Health & Fitness

IMPORTANT NOTE: Check with your doctor before beginning any exercise program.

NPF 01
Dance off the Pounds $125
Mon 6-7:30pm OR 7:45-9:15pm
Jan 22-Mar 26
You’ll burn lots of calories in this low impact dance aerobics class, moving to the dance music hits you love.

NPF 16
Hatha Yoga Beginner $125
Mon 7:15-8:45pm
Jan 22-Mar 26 OR
Tue 5:30-7pm
Jan 30-Mar 20
Hatha Yoga shows you how to renew vigor, release tension, and relax. Learn basic breathing and postures to calm the nervous system, control weight and produce radiant health.
Please bring a sticky mat, blanket, yoga blocks and a yoga strap to every class.

NPF 25
Weight Loss Pilates $125
Tue 7:30-9pm
Jan 30-Mar 20
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 $125
Thur 7:30-9pm
Feb 1-Mar 22
This high energy workout is set to fun music and combines calorie-burning, low-impact cardio moves with hand weights to tone and shape your whole body.
Please bring a set of 3lb weights to class.

NPF 39
Starting Strength $125
Tue 7-8:30pm
Jan 30-Mar 20
Increasing your strength has innumerable benefits including longevity, fat loss, and injury prevention. This course will cover invaluable exercise fundamentals including mobility, flexibility, breathing, core stability, balance, and calisthenics.
This course will involve various floor and standing exercises. Please bring a yoga mat to class.

NPF 44
Mobility, Flexibility and Pain Management $90
Tue 6-7pm
Jan 30-Mar 20
Suitable for anyone with muscle tightness, spasms, joint pain or limited range of motion. This course will teach you how to improve mobility, flexibility and potentially manage pain. You will learn how to safely and effectively use various everyday items as tools or props to improve mobility.

Tennis

Class time will be used for instruction only.

NSP 62
Tennis: Beginner $125
Mon 8-9:30pm
Jan 22-Mar 26
Designed for those with minimal to 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 $125
Wed 8-9:30pm
Jan 31-Mar 21
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 $110
Mon 7-8pm
Jan 22-Mar 26 OR
Tue 7:30-8:30pm
Jan 30-Mar 20
This beginner class will help you relax and learn the basics of swimming.
NSP 54
Swimming: Intermediate $110
Tue 8:30-9:30pm
Jan 30-Mar 20 OR
Thur 7:30-8:30pm
Feb 1-Mar 22
For those with some swimming ability who wish to learn the backstroke, breaststroke, and sidestroke.

NSP 55
Swimming: Advanced $110
Thur 8:30-9:30pm
Feb 1-Mar 22
This class focuses on the fundamentals of swimming for fitness. Warm-up exercises and conditioning will be emphasized.

NSP 56
Lap Swimming $130
Mon 8-9pm AND
Wed 8:30-9:30pm
Jan 29-Mar 28
This is an aerobic workout for pleasure and conditioning.

NSP 58
Aquasize $110
Wed 7:30-8:30pm
Jan 31-Mar 21
This “wet workout” is held in shallow water.