



# NORTHFIELD PARK DISTRICT GROUP FITNESS CLASSES BY FITMOVES

**JANUARY 7 - APRIL 14, 2019**

Tuesday	8:45 - 9:45AM	FITNESS STEW with Jody
Wednesday	7:30 - 8:30AM 8:45 - 9:45AM	STRENGTHEN & LENGTHEN with Cindy FITNESS STEW with Cindy
Friday	7:30 - 8:30AM 8:45 - 9:45AM	INTERVAL WORKOUT with Cindy INTERVAL WORKOUT with Cindy
Saturday	8:45 - 9:45AM	STEP & STRENGTH with Cindy/Jody rotation
Sunday	9:30 - 10:30AM	STRENGTH & LENGTHEN with Cindy/Jody rotation

**FITNESS STEW:** Mix of cardio work and muscle toning utilizing all different modes of training.

**INTERVAL WORKOUT:** A mixture of cardio and strength movements in timed interval segments.

**STRENGTHEN & LENGTHEN:** Non-cardio class focusing on strengthening the entire body using weights, tubing, balls and bars. Core work, stability and flexibility training.

*All classes are adaptable to all fitness levels. Alternative exercises provided.*

## FITNESS CLASS PRICING

	Member	Non-Member
Single Class Drop-In	\$12	\$15
5 Class Punch Pass	\$55	\$70
10 Class Punch Pass	\$90	\$130
20 Class Punch Pass	\$160	\$240

**Northfield Park District**  
401 Wagner Road, Northfield IL 60093  
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