



	Monday	Tuesday	Wednesday	Thursday	Friday
8:15am	Senior-FIT 1 <b>Chair Class</b> Katie		Senior-FIT 3 <b>Chair Class</b> Katie		
9:30am	Senior-FIT 1 <b>Chair Class</b> Katie		Senior-FIT 3 <b>Chair Class</b> Katie		
6:00pm	Bootcamp Angie		Pilates/Yoga Angie		

Fee Schedule:

\$10 class drop-in fee

\$30/month for 1 class/week

\$45/month for 2 classes/week

Senior-FIT Fee Schedule:

\$4 class drop-in fee

\$30 Punchcard (10 classes)



Effective October 5, 2020



## **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.

**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.

Space is limited in each class, please call 512-663-7040.

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

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