Health & Fitness

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

**NSP 53**
Swimming: Advanced Beginner $90
Tue 7:30-9:30pm
July 12-Aug 2 OR
Wed 6:30-8:30pm
July 13-Aug 3

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

**Bring towel, swimsuit and a lock.**

52” minimum height requirement.

You will be measured.

**NSP 61**
Tennis: Beginner $80
Wed 8-9:30pm
July 13-Aug 3

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 3 tennis balls, appropriate sized racquet and comfortable sneakers.

**NPF 01**
Dance Off the Pounds $80
Mon 6:15-7:45pm
July 11-Aug 1

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

**NPF 37**
Calorie Whacker Workout $80
Thur 6:15-7:45pm
July 14-Aug 4

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.