Sports & Fitness

**NSP 52**
Swimming: Beginner  $90
Tue 7:30-9:30pm
July 7-July 28 OR
Wed 6:30-8:30pm
July 8-July 29

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

Bring towel, swimsuit and a lock.

52” minimum height requirement.

You will be measured.

**NPF 16**
Early Evening
Hatha Yoga Level I  $80
Tue 5:30-7pm
July 7-July 28

Hatha Yoga renews vigor, releases tension, and induces relaxation.

Bring a sticky mat, blanket, yoga blocks and a yoga strap.

**NPF 25**
Weight Loss Pilates  $80
Thur 7-8:30pm
July 9-July 30

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.