**Sports & Fitness**

*NPF 01*

Dance off the Pounds $100

Mon 6:30-7:30pm OR 7:45-9:15pm

May 2-June 27

You’ll burn lots of calories in this low impact dance aerobics class, moving to the dance music that you love.

*NPF 16*

Hatha Yoga Beginner $100

Mon 7:15-8:15pm

May 2-June 27 OR

Tue 5:30-7pm

May 3-June 21

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

May 3-June 21

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 Whacker Workout $100

Thur 7:30-9pm

May 5-June 23

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.

Please bring a set of 2.5 - 3 lb weights to class.

*NPF 38*

Stay-Fit Workout $100

Tue 7:30-9pm

May 3-June 21

This course will focus on individuals wanting to stay fit, by engaging in light-to-moderate exercising. This class will ensure that individuals will continue to stay fit, and also teach techniques that can be done at home, work or school.

*NPF 42*

Cross Training $100

Thur 7:30-9pm

May 5-June 23

High-intensity cardiovascular movements combined with gymnastics and strength training.

**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

May 2-June 27

Designed for those with no previous racquet 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

May 4-June 22

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.

**Swimming**

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

*NSP 52*

Swimming: Beginner $90

Mon 7-8pm

May 2-June 27 OR

Tue 7:30-8:30pm

May 3-June 21

This beginner class will help you relax and learn the basics of swimming.

*NSP 54*

Swimming: Intermediate $90

Thur 7:30-8:30pm

May 5-June 23

May 3-June 21

This beginner class will help you relax and learn the basics of swimming.

*NSP 55*

Swimming: Advanced $90

May 5-June 23

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  
May 2-June 27  

This is an aerobic workout for pleasure and conditioning.

NSP 58  
Aquasize $90  
Wed 7:30-8:30pm  
May 4-June 22  

This “wet workout” is held in shallow water.