

ON GOING LAND AND AQUA FITNESS CLASSES

See this month's calendar for class meeting times.

DANCE & AEROBIC EXERCISE:

ZUMBA DANCE

Express yourself through Zumba Dance. Ditch the workout and join the party!

All Ages and Abilities. Dances highlighted in this program include the Merengue, Salsa Cha Cha, Cumbia, Salsa, Rock & Roll (including Twist and Charleston), Belly Dance, Flamenco, and Tango.

*Instructor: Lori Middledorp- Certified Group Fitness Instructor, Zumba Trained
Elizabeth 'Sullivan – AFAA Group Fitness, Zumba Trained*

NIA (pronounced “Nee-yah’)

Nia is body- mind-spirit low impact aerobics. It draws inspiration from the dance arts, martial arts, and healing arts (such as yoga), and emphasizes finding joy and health through movement.

Instructor – Sylvie Mei-Cheong Lam – White Belt NIA Certified Instructor

COUNTRY LINE DANCING

Learn specific Country Line Dances that are known worldwide.

Much fun for all! Class offers dances that progress as people are able.

Group Leader: Elsie Forsythe, Lind Dancer for 9 years, Line Dance Leader

TAP DANCING LESSONS

A discovery of the natural inclination to tap the foot with familiar rhythmic motion, adapting the individuals own body weight within space, constituting constant motion. Collaboration with Northfield Arts Guild. **SESSION BASED CLASS, Sept - May**

Instructor: Charise Ponder – Experienced Dance Instructor

TAI CHI

TAI CHI, YANG STYLE

Enjoy the improvement that Tai Chi brings for mental relaxation & the ability to concentrate. Gently condition the body systems- mild cardio-vascular, some respiratory as well as digestive and skeleto-muscular systems. While beginners are welcome, this class moves along quickly through the 24 forms and you will be joining a group who has practiced Tai Chi for some time now.

Wear flexible clothing. *Instructor: Hong Yuan Lang – native of China*

STRENGTH & CIRCUIT CLASSES:

CIRCUIT TRAINING

A timed series of exercises in a group setting, using fitness room machines and equipment.

Balance, strength, & cardio vascular conditioning are addressed in this friendly and fun format.

Instructors: Gale Marchand & Craig Swenson

Gale-Fitness Coord- ACSM, NIHS, & Y Personal Trainer; NETA Fitness Instructor

*Craig-AS Exercise Science, Certified YMCA Strength/Conditioning Coach & Group Fitness;
experienced Adaptive Exercise Coach*

STRENGTH CIRCUIT CLASS

This class, held in the NSC Fitness Center is for anyone who wants to increase their strength and energy – whether you are a beginner, an intermediate, or an expert. Class uses strength machines, free weights, and calisthenics. *Instructor: Don Forsberg-ACE Personal Trainer & Silver Sneakers MSROM Trained*

SILVERSNEAKERS – MUSCLUAR STRENGTH & RANGE OF MOVEMENT

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance; and a chair is used for seated and/or standing support.

Instructors: Gayle Klauser, Craig Swenson, Don Forsberg

Gayle K is ACE Group Fitness & AEA Certified, Silver Sneakers MSROM Trained

Craig AAS, Exercise Science-Dakota County Tech, Cert YMCA Strength/Conditioning Coach & Group Fitness, experienced Adaptive Exercise Coach Silver Sneakers MSROM Trained Don ACE Personal Trainer, Silver Sneakers MSROM Trained

CORE BASED CLASSES & PILATES:

CORE & MORE

Enjoy a flowing warmup for the center of your body and be energized with a strong midsection. Unique class format is performed with freestanding floorwork & matwork using ½ foam rolls, sm & lg light balls & weighted balls.

Instructor: Gale Marchand, Fitness Manager: ACSM Personal Trainer, Cert Pilates-Mat, Reformer & BenderBall, Resist-a-ball, Yoga-ball, NETA Group Fitness Instructor

CORE PLUS STRENGTH

A strong core will improve stability, balance, functionality, posture and even personal appearance. Tone it with us as we focus on firming and strengthening the midsection, *i.e.*, abdominal and back muscles. Class also incorporates strength training to enhance calorie burning and capability. All fitness levels can benefit.

Instructor: Stacey Popp, ACE certified Fitness Instructor, NETA Personal Trainer & Mat Pilates-NDEITA & Pilates Institute America

PILATES

A workout designed to deliver optimal strength, flexibility & endurance. Pilates Mat Classes are a total Mind/Body conditioning method that simultaneously strengthens and stretches your body. Pilates will help you increase abdominal, hip and back strength, improve posture and help reduce daily stress and tension. Hand weights are also used for additional resistance & fitness in this class.

Instructor: Diane Keefer – ACE Group Fitness & Pilates Certified

Jan Otteson – NETA Group Fitness, NETA Pilates-Yoga Fusion

PILATES CORE FUSION

This class uses Pilates, mixed with other core strengthening exercises, and relaxation techniques to increase awareness of how we move.

Instructor: Elizabeth O Sullivan, AFAA Group Fitness Certified, Pre-natal Educater

YOGA OFFERINGS:

CLASSICAL YOGA

Yoga is well known for stress relief, flexibility, strength, balance, improved body alignment and circulation. This class integrates breath-work, mind/body concept, while developing strength and flexibility. Learn postures, centering, warm-ups, and relaxation.

Instructors: Bob Bruce- Kripalu Yoga Certified ; Dawn Makrios – Registered Yoga Trainer; Maggie Hogan – Registered Yoga Trainer

MINDFUL YOGA

Enjoy gentle mindful yoga poses in this slow flow mat based format. Strengthen your muscles, stretch your body, enjoy fitness in this simple stretch-choreography style class. Enjoy calm relaxation. *Instructor: Sheila Giles – Yoga Fit level 1 instructor*

SLO FLOW HATHA YOGA

Hatha Yoga focuses on certain postures (*asanas*), which enhance a healthy spine, improve digestion, and can relieve the effects of chronic stress, bringing the mind to a focused state.

Instructor: Sigrid Londo- Registered Yoga Trainer, Himalayan Institute of PA. Licensed Massage Therapist

MORNING YOGA

Feel good movement & stretching for the body; peace and serenity for the mind. A morning yoga class makes for a wonderful day! Style is traditional Hatha Yoga, suitable for beginners and experienced students alike.

Instructor: Katie Milbrett, Certified by Seva School of Yoga, Manchester, England

BODY WAKEUP

A variety of easy does it yoga postures, traditional stretches; core work and balance training enhance flexibility, strength, balance, & joint stability. Freestanding positions & floor work with music add flowing element to this class. Class participants use the mat.

*Instructors: Kitty Runzheimer– ACE Certified Personal Trainer & Wellcoaches Certified
Katie Milbrett - Yoga Trainer – Seva Yoga School, Bristol England*

GENTLE YOGA

Chair adaptive & mixed level gently focused yoga incorporating stretches, flexibility, breath work, yoga poses, inner focus and relaxation for the development of a quiet mind, strong and flexible body. Class can be done without going onto the mat by only using standing and seated postures.

*Instructors: Bob Bruce & Kristi Richardson
Kristi-certified Yoga Fit Level 1-4+ Yoga for Seniors; SF Qigong 1-4, Tai Chi Sun Style,*

Bob Bruce- Kripalu Yoga Certified; Maggie Hogan – Registered Yoga Trainer

POOL CLASSES - ON GOING

All of our Aqua-exercise classes provide a low impact way to work on muscular strength, endurance, flexibility and cardiovascular conditioning. Aqua equipment used at various times in the classes includes: water barbells, noodles, balls and kick boards. Some students use their own ankle or arm weights and water gloves to enhance their workout. Wearing water shoes is also suggested. Each student in the class chooses their own water comfort level. No swimming skills required.

Meeting times and instructors for our various Aqua exercise classes are as follows:

EVENING AQUA, Tues/Thurs, 5:30 – 6:30pm

Instructors: Jean Vick & Stacey Popp

*Jean has completed Anchored Below with SCW Fitness, is CPR certified, licensed teacher
Stacey- Stacey Popp, ACE certified Fitness Instructor, NETA Personal Trainer*

EARLY BIRD AQUA FITNESS, Tues/Thurs, 7-8am

Instructor: Nicolle Hebeisen, BA Physical Education w/ concentration in Exercise Physiology, SilverSpash Aqua Trained, Silver Yoga Stretch

AQUA SUNRISERS, Mon/Wed/Fri, 7-7:45am

Instructor: Marilyn Kelley- Silver Splash Trained

AQUA FITNESS FUSION, Sat, 10:15 – 11am

*Instructor: Lori Middeldorp- Certified Group Fitness Instructor, Zumba & Silver Splash Trained
Elizabeth O Sullivan, - AFAA Group Fitness Instructor, Zumba & Silver Splash Trained*

AGELESS AQUA FITNESS, Mon/Wed/Fri, 8:15 – 9am

Instructors: Gayle Klauser, Jan Otteson, Craig Swenson

Gayle is ACE Group Fitness & AEA Certified

*Jan is AEA Aquatic & NETA Group Fitness Certified, WSI Certified, exper swim instructor
Craig-AAS, Exercise Science-Dakota County Technical, Certified YMCA Group Fitness & YMCA Strength Coach, experienced Adaptive Exercise Coach*

AQUA FIT N' TONE, Mon/Wed/Fri, 9:15 – 10am

Instructors: Gayle Klauser, Jan Otteson, Don Forsberg

Gayle is ACE Group Fitness & AEA Certified

*Jan is AEA Aquatic & NETA Group Fitness Certified, WSI Certified, exper swim instructor
Don is ACE Personal Trainer & Silver Sneakers Trained*

POOL EVENTS – ON GOING

WATER VOLLEYBALL

For Fun and Fitness (NOT a competitive league!)

Instructor led. Achieve your fitness goals while playing a game! No experience is required. The class welcomes adults of all ages. Group Leaders may vary per date.

Leader: Don Forsberg- ACE Personal Trainer, Silver Sneakers Trained

GRANDPARENT & GRANDCHILD SWIM & FAMILY SWIM (events)

Enjoy a wonderful family fun and exercise with your grandchildren! Grandparents are responsible for grandchildren at all times and must be with their guests in the pool. Age: 3 years & out of diapers. All Grandparents need to sign a Grandparent Agreement Form

Self led moments with your Grandchildren (Not Instructor led), monitor on duty