

NORTHGATE HEALTH CLUB...SPRING SCHEDULE

www.NorthgateHealthClub.com

507-282-4445

EFFECTIVE APRIL 2nd 2018

Club Hours: M-F: 5am to 10pm Sat: 6am to 10pm Sun: 8am to 10 pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15	Yogalates (55) Lynne		Yoga (55) Marion		Yoga (55) Marion		
8:30	Ride the Beat (45) Buffie/Carrie				Ride the Beat (45) Buffie/Carrie	Ride the Beat (45) Scott/Shannon	Ride the Beat (45) Scott/Carrie
9:05	Aqua Burst (50) Andrea	Aqua Burst (50) Andrea	Aqua Burst (50) Andrea	Aqua Burst (50) Corey	Aqua Burst (50) Bob	Water Aerobics (50) LuAnn	
9:15			Sculpt/Stretch (30) Corey				
9:20	Core (15) Buffie	Pilates (50) Vered		R.I.P.P.E.D. (50) Andrea	Core (15) Buffie/Corey	Core (15) Corey	R.I.P.P.E.D (50) Andrea
9:40	Total Body Burn (30) Buffie				Total Body Burn (30) Buffie/Corey	Total Body Burn (30) Corey	
9:45			Cardio Burn (30) Corey				
10:00	Water Aerobics (50) Bonnie/Corey	Water Aerobics (50) Dorothy	Water Aerobics (50) with Bonnie until May 30th	Water Aerobics (50) Dorothy	Water Aerobics (50) Bob		
10:20	Senior Fit (35) Buffie	Zumba Gold Chair (35) Buffie	Senior Fit (35) Corey	Senior Fit Cardio (35) Corey	Senior Fit (35) Buffie/Corey		
11:00		Zumba Gold (30) Buffie		Zumba Gold (30) Buffie			
12:00		Ride the Beat Express (35) Buffie		Ride the Beat Express (35) Buffie			
2:30	Swimnastics (50) Dorothy		Swimnastics (50) Dorothy				
5:15	Total Body Burn (50) Nicole/Corey	POUND (50) Buffie	Zumba (55) Stacy	Core (15) Andrea			
5:30				R.I.P.P.E.D (60) Andrea			
5:50	Ride the Beat (45) Scott		Ride the Beat (45) Scott				
6:00	Water Aerobics (50) Bob/LuAnn	Aqua Shed (50) LuAnn		Water Aerobics (50) Bob/LuAnn			
6:05	Core (15) Nicole/Corey	Core (15) Buffie					

Please join us for Water Volleyball at 6:00 every 2nd Tuesday of the month!!

Family Pool Time: Saturdays 3-6pm and Sundays 10am -6pm. Pick up a copy or call for the pool schedule.

Due to sanitation concerns please bring your own mat for Yoga!

Update March 25,2018 6:05pm

NORTHGATE HEALTH CLUB – 2018 SPRING CLASS DESCRIPTIONS:

AQUA BURST – Non-stop high energy aquatic workout! This class will focus on the cardio and muscle endurance. You won't get cold in this powerhouse class as you challenge your fitness levels.

AQUA SHED – More intense cardiovascular exercise class that utilizes barbells, buoyancy equipment and resistance equipment for a challenging aerobic workout.

CORE – Toning and defining the abs and strengthening the back to improve posture and core strength.

CARDIO BURN – High intensity class using body weight, plyometrics, bands and dumbbells. Focused on raising the heart rate and keeping the body moving.

PILATES – Physical and mental exercise involving stretches and breathing that focus on strengthening the abdominal core, physical strength, flexibility, and posture, and enhance mental awareness.

POUND – Full body Cardio Jam Session inspired by the infectious] energizing and sweat-dripping fun of playing the drums.

RIDE THE BEAT – Using your upper body as well as your lower body we will run, sprint, climb and Jump your way through an exhilarating ride to the beat of the music.

R.I.P.P.E.D. – One Stop Body Shock!! Resistance, Interval, Power, Plyometrics and Endurance. Cardio, Weights, Fun and Done!!

SCULPT/STRETCH – Using light free weights with high repetitions to help tone and strengthen major muscles. A stretching section will lengthen muscles and increase flexibility. "" Using your own body weight, you will gain muscular endurance, tone, and definition.

SENIOR FIT – Total body workout for active older adults. This class is designed to improve flexibility, joint stability, balance, coordination, agility, cardio endurance and muscular strength. Primarily done in a chair with light weights.

SENIOR FIT CARDIO – Increase your cardiovascular and muscular endurance in this standing, non-impact aerobic workout. A chair is offered for support, stretching and relaxation exercises.

SWIMNASTICS – Gentle exercise without excess strain on joints and muscles.

TOTAL BODY BURN – Challenging and dynamic, cardiovascular workout plus a total body muscle conditioning class using dumbbells, exercise balls, barbells and steps.

WATER AEROBICS – Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights and noodles.

YOGA – A class that incorporates mindful breathing, controlled body movement, and mental relaxation to improve the holistic health of the participant.

YOGALATES – Yogalates combines the strength and flexibility exercises of a yoga class with the core tightening and strengthening of Pilates.

ZUMBA – This fun and easy-to-follow cardio dance class combines high-energy and motivating music with unique moves and combinations that make you feel like you are partying on the dance floor.

ZUMBA GOLD – Move to the beat at your own speed with modified, low-impact moves and easy-to-follow pacing for older adults who love a healthy, active lifestyle.

ZUMBA GOLD CHAIR – This class blends the Zumba® party you love at a slower pace with a redefining total body workout using dumbbells and your body to shake up those muscles! Combines strength and resistance training with innovative dance moves, using a chair as your dance partner. An easy to follow workout that focuses on defining your muscles, improving overall cardiovascular health.