Health & Fitness

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

**NPF08 NEW! Intro to Kickboxing**
$100  
Wed 7:30-9pm  
Apr 30-June 18

Kick out stress and boredom and kick start your fitness routine. Kickboxing delivers a high-adrenaline workout which awakens your inner strength. Fundamentals are introduced but the exercise is vigorous. Firm up and burn calories while building endurance, coordination and power. This is a non-contact class that is results-oriented.

**Materials required:** Jump rope and Harbinger gloves. (approx. $25)

**NPF13 Chair Yoga**
$100  
Thu 7:15-8:45pm  
May 1-June 19

Chair Yoga is done while sitting on a chair or in a wheelchair. Floor style mat poses are modified and adapted to be done from the comfort of your chair, making yoga available to everyone regardless of age, flexibility, or health condition.

**NPF16 Hatha Yoga Beginner**
$100  
Mon 7:15-8:45pm  
Apr 28-June 23 OR  
Tue 5:45-7:15pm  
Apr 29-June 17

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.**

**NPF33 Zumba Fitness**
$100  
Wed 7:30-9pm  
Apr 30-June 18

Join the party! Have a blast with Zumba, a low impact aerobic, Latin dance inspired workout. The music will motivate you to move your whole body, burning up lots of calories.

**NPF35 Lifestyle Management**
$110  
Sat 10am-12pm  
May 3-June 21

Follow the path to a healthy and successful life! Learn the strategies that are necessary to keep up with the fast-paced and diverse world we currently live in. Explore how to increase your energy through healthy nutrition and moderate exercise. Learn how to conquer negative lifestyle habits. Practice stress management techniques and get the facts about how to lower your risk factors for chronic diseases.

Swimming

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

**NSP52 Swimming: Beginner**
$90  
Tue 7:30-8:30pm  
Apr 29-June 17 OR  
Fri 6:30-7:30pm  
May 2-June 20

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

**NSP53 Swimming: Advanced Beginner**
$90  
Tue 8:30-9:30pm  
Apr 29-June 17 OR  
Thu 7:30-8:30pm  
May 1-June 19

Improved breathing, kicking and stroking techniques are practiced in this class.

**NSP54 Swimming: Intermediate**
$90  
Wed 7:30-8:30pm  
Apr 30-June 18 OR  
Fri 7:30-8:30pm  
May 2-June 20

For those with some swimming ability who wish to learn the backstroke, breaststroke, and sidestroke.

**NSP55 Swimming: Advanced**
$90  
Thu 8:30-9:30pm  
May 1-June 19

This class focuses on the fundamentals of swimming for fitness. Warm-up exercises and conditioning will be emphasized.

**NSP56 Lap Swimming**
$110  
Mon 8-9pm AND  
Wed 8:30-9:30pm  
Apr 28-June 23

This is an aerobic workout for pleasure and conditioning.

**NSP58 Aquasize**
$90  
Mon 7-8pm  
Apr 28-June 23 OR  
Sun 12:30-1:30pm  
May 4-June 22

This “wet workout” is held in shallow water.
There is NO open court time for singles or doubles play. Class time will be used for instruction only.

**Bring a racquet, balls, and wear comfortable sneakers.**

**NSP 63**
**Beginner & Intermediate Tennis**
**$100**
**Wed 8-9:30pm**
**Apr 30-June 18**

For beginners as well as those with some experience or who have taken Beginner Tennis, this class expands your skills. Learn new techniques and improve your existing ones.

**Materials required:** One sealed can of three tennis balls and appropriate sized racquet.