



# NORTHFIELD PARK DISTRICT GROUP FITNESS CLASSES BY FITMOVES

## WEEK OF NOVEMBER 20, 2017

Monday, Nov. 20	9:30 - 10:30AM	YOGA with Jancy
Tuesday, Nov. 21	8:00 - 9:00AM	FITNESS STEW with Cindy
Wednesday, Nov. 22	7:30 - 8:30AM 8:45 - 9:45AM	STRENGTHEN & LENGTHEN with Cindy FITNESS STEW with Cindy
Thursday, Nov. 23	NO CLASS - HAPPY THANKSGIVING	
Friday, Nov. 24	9:30 - 10:30AM	Fitness Stew with Cindy
Saturday, Nov. 25	NO CLASS	
Sunday, Nov. 26	9:30 - 10:30AM	STRENGTH & LENGTHEN with Cindy

**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.*

## FITNESS CLASS PRICING

	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

**Northfield Park District**  
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NorthfieldParkDistrict.org