Health & Fitness

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

NPF 01
Dance off the Pounds $100
Mon 6:30-7pm OR 7:45-9:15pm
Jan 25-Mar 21
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 $100
Mon 7:15-8:45pm
Jan 25-Mar 21 OR
Tue 5:30-7pm
Jan 26-Mar 15
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
Jan 26-Mar 15
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 $100
Thur 7:30-9pm
Jan 28-Mar 17
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.

NPF 38
Stay-Fit Workout NEW! $100
Tue 7:30-9pm
Jan 26-Mar 15
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 NEW! $100
Thur 7:30-9pm
Jan 28-Mar 17
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
Jan 25-Mar 21
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 three tennis balls, appropriate sized racquet and comfortable sneakers.

NSP 64
Tennis: Intermediate $100
Wed 8:30-10pm
Jan 27-Mar 16
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
Jan 25-Mar 21 OR
Tue 7:30-8:30pm
Jan 26-Mar 15 OR
This beginner class will help you relax and learn the basics of swimming.
Swimming

NSP 54  
Swimming: Intermediate  $90  
Tue 8:30-9:30pm  
Jan 26-Mar 15 OR  
Thur 7:30-8:30pm  
Jan 28-Mar 17  

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

NSP 55  
Swimming: Advanced  $90  
Thur 8:30-9:30pm  
Jan 28-Mar 17  

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  
Jan 25-Mar 21  

This is an aerobic workout for pleasure and conditioning.

NSP 58  
Aquasize  $90  
Wed 7:30-8:30pm  
Jan 27-Mar 16  

This “wet workout” is held in shallow water.