



NORTHFIELD PARK DISTRICT GROUP FITNESS CLASSES BY FITMOVES

JANUARY 7 - MARCH 3

Tuesday	8:45 - 9:45AM	FITNESS STEW with Jody
Wednesday	7:30 - 8:30AM 8:45 - 9:45AM	STRENGTHEN & LENGTHEN with Cindy FITNESS STEW with Cindy
Friday	7:30 - 8:30AM 8:45 - 9:45AM	INTERVAL WORKOUT with Cindy INTERVAL WORKOUT with Cindy
Saturday	8:45 - 9:45AM	STEP & STRENGTH with Cindy/Jody rotation
Sunday	9:30 - 10:30AM	STRENGTH & LENGTHEN with Cindy/Jody rotation

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

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

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

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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