

2017 NJSD FITNESS CLASS CALENDAR

Classes are free for all staff, spouses, adult children (18+), and retirees of NJSD

MONDAY

6:00 - 6:45 PM
Water Aerobics
NHS Pool

TUESDAY

3:45 - 4:45 PM
Vinyasa Yoga
NHS Room 144

WEDNESDAY

6:00 – 7:00 AM
Open Swim
NHS Pool

4:30 – 5:15 PM
Zumba
Tullar Gym

6:00 - 6:45 PM
Water Aerobics
NHS Pool

Class Descriptions

Open Swim: Create your own water workout swimming laps, water walking, water jogging, etc... Equipment is available. Lifeguard supervised.

Vinyasa Flow Yoga: Vinyasa movements are smooth flowing yoga poses that allow your mind and body to relax and release tension. Open to students and staff. **Instructor: Sara Bork**

Water Aerobics: Water aerobics is a mix of cardio and resistance training, and may incorporate tools such as buoyant dumbbells, noodles, and buoyancy bells. Increase your energy, stamina, and strength. No swimming is required in water aerobics and exercises are easily modified to meet your fitness needs. **Instructor: Kristin Hessenthaler**

Zumba: Ditch the Workout – Join the Party! Combines high energy music with FUN and easy to do dance combinations. Come learn why so many people of all fitness dance abilities truly LOVE this class. Limited to 30 participants. **Instructor: Emily Dieringer**

All classes are subject to cancellation. Classes are not held on days we do not have school or holidays.
Contact Jane Bahr to request key fob access.



Find What **Moves** You

