

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

*NPF 01*

### Dance off the Pounds

Mon 6-7:30pm OR 7:45-9:15pm  
Apr 29-June 24

\$125

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

Mon 7:15-8:45pm  
Apr 29-June 24 OR  
Tue 5:30-7pm  
Apr 30-June 18

\$125

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

Tue 7:30-9pm  
Apr 30-June 18

\$125

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.**

*NPF 37*

### Calorie Wacker Workout

Thur 7:30-9pm  
May 2-June 20

\$125

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 43*

### High Impact Dance **NEW!**

Mon 7:45-9:15pm  
Apr 29-June 24 OR  
Wed 6-7:30pm  
May 1-June 19

\$125

Have fun while getting into shape in this aerobic and cardio zumba style dance class.

## Tennis

Class time will be used for instruction only.

*NSP 62*

### Tennis: Beginner

Mon 8-9:30pm  
Apr 29-June 24

\$125

Designed for those with minimal to no previous racquet 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

Wed 8-9:30pm  
May 1-June 19

\$125

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

Mon 7-8pm  
Apr 29-June 24 OR  
Tue 7:30-8:30pm  
Apr 30-June 18 OR  
Wed 7:30-8:30pm  
May 1-June 19

\$110

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

*NSP 53*

### Swimming: Advanced Beginner

Mon 8-9pm  
Apr 29-June 24

\$110

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

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

*NSP 54*

**Swimming: Intermediate**

**\$110**

Tue 8:30-9:30pm  
Apr 30-June 18 OR  
Thur 7:30-8:30pm  
May 2-June 20

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  
May 2-June 20

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

*NSP 56*

**Lap Swimming**

**\$75**

Wed 8:30-9:30pm  
May 1-June 19

This is an aerobic workout for pleasure and conditioning.