NEW! IMPROVER LINE DANCE Level 3
If you have danced before and already know what terms like a "split" or "kick" are, then this is the class for you. We will do some dances that are just a little bit harder than the beginner classes. So, get your dancing shoes on and come have some fun.
Age: 18+
Price: $14/class
Registration Ends: May 7
Instructor/Location: Pam Plameni/NC

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.
Registration Ends: May 3
Price 18+ Price:

Get Ready To WERQ!
The WERQ warmup previews the dance steps used in class and the WERQ cool down includes balance and yoga inspired poses.
Registration Ends: May 3
Price 18+ Price:

NEW AERIAL YOGA Level 3
Aerial Yoga combines yoga movements and an aerial hammock to create a ground and air base movement circuit for your body. Aerial yoga movements force every part of your 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/Location: 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 SILEKS 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 sequencing, drops, slides, and flips that allow you to descent the fabric with style and grace.
Age: 16+
Price: Res. $89/Non-Res. $107
Instructor/Location: 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.
Price: Res. $78/Non-Res. $94
Instructor/Location: Nandita Bajaj
Location: Center for Performing Arts and Learning
Registration Ends: May 2/Jul 10
Date Day Time
May 4-Jun 15 (6wks) Sat 12-1pm
Jul 13-Aug 24 (7wks) Sat 12-1pm

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

CLASSES COMING THIS FALL!
Stepping Through the Decades
Get Fit with Lola - Small Group Personal Training SGPT
Yoga 101 Workshop
Barre Toning Workshop

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New City of Novi locations:
• Novi Civic Center (NCC), 45175 Ten Mile Rd, Novi, MI 48375
• Meadowbrook Activity Center (MAC), 25757 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, 29243 Beck Road - Unit B-2, Wixom, MI 48393

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 cityofnovi.org.

CONVENIENT CLASS LOCATIONS
• Novi Civic Center (NCC), 45175 Ten Mile Rd, Novi, MI 48375
• Meadowbrook Activity Center (MAC), 25757 Meadowbrook Rd, Novi, MI 48375
• Pavilion Shore Park, 43390 13 Mile Road, Novi, MI 48377 (Summer only)
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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 Information
• 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 cityofnovi.org.

OUTDOOR FITNESS Level 1
ADULT YOGA AT PAVILION SHORE PARK
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

PILOTES/YOGA FUSION AT PAVILION SHORE PARK
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 at 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 weeks) Day Time
Jun 13-Jul 29 (7 weeks) Thu 6-7pm
Aug 1-Sep 5 (6 weeks) Thu 6-7pm

COMMIT TO BE FIT! 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, so please let your instructor know how long you plan. Class times may vary. Check with instructors.
Price: Res. $95/Non-Res. $114
Instructor/Location: 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: 9-10am Upper Body
Tues: 6am, 7pm
Wed: 9-10am Abs & Assets (core and glutes)
Thurs: 6am, 7pm
Fri: 9-10am

SADDLE 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.

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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.

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

248.347.0414
noviparks@cityofnovi.org
YOGA FOUNDATIONS

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 with movement, and to develop structural alignment in each pose, including appropriate modifications to suit the individual. Mat provided.

No class July 19, Aug 16.

Age: 16+. 5 Week Session.

6 Week Price: Res. $60/Non-Res. $72
7 Week Price: Res. $70/Non-Res. $84
8 Week Price: Res. $80/Non-Res. $98

Instructor/Location: Angie Kiefer, RYT/NYC Registration Ends: Apr 26/Jul 7

DATE
TIME
Apr 30-Jun 11 (7wks) Tue 10:45-11:45am
May 16-Jun 4 (6wks) Fri 12-1pm
Jul 9-Aug 20 (7wks) Tue 10:45-11:45am

DATE
TIME
May 9-Jun 13 (3wks) Thu 6pm
Jul 11-Aug 22 (7wks) Thu 6pm

PILES MAT

Spend an hour improving your mind body connection through Pilates - a low impact exercise program designed to retrain, 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.

Instructor/Location: Amy Kane, Certified Pilates Teacher/NCC Registration Ends: Apr 30/Jul 8

DATE
TIME
May 9-Jun 13 (3wks) Thu 9:30-10:30am
Jul 11-Aug 22 (7wks) 9:30-10:30am

BEGINNER YOGA

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 deeper awareness of the body. Beginners class ends with a guided relaxation to promote a sense of peace and well-being.

No class May 27. Age: 50+. 6 Week Session.

6 Week Price: Res. $81/Non-Res. $97
7 Week Price: Res. $95/Non-Res. $114

Instructor/Location: Laurie Lants, Certified Instructor/NCC Registration Ends: Apr 30/Jul 8

DATE
TIME
Apr 29-Jun 10 (6wks) Mon 6:15-7:15pm
Jul 8-Aug 19 (6wks) Mon 6:15-7:15pm

DATE
TIME
Apr 30-Jun 11 (7wks) Tue 9:40-10:40am
Jul 9-Aug 20 (7wks) Tue 9:40-10:40am

VINYASA YOGA

This is an intermediate level class. Through a flow of postures, Vinyasa Yoga will increase your flexibility and strength.

7 Week Price: Res. $56/Non-Res. $67

Instructor/Location: Debbie Mayer, Licensed Instructor/MAC Registration Ends: Apr 26/Jul 7

DATE
TIME
Apr 30-Jun 11 (7wks) Tue 5:15-6:15pm
Jul 9-Aug 20 (7wks) Tue 5:15-6:15pm

DATE
TIME
May 9-Jun 13 (3wks) Thu 7:15-8:15pm
Jul 11-Aug 22 (7wks) Thu 7:15-8:15pm

STRETCH & STRENGTH

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 aerobic, strength training and stretching. Classes run continuously except on scheduled holidays and instructor vacation. Bring hand-held weights, a mat and a water bottle. Wear tennis shoes and loose, comfortable clothing.

Age: 18+. 7 Week Price: Res. $46/Non-Res. $58

Instructor/Location: Jo Shichtinger, Leisure Unlimited/MAC Registration Ends: May 3/Jul 8

DATE
TIME
May 8-Aug 22 (7wks) Mon 9:15am
May 8-Aug 22 (7wks) Wed 10:15am
May 8-Aug 22 (7wks) Fri 9:40am

DATE
TIME
May 10-Aug 22 (7wks) Mon 10:15am
May 10-Aug 22 (7wks) Wed 11:15am
May 10-Aug 22 (7wks) Fri 10:40am

DATE
TIME
Jul 12-Aug 23 (7wks) Mon 10:30am
Jul 12-Aug 23 (7wks) Wed 10:30am
Jul 12-Aug 23 (7wks) Fri 10:30am

INTERVAL CARDIO WORKOUT

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+. 7 Week Price: Res. $42/Non-Res. $48

Instructor/Location: Kim Chilton, Certified Instructor/NCC Registration Ends: May 8/Jul 1

DATE
TIME
May 10-Jun 14 (4wks) Mon 9:30-10:15am
May 10-Jun 14 (4wks) Wed 10:15am
May 10-Jun 14 (4wks) Fri 9:30-10:15am

DATE
TIME
Jul 12-Aug 23 (7wks) Mon 9:30-10:15am
Jul 12-Aug 23 (7wks) Wed 10:30am
Jul 12-Aug 23 (7wks) Fri 10:30am

DATE
TIME
Aug 19-30 (4wks) Mon 9:30-10:15am
Aug 19-30 (4wks) Wed 10:30am
Aug 19-30 (4wks) Fri 10:30am

ZUMBA GOLD

Zumba Gold introduces easy-to-follow Zumba® choreography that focuses on cardio, strength 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: 16+. 8 Week Price: Res. $38/Non-Res. $46

Instructor/Location: Pam Janson, Certified Zumba Instructor/MAC Registration Ends: Apr 26/May 2/Jul 5

DATE
TIME
Apr 29-May 10 (6wks) Mon 6:45-7:45pm
May 4-12 (3wks) Mon 6:45-7:45pm
Jul 8-Aug 12 (6wks) Mon 6:45-7:45pm

DATE
TIME
Apr 29-Jun 10 (7wks) Mon 6:45-7:45pm
Apr 29-Jun 10 (7wks) Wed 6:45-7:45pm

DATE
TIME
Apr 29-Jun 10 (8wks) Thu 6:45-7:45pm
Apr 29-Jun 10 (8wks) Sat 6:45-7:45pm