



	<b>MON.</b> *****	<b>TU.</b> *****	<b>WED.</b> *****	<b>TH.</b> *****	<b>FRI.</b> *****
8:15am	Senior-FIT <b>Chair Class</b> Katie		Senior-FIT <b>ADVANCED</b> Katie		Senior-FIT <b>Chair Class</b> Katie
9:30am	Senior-FIT <b>Chair Class</b> Katie		Senior-FIT <b>ADVANCED</b> Katie		Senior-FIT <b>Chair Class</b> Katie

Effective September 2022

**FEE SCHEDULE**

\$30/mo. for 1 class/week  
 \$45/mo. for 2 classes/week  
 \$60/mo. for 3 classes/week

**AGES 65+**

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

SilverSneakers members welcome in our SeniorFIT classes.  
 Please visit [www.SilverSneakers.com](http://www.SilverSneakers.com) to verify eligibility.

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



## **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.

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