

Featured on-going FITNESS CLASSES

Pilates

Wednesdays 7-7:45 pm

Designed to deliver optimal strength, flexibility & endurance without adding bulk, Pilates Mat Classes are a total Mind/Body conditioning method that simultaneously strengthens and stretches your body from

front to back and left to right. Pilates will help you increase abdominal, hip and back strength, improve posture and help reduce daily stress and tension. Work with posture and learn to move with grace. Classes may incorporate use of

small balls, hand weights & other equipment as deemed appropriate. Seasoned, expert Instructors.
Instructor: Cathy Flicek – ACE Personal Trainer & ACE Certified Instructor; Certified Stott Mat Pilates & Stott Pilates w/ Toys

Slow Flo Relaxation Yoga

Sundays 1-2 pm

Enjoy relaxation, invigoration in this slo flo format that helps to increase flexibility, strength, balance, body alignment and circula-

tion. This class integrates breath-work & mind/body concept that can relieve the effects of chronic stress, bringing the mind to a focused state & therefore

more harmony into your daily life.
Instructor: Maggie Hogan, RYT, Yoga Alliance

Join the Northfield Pedalers for Bike Rides

Mondays, 9:30 am - bike excursions leave from the Center. In town (shorter) and out of town rides are planned each week.

Enjoy riding with the group from 6-20 miles weekly.

Club is designed for those looking for a fun time with folks, light to vigorous exercise at your own pace, but no time trials! Volunteering available also. Here is a recent (Apr 18) note from Mary Auge, one of the organizers of the club:

“Dear Biking Friends,
Monday's forecast is ugly: high of 46, a cold rain, fairly unpleasant. More snow showers due tonight - will wake up to 31 degrees. Doesn't sound good!
After talking it over with

another leader, for the hearty bikers who would like to ride on Monday, we'll stay in-town. Gayle & I will lead. We'll start with our first ride to Dundas, see how the weather is and decide how many city park paths we want to catch on our return to Northfield.

We want the rides to be fun, safe & comfortable. It is early in the season - lots of time for good, long rides on sunny days! Safe travels!”

And right after the morning's ride, Mary sent this e-mail:

“Dear Bike Friends,
Today (Monday) 9 hearty riders braved the cool temperatures. Pat K & Sandra headed out-of-town and

rode the beautiful Cannon Valley Trail. The remaining 7 stayed in-town and biked 10 miles. We crossed our favorite bridge (Peggy Prowe), rode the path to Dundas, through the ball-park, across the highway behind Cub and did the many city parks on the east side. Everyone came dressed for the weather and enjoyed the camaraderie. Next Monday (Apr 25th) is the Greenway Bike Trail ride. Sandra has volunteered to lead. More details will follow regarding meeting point & parking instructions. This is a really great ride - hope lots of you can join in the fun!
Happy Easter - Safe Holiday Travels! Mary”

Thank you!

Tom Bisel of
Fit to be Tri'd for
putting on a
wonderful Bike
Care Spring Tune-
up Clinic here in
March