Health & Fitness

IMPORTANT NOTE: Adults should check with their doctor before beginning any exercise program.

**NPF 01**
Dance off the Pounds $100
Mon 6-7:30pm OR 7:45-9:15pm
Oct 5-Nov 30
You’ll burn lots of calories in this low impact dance aerobic class, moving to the dance music hits you love.

**NPF 16**
Hatha Yoga Beginner $100
Mon 7:15-8:45pm
Oct 5-Nov 30 OR
Tue 5:30-7pm
Oct 6-Nov 24
Hatha Yoga shows you how to renew vigor, release tension, and relax. It is a fascinating method for calming the nervous system, controlling weight and producing radiant health. Learn the basic breathing and posture fundamental to Hatha Yoga.
Please bring a sticky mat, blanket, yoga blocks and a yoga strap to every class.

**NPF 25**
Weight Loss Pilates $100
Tue 7:30-9pm
Oct 6-Nov 24
This course combines the stretching and toning benefits of standing and mat Pilates as well as the fat burning benefits of low impact aerobics all set to great music.
Please bring a mat and resistance bands to each class.

**NPF 37**
Calorie Wacker Workout $100
Thur 7:30-9pm
Oct 8-Dec 3
This high energy workout combines calorie burning low impact cardio moves with hand weights to tone and shape your whole body. This energetic class is set to fun music that will make you want to move.

**NPF 38**
Sports Conditioning $100
Tue 6-7:30pm
Oct 6-Nov 24
This beginner level fitness conditioning class is for individuals who wish to condition themselves, using the same methods employed by athletes. The program includes balance and agility exercises, weight training, stretching and the use of prescribed sporting activities. Some aspects of basketball and handball activity included.

Swimming

SWIMMING: Bring towel, swimsuit and a lock. 52” minimum height requirement. You will be measured.

**NSP 52**
Swimming: Beginner $90
Mon 7-8pm
Oct 5-Nov 30 OR
Tue 7:30-8:30pm
Oct 6-Nov 24 OR
Fri 6:30-7:30pm
Oct 9-Dec 4
This beginner class will help you relax and learn the basics of swimming.

**NSP 53**
Swimming: Advanced Beginner $90
Tue 8:30-9:30pm
Oct 6-Nov 24 OR
Thur 7:30-8:30pm
Oct 8-Dec 3
Improved breathing, kicking and stroking techniques are practiced in this class.

**NSP 54**
Swimming: Intermediate $90
Wed 7:30-8:30pm
Oct 7-Dec 2 OR
Fri 7:30-8:30pm
Oct 9-Dec 4
For those with some swimming ability who wish to learn the backstroke, breaststroke, and sidestroke.

**NSP 55**
Swimming: Advanced $90
Thur 8:30-9:30pm
Oct 8-Dec 3
This class focuses on the fundamentals of swimming for fitness. Warm-up exercises and conditioning will be emphasized.

**NSP 56**
Lap Swimming $110
Mon 8-9pm AND
Wed 8:30-9:30pm
Oct 5-Dec 2
This is an aerobic workout for pleasure and conditioning.
Tennis

There is NO open court time for singles or doubles play. Class time will be used for instruction only.

**NSP 61**

Tennis: Beginner $100
Mon 8-9:30pm
Oct 5-Nov 30

Designed for those with no previous racket experience. This is an introduction to the sport for the non-athlete.

Materials required: One sealed can of three tennis balls, appropriate sized racquet and comfortable sneakers.

**NSP 64**

Tennis: Intermediate $100
Wed 8:30-10pm
Oct 7-Dec 2

Designed for those who have tennis playing experience or have successfully completed Beginner Tennis, this class expands your skills. Learn new techniques and improve your existing ones.

Materials required: One sealed can of three tennis balls, appropriate sized racquet and comfortable sneakers.