

Northview Community Fitness and Aquatic Center

Get Healthy & Stay Fit!

If you are an active Senior looking for a friendly place to work out, we'd like to invite you in to visit our Northview Fitness Center. We are located in Northview High School (4451 Hunsberger NE) and are open to the public during non-school hours. Full Membership includes Free Lap Swim, unlimited use of the Indoor Walking Track (must be able to walk a flight of stairs to reach the track), as well as our extensive array of Strength and Cardio Equipment. Annual members also receive discount pricing on Group Fitness Classes and Personal Fitness Coaching.

HOURS OF OPERATION (please note we are not open during daytime school day hours)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM	5:30 am - 7:00 am	5:30 am - 7:00 am	5:30 am - 8:00 am	5:30 am - 7:00 am	5:30 am - 7:00 am	8:00 am until 3:00 pm	11:00 am until 3:00 pm
PM	5:00 pm - 9:00 pm	5:00 pm - 9:00 pm	5:00 pm - 9:00 pm	5:00 pm - 9:00 pm	5:00 pm - 8:00 pm		

We will be closed Thanksgiving Day, Christmas Day, & New Year's Day

“SILVER” MEMBERSHIP OPTIONS

We are happy to serve area Seniors who select *SILVER SNEAKERS* or *SILVER & FIT* within their insurance company benefits package. These options receive a FULL Annual Membership at no cost to you! Simply bring in your Fitness ID number issued to you from your insurance company. A desk attendant is on duty during all of our open hours (listed above) and will set you up with your FREE Silver membership card to scan each time you visit the center. PLEASE NOTE: The Fitness Center is not open while school is in session and someone is available to process memberships ONLY during our “open to public” hours.

REGULAR MEMBERSHIP OPTIONS

No contract or application fee. You prepay only for the time you wish to hold a membership. All memberships are sold at a per-person rate and are good for (1 year, 1 month, 1 day) from the date of purchase.

MEMBERSHIP TYPE	ANNUAL	MONTHLY	DAILY	TRACK ONLY
Senior Citizen Rate	\$280	\$30	\$7	\$60
Northview Resident Rate	\$120	\$15	\$5	FREE

Memberships are sold at the Fitness Center desk with Cash or Check OR can be purchased online with your credit card at <https://nvps.revtrak.net/rw-fitness-aquatic-center/>

FITNESS CLASSES

Our Fitness Center Classes meet weekly and can be attended on a drop-in basis. You do not need to have a membership to attend our classes. They are open to the Community.

- Group Classes: \$10 per single class | 10 pack - \$80 Scan as you use on ANY Group Classes
- Cycle Classes: \$13 per single class | 10 pack - \$110 Scan as you use on ANY Cycle Classes

Please pre-register for classes on the MindBody App so our instructors can plan their class and communicate any changes to their schedule. Simply search for Northview Fitness Center to find the schedule and reserve your spot. Our friendly desk staff is happy to assist you with any questions.

CLASS SCHEDULE

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
Yoga - 4:00pm Water Fit - 5:30pm *Zumba - 6:00pm	*Rip and Ride Cycle - 6:00am Women 50+Strength - 5:15pm Pilates - 6:15pm	*Power Strength 45 - 5:45am Water Fit - 6:00am *Power Strength 45 - 6:00pm	Women 50+Strength - 5:15pm Water Fit - 5:30pm Yoga - 6:15pm

**Advanced fitness level classes*

FALL'24 FREE TRY-IT WEEK:

September 9-12, 2024, Try ANY fitness classes FREE for one week! Meet instructors. Ask questions. Check out the level of workout and see if it's right for you!

FREE WEEK NOTES:

- Waterfit Thursday class is not available during FREE week because the pool is unavailable
- FREE Classes have limited spots and fill fast so register early on the Northview Fitness Center MindBody App on your phone. **This is the only way to reserve your spot during FREE WEEK.** Our friendly desk staff is happy to assist you prior to Free Week if you stop in during our "open to public" hours.
- Check in at the Fitness Desk upon arrival and the desk attendant will show you to class.
- **New visitors should arrive 15 minutes early to fill out their visitor pass.

PERSONAL FITNESS COACHING

(1:1 AND SMALL GROUP)

Work individually or in a small group with some of your friends. Our personal trainers will keep you motivated, help you improve your strength, flexibility and balance, or lead you through a weekly routine to achieve a stronger and more stable core.

Personal Fitness Prices for 45 minute sessions

Cost Per Person	1 Session	5 Sessions	10 Sessions
1-On-1 Sessions	\$55	\$255	\$480
Small Group	\$45	\$210	\$400

To connect with one of our fitness coaches contact JoAnn VanSlooten at jvanslooten@nvps.net

FITNESS CENTER ENTRY

Entry to the Center is at the FRONT of the Northview High School at the door adjacent to the "Bus-Loop". It is at your left when looking at the building and there is a Fitness Center sign above the door. Please park in the front high school lot or the administration building lot on school day mornings when the buses are running.

Please email us with any special physical limitation you may have before visiting so we can confirm our facility and equipment are a good fit for you.

We are happy to answer your questions during business hours or via email.

Northviewfitness@nvps.net 616-365-6140

Additional information can be found at nvps.net/community/fitness-center/