowing from one posture to the next, motivated by breath), as well as Surya Namaskar A & B (sun salutations).

Ages: 18+

Session 1: September 13- October 25

Wednesdays, 7:00-8:00PM

1708-1 | \$120

Min/Max: 6/12

Instructor: North Shore Yoga, Becky Pontarelli

Location: Northfield Community Center, Fitness Studio

Vinyasa Flow Yoga

This is more of an open formatted class where the teacher will match the class to the needs of the students present. Some yoga experience is recommended, though the instructor will give options in terms of how to approach the various positions practiced. A moderate level of physical conditioning is required.

Ages: 18+

Session 2: November 1 - December 20 (no class November 22)

Wednesdays, 7:00-8:00PM

1708-2 | \$120

Min/Max: 6/12

Instructor: North Shore Yoga, Becky Pontarelli

Location: Northfield Community Center, Fitness Studio



Introduction to Mindfulness Meditation with Sharyn Galindo

Mindfulness is the moment-by-moment process of actively and openly observing one's physical, mental and emotional experiences. Since most of our stress comes from worrying about the past or the future, focusing on the present gives our mind a chance to rest. In addition, mindfulness meditation practices have scientific support as a means to reduce stress, improve attention, boost the immune system, reduce emotional reactivity, increase compassion, and promote a general sense of health and well-being. In this course, you will learn various mindfulness practices and how to work with difficult thoughts and emotions. You will learn how to incorporate mindful awareness in to your daily life, reducing stress and developing greater mind-body awareness. Concepts covered:

- Overview of mindfulness
- Mindfulness of the body
- Obstacles to Mindfulness
- Mindfulness of Emotions
- Cultivating Positive Emotions
- Working with difficult thoughts
- Mindfulness of the Heart & Mind
- Mindfulness to help with physical

Each class is comprised of a combination of lecture, practice, and group feedback/discussion.

Ages: 18+

October 16 - November 13 (5 weeks)

Mondays, 7:00-8:00PM

1709-1 | \$85

Min/Max: 6/25

Instructor: North Shore Yoga, Sharyn Galindo

Location: Clarkson Lodge, 1950 New Willow Road