



## NORTHFIELD PARK DISTRICT GROUP FITNESS CLASSES BY FITMOVES

**DECEMBER 24, 2017 - JANUARY 6, 2018**

|           |                |  |
|-----------|----------------|--|
| Sunday    | 9:30 - 10:30AM | STRENGTH & LENGTHEN with Cindy or Jody |
| Monday    | - no class     |  |
| Tuesday   | - no class     |  |
| Wednesday | 8:00 - 9:00AM  | STRENGTHEN & LENGTHEN with Cindy       |
| Thursday  | - no class     |  |
| Friday    | 8:00 - 9:00AM  | CARDIO/STRENGTH INTERVAL with Cindy    |
| Saturday  | 8:45 - 9:45AM  | STEP & STRENGTH with Cindy             |
| Sunday    | 9:30 - 10:30AM | STRENGTH & LENGTHEN with Cindy or Jody |

**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.

**INTERVAL:** A mixture of cardio and strength movements in timed interval segments.

*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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