

**NEW! IMPROVER LINE DANCE** Level 2

If you have danced before and already know what terms like a vine, or a jazz box is, then this is the class for you. We will do some dances that are just a little bit harder than the beginner dances. So, get your dancing shoes on and come have some fun.  
**Age:** 18+  
**Price 12 Classes:** Res. \$72/Non-Res. \$86  
**Price 14 Classes:** Res. \$84/Non-Res. \$101  
**Instructor/Location:** Pam Piacenti/NCC  
**Registration Ends:** May 3/Jul 5



Date	Day	Time
May 7-Jun 13 (12 classes)	Tue & Thu	11am-12pm
Jul 9-Aug 22 (14 classes)	Tue & Thu	11am-12pm

**NEW! WERQ DANCE FITNESS** Level 3

WERQ is the fiercely fun dance fitness workout class based on pop and hip-hop music taught by Certified Fitness Professionals. The WERQ warmup previews the dance steps used in class and the WERQ cool down includes balance and yoga-inspired poses. Get Ready To WERQ! **Age:** 12-18; 18+  
**18+ Price:** Res. \$49/Non-Res. \$59  
**12- 18 Price:** Res. \$63/Non-Res. \$76  
**Instructor/Location:** Kasia Bailey/NCC  
**Registration Ends:** Jul 5/Jul 3/Aug 30



Date	Day	Time
Jul 10-Aug 21 (7wks) (12-18)	Wed	10:30- 11:30am
Jul 9-Aug 20 (7wks) (18+)	Tue	6:15- 7:15pm

**CLASSES COMING THIS FALL!**

Stepping Through the Decades  
 Get Fit with Lola- Small Group Personal Training SGPT  
 Yoga 101 Workshop  
 Barre Toning Workshop

**How do I find the "right" class for me?**

To help you choose, each class description includes age suggestions. You're also encouraged to reference the ability icon to determine if the class is at your fitness level.

All Levels	Beginner Level 1	Beginner/Intermediate Level 2
Intermediate/Advanced Level 3	Advanced Level 4	

**All Levels-** Varies from low to high impact/light to high cardio -You choose!  
**Level 1-** Very low impact/light cardio.  
**Level 2-** Low impact/light cardio.  
**Level 3-** Low to medium impact/medium cardio.  
**Level 4 -** High impact/medium to high cardio.

**Convenient Class Locations**

- Novi Civic Center (NCC), 45175 Ten Mile Rd, Novi, MI 48375
- Meadowbrook Activity Center (MAC), 25075 Meadowbrook Rd, Novi, MI 48375
- Pavilion Shore Park, 43390 13 Mile Road, Novi, MI 48377 (Summer only)
- My House Fitness, 43443 Grand River Ave, Suite 230, Novi, MI 48375
- Center for Performing Arts and Learning, 28243 Beck Road - Unit B-2, Wixom, MI 48393



**NEW! AERIAL YOGA** Level 3

Aerial Yoga combines yoga movements and an aerial hammock to create a ground and air flow based movement circuit for your body. Aerial yoga movements force every part of the body to move and stretch while helping to improve flexibility. Good for the back - Inversion, flexibility and stretching. **Age:** 16+  
**Price:** Res. \$84/Non-Res. \$101  
**Instructor:** Nandita Bajaj  
**Location:** Center for Performing Arts and Learning  
**Registration Ends:** Jul 11



Date	Day	Time
Jul 14-Aug 25 (7wks)	Sun	10-11am

**NEW! AERIAL SILKS** Level 3

In this class you will learn to climb, invert in the air and pose using silks. As you increase strength and comfort-level, you will learn sequences, drops, slides, and flips that allow you to descent the fabric with style and grace. **Age:** 16+  
**Price:** Res. \$89/Non-Res. \$107  
**Instructor:** Nandita Bajaj  
**Location:** Center for Performing Arts and Learning  
**Registration Ends:** Apr 29/Jul 8



Date	Day	Time
Apr 30-Jun 11 (7wks)	Tue	6-7pm
May 1-Jun 12 (7wks)	Wed	6-7pm
Jul 9-Aug 20 (7wks)	Tue	6-7pm
Jul 10-Aug 21 (7wks)	Wed	6-7pm

**NEW! CAPOEIRA** Level 3

An Afro-Brazilian martial art that combines elements of dance, acrobatics, and music. It is known for its quick and complex maneuvers, predominantly using power, speed, and leverage across a wide variety of kicks, spins, and other techniques. **Age:** 16+  
**Price:** Res. \$78/Non-Res. \$94  
**Instructor:** Nandita Bajaj  
**Location:** Center for Performing Arts and Learning  
**Registration Ends:** May 2/Jul 10



Date	Day	Time
May 4-Jun 15 (7wks)	Sat	12-1pm
Jul 13-Aug 24 (7wks)	Sat	12-1pm

**Ready to take a fitness class? Not sure which one is "right" for you? Try a class for FREE! Contact us to try one class free of charge at 248.347.0414.**

**Registration Guidelines**

- Register early & save. After the registration end date, a \$5-\$10 late fee is assessed, if availability allows.
- Online registration is available for all fitness classes except for Stretch & Strength. **Register today at [www.cityofnovi.org](http://www.cityofnovi.org).**

**OUTDOOR FITNESS**

**ADULT YOGA AT PAVILION SHORE PARK** Level 1

Come inspire your mind, body and breath as you glance out towards Walled Lake. During the class, we will move through a series of dynamic and static yoga postures that are intelligently sequenced to increase strength, flexibility and balance, while decreasing stress. Your instructor will help you establish proper form and explore modifications so you can be sure to feel challenged and safe in each posture.  
**Age:** 16+  
**6 Week Price:** Res. \$48/Non-Res. \$58  
**7 Week Price:** Res. \$56/Non-Res. \$67  
**Instructor/Location:** Emily Kasal/Pavilion Shore Park  
**Registration Ends:** Jun 10/Jul 29, Jun 12/Aug 1

Date	Day	Time
Jun 12-Jul 24 (7 weeks)	Wed	6:30-7:30pm
Jul 31-Sep 4 (6 weeks)	Wed	6:30-7:30pm
Jun 15-Jul 27 (7 weeks)	Sat	10-11am
Aug 3-Sep 7 (6 weeks)	Sat	10-11am

**PILATES/YOGA FUSION AT PAVILION SHORE PARK** Level 1

Join us for the ultimate fusion of slimming and toning Pilates moves mixed with the benefits of yoga to increase your strength, flexibility, and balance. This class is taught with many different levels of modifications so all fitness levels are welcome. These low-impact moves are safe for the joints but highly effective at toning the body. We end each class with relaxing yoga stretches while gazing out on the calming waters of scenic Walled Lake. Every BODY is welcome!  
**Age:** 16+  
**6 Week Price:** Res. \$48/Non-Res. \$58  
**7 Week Price:** Res. \$56/Non-Res. \$67  
**Instructor/Location:** Emily Kasal/Pavilion Shore Park  
**Registration Ends:** Jun 11/Jul 30

Date (7 week)	Day	Time
Jun 13-Jul 25 (7 weeks)	Thu	6-7pm
Aug 1-Sep 5 (6 weeks)	Thu	6-7pm

**COMMIT TO BE FIT!** All Levels

My House Fitness offers a variety of strength training classes to fit your busy schedule for all fitness levels (beginner, intermediate to advanced). Equipment provided. Flexibility is the key as you choose the 45-minute class and the time you want to attend. You attend 12 times. Receive a six-week meal plan. Class times may vary. Check with instructors.  
**Age:** 18+  
**Price:** Res. \$95/Non-Res. \$114  
**Instructors:** Rob Hawarny & Anita Jennings-Certified Trainers  
**Location:** My House Fitness  
**Sessions:** Apr 29-Jun 10 (12 classes)  
 Jul 8-Aug 19 (12 classes)



**Registration Ends:** Apr 26/Jul 3  
**Class Schedule/Class Description:**  
**Mon-** 9:15am-Ultimate Upper Body (strength training)  
**Tue-** 6am, 7pm-Ultimate Upper Body  
**Wed-** 9:15am-Abs & Assets (core and glutes)  
**Thu-** 6am, 7pm-Total Body Throttle (full body- circuit style)  
**Fri-** 9:15am-(SupraMax Interval Training (SMIT) &/or TABATA (high intensity followed by low to moderate recovery)

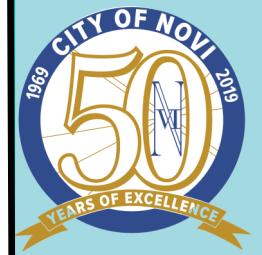
**Fitness & Exercise**

Be Healthy. Stay Active. Move More.

Spring/Summer 2019

**SAVE THE DATE!**

Interested in a class? Want to know more about classes we offer? Check out a large variety of our classes at our first Interactive Session on Saturday, August 17th from 9-11am at the Novi Civic Center.



The City of Novi offers group fitness classes for every age (18+) and fitness levels at class times to fit your schedule.

**Go online to register at [cityofnovi.org](http://cityofnovi.org).**

For more information contact: **Novi Parks, Recreation & Cultural Services and Older Adult Services at 248.347.0414**  
 noviparks@cityofnovi.org  
 45175 Ten Mile Road | Novi, Michigan 48375

## TAI CHI All Levels

Tai Chi, sometimes referred to as "meditation in motion," is an ancient Chinese martial art consisting of a sequence of slow, graceful motions that relax and strengthen the mind, body, and spirit. Wu Style is a family art with a friendly and supportive atmosphere. Our instructor has taught locally at the Botsford Center for Health Improvement and University of Michigan-Dearborn. Tai Chi is endorsed by the Arthritis Foundation. Participants learn at their own pace, no experience is needed. Class is intended for the more active adult. **Age: 18+**  
**Price:** Res. \$56/Non-Res. \$67  
**Instructor/Location:** Sifu G. Parker, Chief Instructor Midwest/MAC  
**Registration Ends:** Apr 26/Jul 5

Date	Day	Time
Apr 30-Jun 11 (7wks)	Tue	7-8pm
Jul 9-Aug 20 (7wks)	Tue	7-8pm

## NEW! BEGINNER LINE DANCE Level 1

Requires no previous dance experience. Dancing is good for balance, stronger bones, and improving your memory. This class will be just like Dancing with the Stars – but without the Star and without a partner. You will eventually learn how to samba, tango and even waltz. **Age: 18+**  
**Price 12 Classes:** Res. \$72/Non-Res. \$86  
**Price 14 Classes:** Res. \$84/Non-Res. \$101  
**Instructor/Location:** Pam Piacenti/NCC  
**Registration Ends:** May 3/Jul 5

Date	Day	Time
May 7-Jun 13 (12 classes)	Tue & Thu	10-11am
Jul 9-Aug 22 (14 classes)	Tue & Thu	10-11am

## NEW! CHAIR YOGA Level 1

Ever wanted to join Yoga but didn't want to work out on the floor? Chair Yoga is a gentle form of yoga that is practiced while seated in a chair and/or using the chair for support. Students can experience the many benefits of yoga without having to get down and up from the floor. No class May 17 & 24.  
**Age: 18+**  
**Price:** Res. \$30/Non-Res. \$36  
**Instructor/Location:** Iris Lokar, Certified Instructor/MAC  
**Registration Ends:** Apr 23

Date	Day	Time
Apr 26-Jun 7 (5wks)	Fri	10:30-11:15am

## KEEP ON MOVIN' Level 1

Looking to tone up, gain muscle strength and increase flexibility? Then this class is for you! We can achieve muscle toning and flexibility through the use of exercise resistance training. All activities are challenge by choice. Most exercises are done seated in a chair, so this class is especially accommodating for those with bad knees, hips or other limitations. Participants will use balls, resistance bands and light weights. Please bring two 2-5 lb. weights to class. This class is done both on your feet and seated. No class May 27. **Age: 50+**  
**Price 13 Classes:** Res. \$52/Non-Res. \$62  
**Price 14 Classes:** Res. \$56/Non-Res. \$67  
**Instructor/Location:** Kim Chilton, Certified Instructor/MAC  
**Registration Ends:** Apr 26/Jul 5

Date	Day	Time
Apr 29-Jun 12 (13 classes)	Mon & Wed	10:30-11:30am
Jul 8-Aug 21 (14 classes)	Mon & Wed	10:30-11:30am

## YOGA FOUNDATIONS Level 1

Yoga Foundations is designed for the beginner seeking a strong foundation of the basic asanas (poses). The intention of this series is to give beginners an understanding of the breath, how it links movement, and correct structural alignment in each pose, including appropriate modifications to suit the individual. Mat provided. No class Jul 19, Aug 16. **Age: 16+**  
**5 Week Price:** Res. \$50/Non-Res. \$60  
**6 Week Price:** Res. \$60/Non-Res. \$72  
**7 Week Price:** Res. \$70/Non-Res. \$84  
**Instructor/Location:** Angie Kielar, RYT/NCC  
**Registration Ends:** Apr 26/May 7/Jul 3/Jul 9

Date	Day	Time
Apr 30-Jun 11 (7wks)	Tue	10:45-11:45am
May 10-Jun 14 (6wks)	Fri	12-1pm
Jul 9-Aug 20 (7wks)	Tue	10:45-11:45am
Jul 12-Aug 23 (5wks)	Fri	12-1pm

## HATHA YOGA- MASTERING THE BASICS Level 1

In this class we go back to the basics and focus on mastering them. We also learn to correct the posture, build up strength and balance, increase flexibility in increments, practice yogic breathing (Pranayama) and enhance overall awareness. The goal in this class is to develop ease and stability. Mat provided.  
**Age: 18+**, Children 13+ welcome to join with a parent.  
**6 Week Price:** Res. \$36/Non-Res. \$42  
**7 Week Price:** Res. \$42/Non-Res. \$50  
**Instructor/Location:** Ajay Unniyampath, RYT/NCC  
**Registration Ends:** May 6/Jul 8

Date	Day	Time
May 9-Jun 13 (6wks)	Thu	6-7pm
Jul 11-Aug 22 (7wks)	Thu	6-7pm

## PILATES MAT Level 1

Spend an hour improving your mind body connection through Pilates - a low impact exercise program designed to rebalance, lengthen and strengthen the body and increase flexibility. Exercises focus on proper alignment, core strength and muscle balance. All body types can benefit from regular Pilates practice. Mat provided. Class ideal for beginner to intermediate students. **Age: 16+**  
**6 Week Price:** Res. \$54/Non-Res. \$65  
**7 Week Price:** Res. \$63/Non-Res. \$76  
**Instructor/Location:** Amy Kane, Certified Pilates Teacher/NCC  
**Registration Ends:** Apr 30/Jul 8

Date	Day	Time
May 9-Jun 13 (6wks)	Thu	9:30-10:30am
Jul 11-Aug 22 (7wks)	Thu	9:30-10:30am

## BEGINNER YOGA Level 2

Beginner Yoga provides a gentle practice to care for your body, mind, and spirit. Learn to practice breathing techniques and yoga postures that develop a stronger, more flexible body while cultivating present-moment awareness. Every class ends with a guided relaxation to promote a sense of peace and well-being. No class May 27. **Age: 18+**  
**6 Week Price:** Res. \$81/Non-Res. \$97  
**7 Week Price:** Res. \$95/Non-Res. \$114  
**Instructor/Location:** Laurie Lahti, Certified Instructor/NCC  
**Registration Ends:** Apr 26/Jul 3

Date	Day	Time
Apr 29-Jun 10 (6wks)	Mon	6:15-7:15pm
Jul 8-Aug 19 (7wks)	Mon	6:15-7:15pm

## DRUMS ALIVE! Level 2

Whether you need to sit or stand, this adaptable exercise works the mind by improving memory, helping with cognitive thinking, improving balance, coordination and socialization. You'll use a large exercise ball with a pair of drumsticks, to unleash your inner rock star. Ball required. Drumsticks and base will be provided. This class is done on your feet or in a chair. **Age: 50+**  
**4 Week Price:** Res. \$32/Non-Res. \$38  
**7 Week Price:** Res. \$56/Non-Res. \$67  
**Instructor/Location:** Debbie Mayer, Licensed Instructor/MAC  
**Registration Ends:** Apr 26/Jul 5

Date	Day	Time
Apr 30-Jun 11 (7wks)	Tue	5:15-6:15pm
Jul 9-Jul 30 (4wks)	Tue	5:15-6:15pm

## VINYASA YOGA Level 2

This is an intermediate level class. Through a flow of poses, Vinyasa yoga encourages you to increase the quality of form, movement, rhythm, energy and awareness. The deeper poses present an opportunity to immerse in the stillness. We focus on breathing, balance, strength, stamina and flexibility. Each session ends with a deep relaxation to transcend into the meditative realms. Mat provided.  
**Age: 18+**, Children 13+ welcome to join with a parent.  
**6 Week Price:** Res. \$36/Non-Res. \$42  
**7 Week Price:** Res. \$42/Non-Res. \$50  
**Instructor/Location:** Ajay Unniyampath, RYT/NCC  
**Registration Ends:** May 3/Jul 8

Date	Day	Time
May 9-Jun 13 (6wks)	Thu	7:15-8:15pm
Jul 11-Aug 22 (7wks)	Thu	7:15-8:15pm

## STRETCH & STRENGTH Level 2

Improve your stamina, strength and flexibility with our Stretch and Strength class! All exercises are adaptable so you can work at your own pace while doing low-impact aerobics, strength training and stretching. Classes run continuously except on scheduled holidays and instructor vacation. Bring hand-held weights if you have them and a water bottle. Wear tennis shoes and loose, comfortable clothing. This class is done both on your feet and seated. No class May 27, 29, 31.  
**Age: 40+**  
**Price:** Punch card: Res. \$5/Non-Res. \$6 each punch  
 Minimum 6 punches  
**Instructor/Location:** Jo Schirtzinger, Leisure Unlimited/MAC

Date	Day	Time
May 1-Aug 30	Mon, Wed and Fri	9-10am

## PILATES WITH PROPS AND BARRE PLUS Level 2

A fusion of yoga, pilates and barre, this fusion workout will strengthen, stretch and tone your entire body, and provide an incredible mind/body experience. The dynamic blend of movement increases strength, balance, and agility, while relaxing and focusing your mind. This class is also very easy on the joints, yet delivers an effective workout that you will love no matter what your fitness level. Mat provided. All levels welcome.  
**Age: 16+**  
**Price:** Res. \$63/Non-Res. \$76  
**Instructor/Location:** Angie Kielar, Certified Instructor/NCC  
**Registration Ends:** Apr 26/Jul 5

Date	Day	Time
Apr 30-Jun 11 (7wks)	Tue	9:40-10:40am
Jul 9-Aug 20 (7wks)	Tue	9:40-10:40am

**How do I find the "right" class for me?**  
 To help you choose, each class description includes age suggestions. You're also encouraged to reference the ability icon to determine if the class is at your fitness level.

All Levels	Beginner Level 1	Beginner/Intermediate Level 2
	Intermediate/Advanced Level 3	Advanced Level 4

**All Levels-** Varies from low to high impact/light to high cardio –You choose!  
**Level 1-** Very low impact/light cardio.  
**Level 2-** Low impact/light cardio.  
**Level 3-** Low to medium impact/medium cardio.  
**Level 4 -** High impact/medium to high cardio.

## MORNING TONE & STRETCH Level 3

This class is designed to work all the major muscles of the body with the use of hand held weights. Increase circulation and improve bone density while losing weight and increasing heart health. Mat and weights provided. No class May 27.  
**Age: 18+**  
**6 Week Price:** Res. \$48/Non-Res. \$58  
**7 Week Price:** Res. \$56/Non-Res. \$67  
**Instructor/Location:** Kim Chilton, Certified Instructor/NCC  
**Registration Ends:** Apr 26/May 6/May 8/Jul 3/Jul 5/Jul 8

Date	Day	Time
Apr 29-Jun 10 (6wks)	Mon	9:15-10:15am
May 8-Jun 19 (7wks)	Wed	9:15-10:15am
May 10-Jun 14 (6wks)	Fri	10:30-11:30am
Jul 8-Aug 19 (7wks)	Mon	9:15-10:15am
Jul 10-Aug 21 (7wks)	Wed	9:15-10:15am
Jul 12-Aug 23 (7wks)	Fri	10:30-11:30am

## INTERVAL CARDIO WORKOUT Level 4

High Intensity Interval Training (HIIT) involves alternating between very intense bouts of exercise and low intensity exercise. HIIT can be used both anaerobically (in the gym with weights) and aerobically with cardio. Not only do you burn more calories during a HIIT workout, but you'll continue to burn calories long after and your body will feel energized. **Age: 18+**  
**6 Price:** Res. \$42/Non-Res. \$48  
**7 Week Price:** Res. \$49/Non-Res. \$59  
**Instructor/Location:** Kim Chilton, Certified Instructor/NCC  
**Registration Ends:** May 8/Jul 10

Date	Day	Time
May 10-Jun 14 (6wks)	Fri	9:30-10:15am
Jul 12-Aug 23 (7wks)	Fri	9:30- 10:15am

## ZUMBA GOLD All Levels

Zumba Gold introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. You will be on your feet in this class. No class May 25, 27.  
**Age: 18+**  
**Price:** Res. \$38/Non-Res. \$46  
**Instructor/Location:** Pam Janson, Certified Zumba Instructor/MAC  
**Registration Ends:** Apr 26/May 2/Jul 5

Date	Day	Time
Apr 29-Jun 10 (6wks)	Mon	6:45-7:45pm
May 4-Jun 15 (6wks)	Sat	9-10am
Jul 8-Aug 12 (6wks)	Mon	6:45-7:45pm

