



	Monday	Tuesday	Wednesday	Thursday	Friday
8:15am	Senior-FIT Chair Class Katie		Senior-FIT* Chair Class Katie		Senior-FIT Chair Class Katie
			*Advanced Class		
9:30am	Senior-FIT Chair Class Katie		Senior-FIT* Chair Class Katie		Senior-FIT Chair Class Katie
			*Advanced Class		
6:00pm	Pilates/yoga Angie		Pilates/yoga Angie		

Fee Schedule:

\$10 class drop-in fee

\$30/month for 1 class/week

\$45/month for 2 classes/week

\$65/month for 3 classes/week

Senior-FIT Fee Schedule (age 60+):

\$4 class drop-in fee

\$30 Punchcard (10 classes)





CLASS DESCRIPTIONS

Yoga/Pilates (core conditioning): 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 Chair Class: Beginner exercisers are encouraged to start with this foundational class. The Circuit/Interval Training format is used with each exercise performed at 45-60 second 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 Advanced 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 Katie at 512-663-7040.

SilverSneakers members welcome, please visit www.silversneakers.com to verify eligibility.

Effective April, 2022