



	Monday	Tuesday	Wednesday	Thursday	Friday
8:15am	Senior-FIT 1 <b>Chair Class</b> Katie		Senior-FIT 3 <b>Chair Class</b> Katie	8:30am Bootcamp Katie	Senior-FIT 2 <b>Chair Class</b> Katie
9:30am	Senior-FIT 1 <b>Chair Class</b> Katie		Senior-FIT 3 <b>Chair Class</b> Katie		Senior-FIT 2 <b>Chair Class</b> Katie
10:45am	Stretch-FIT Mat Class Katie		Stretch-FIT <b>Chair Class</b> Katie		
5:30pm			Bootcamp Angie		
6:15pm	Total-FIT Angie		Pilates/Yoga Angie		
7:00pm		Dance-FIT Tammy			

Fee Schedule:

- \$10 class drop-in fee
- \$30/month for 1 class/week
- \$45/month for 2 classes/week
- \$60/month for 3 classes/week
- \$65/month for Unlimited

Senior-FIT Fee Schedule:

- \$4 class drop-in fee
- \$30 Punchcard (10 classes)



Effective January 6, 2020



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## **CLASS DESCRIPTIONS**

**Bootcamp:** This non-military style class will benefit all fitness levels and ages. Utilizing a variety of exercises provides for total body conditioning, including cardio, weight training, balance and flexibility training. It's always an adventure, and you'll always have fun! All workouts will offer options for either taking the intensity up or down for any exercise. Please bring a mat and water bottle.

**Core Conditioning (yoga/Pilates):** A mat-based, gentle stretch class that moves through a series of poses designed to increase strength, flexibility, balance, and range of motion. A focus on all major muscle groups provides your body to feel better, prevent injury, and increase range of motion. All exercises are developed with modifications that can make a workout safe and challenging for a person at any age and fitness level. Please bring a mat and water bottle.

**DanceFIT:** Do you love to dance? This is the class for you. Enjoy dancing to songs from the 50s, 60s, and 70s. All fitness levels will benefit.

**Stretch-FIT Mat (yoga/Pilates):** A mat-based, gentle stretch class that moves through a series of poses designed to increase strength, flexibility, balance, and range of motion. A focus on all major muscle groups provides your body to feel better, prevent injury, and increase range of motion. All exercises are developed with modifications that can make a workout safe and challenging for a person at any age and fitness level. Please bring a mat and water bottle.

**Stretch-FIT Chair:** A chair class that provides flexibility and increases range of motion for the entire body. The instructor will focus on all major muscle groups with a variety of different types of stretch techniques. The goal is for your body to feel better, prevent injury, and increase range of motion.

**Total-FIT:** Utilizing a variety of exercises, provides for total body conditioning, including cardio, weight training, balance and flexibility training. Circuit/interval exercises may be used in this class. All workouts will offer options for taking the intensity up or down any exercise. Please bring a mat and water bottle.

**Senior-FIT 1 Chair Class:** Beginner exercisers are encouraged to start with this foundational class. The Circuit/Interval Training format is used with each exercise performed at one-minute intervals. This class alternates low-impact aerobics with upper body strength training exercises utilizing hand-held weights, resistance bands and a ball. Flexibility exercises and balance/coordination exercises are also included. A chair is used for standing support, stretching, and relaxation exercises. 60 minutes.

**Senior-FIT 2 Chair Class:** The Circuit/Interval Training format is used in this low-impact class. Exercises will include: low-impact aerobics, resistance training, strength, balance, flexibility & coordination. A chair is used for standing support, stretching, and relaxation exercises. 60 minutes.

**Senior-FIT 3 Chair Class:** Have fun and move to the music. This class consists of low-impact aerobics with easy-to-follow choreography, strength training, flexibility exercises, and balance/coordination. Hand-held weights, resistance bands, and a ball are offered for resistance. A chair is used for standing support, stretching, and relaxation exercises. 60 minutes.

SilverSneakers members welcome, please visit [www.silversneakers.com](http://www.silversneakers.com) to verify eligibility.

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