



Greenville Group Exercise September - December

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY															
Indoor Cycling RPE 6-9 6:00-6:50 AM Healthy Heart RPE 2-4 7:00-8:00 AM Power Wave RPE 3-6 8:00-8:50 AM Y Medley PUMP RPE 4-8 9:00-9:50 AM Aqua Motion RPE 2-5 9:00-9:50 AM Adventures in the Deep RPE 3-6 10:00-10:50 AM Shallow 'n Fit RPE 2-5 10:00-10:50 AM SilverSneakers Classic* RPE 2-4 10:00-11:00 AM SilverSneakers Yoga* RPE 2-4 11:00AM-12:00PM	REFIT® RPE 3-6 8:15-8:45 AM Baby Boomers RPE 2-6 9:00-9:50 AM Indoor Cycling RPE 6-9 9:00-9:50 AM Aqua Motion RPE 2-5 9:00-9:50 AM Senior Classic RPE 2-4 10:00-10:50 AM Senior Splash RPE 2-5 10:30-11:00 AM SilverSplash* RPE 2-4 11:10 AM-12:00 PM	Healthy Heart RPE 2-4 7:00-8:00 AM Power Wave RPE 3-6 8:00-8:50 AM Indoor Cycling + Boot Camp RPE 6-9 9:00-9:50 AM Zumba® Gold RPE 4-8 9:00-9:50 AM Aqua Motion RPE 2-5 9:00-9:50 AM SilverSneakers Classic* RPE 2-4 10:00-10:50 AM WOW- Women on Weights RPE 4-8 10:00-11:00 AM Adventures in the Deep RPE 3-6 10:00-10:50 AM Shallow 'n Fit RPE 2-5 10:00-10:50 AM SilverSneakers Yoga* RPE 2-4 11:00-11:50 AM	Baby Boomers RPE 2-6 9:00-9:50 AM Indoor Cycling RPE 6-9 9:00-9:50 AM Aqua Motion RPE 2-5 9:00-9:50 AM Senior Circuit RPE 2-5 10:00-10:50 AM Aqua Zumba® RPE 4-8 10:00-10:30 AM Senior Splash RPE 2-5 10:30-11:00 AM SilverSplash* RPE 2-4 11:10 AM-12:00 PM	Indoor Cycling RPE 6-9 6:00-6:50 AM Healthy Heart RPE 2-4 7:00-8:00 AM Power Wave RPE 3-6 8:00-8:50 AM Yoga RPE 3-6 9:00-9:50 AM Aqua Motion RPE 2-5 9:00-9:50 AM Adventures in the Deep RPE 3-6 10:00-10:50 AM Shallow 'n Fit RPE 2-5 10:00-10:50 AM SilverSneakers Classic* RPE 2-4 10:00-11:00 AM SilverSneakers Yoga* RPE 2-4 11:00AM-12:00PM	Kinetic Strength RPE 6-9 9:30-10:20 AM															
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Zumba® + Zumba Toning RPE 4-8 5:30-6:20 PM Indoor Cycling + Boot Camp RPE 6-9 6:00-6:50 PM Yoga RPE 2-5 6:30-7:20 PM Kinetic Strength RPE 6-9 7:00-7:50 PM	Indoor Cycling RPE 6-9 6:00-6:50 PM Cardio Drumming RPE 4-7 5:30-6:00 PM Tone & Stretch RPE 2-6 6:00-6:30 PM H2O Stretch & Destress RPE 3-4 7:00-7:50 PM	Zumba® RPE 4-8 5:30-6:20 PM Indoor Cycling + Abs RPE 6-9 6:00-6:50 PM Kinetic Strength RPE 6-9 7:00-7:50 PM	Indoor Cycling + Abs RPE 6-9 6:00-6:50 PM Boot Camp RPE 5-9 6:00-6:50 PM WOW- Women on Weights RPE 4-8 6:00-7:00 PM																	
	<p>*No cost for Silver Sneakers Members!</p>		<table border="1"> <thead> <tr> <th>Class Length</th> <th>Member cost</th> <th>Potential Member</th> </tr> </thead> <tbody> <tr> <td>30 min.</td> <td>\$5</td> <td>\$12</td> </tr> <tr> <td>50 min.</td> <td>\$8</td> <td>\$18</td> </tr> <tr> <td>30 min. Dec. mini session</td> <td>\$3.75</td> <td>\$9</td> </tr> <tr> <td>50 min. Dec. mini session</td> <td>\$6</td> <td>\$13.50</td> </tr> </tbody> </table>	Class Length	Member cost	Potential Member	30 min.	\$5	\$12	50 min.	\$8	\$18	30 min. Dec. mini session	\$3.75	\$9	50 min. Dec. mini session	\$6	\$13.50		
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RPE Chart

Rate of Perceived Exertion

10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breathe, or speak a single word.
7-8	Vigorous Activity On the verge of becoming uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Feels like you can exercise for hours. Breathing heavily, can hold short conversation.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation.
1	Very Light Activity Anything other than sleeping, watching TV, riding in a car, etc.

GROUP EXERCISE CLASS DESCRIPTIONS:

Adventures In The Deep- This class will meet in the deep end of the pool. Participants may use float belts for assistance. You decide the intensity level as the instructor leads you through the moves. Some swimming ability required.

Aqua Motion- Low impact moves in the shallow end with little choreography. Suitable for those with injuries or limitations.

Aqua Zumba- Take the party to the pool! All the fun of Zumba with low-impact moves done in the shallow end.

Baby Boomers- A low-impact class that works on total body strength training.

Boot Camp- Extreme group fitness utilizing intense bouts of activity, including burpees, running, plyometrics, ropes, push ups, and more!

Cardio Drumming- get in touch with your rhythm using drumsticks and a fitness ball! Move your body to the beat in this fun cardio class!

H2O Stretch & Destress- let the buoyancy of the water help relax you as you work on flexibility and mobility.

Healthy Heart Center- Supervised exercise for recovering heart patients.

Indoor Cycling- A low-impact cardio workout set to music. You control the speed, resistance and intensity of your workout as your instructor leads you through a warm up and a variety of cadences that mimic climbs, sprints, hills and more.

Indoor Cycling + Abs- A low impact cardio workout on the spin bike, plus ab and core work.

Indoor Cycling & Boot Camp- A low impact cardio workout on the spin bike, then toning work with bodyweight, dumbbells and more.

Kinetic Strength- Challenge your body with ropes, kettlebells and more in this intensely enjoyable workout!

Power Wave- Improve cardio and muscle conditioning for a total body workout.

REFIT®-A cardio-dance class that includes toning, flexibility, strength, stretching, and a positive message!

Senior Classic- A low-to-no impact class that will improve cardio and muscular endurance.

Senior Circuit- A low-impact standing class that will improve cardio health and strength.

Senior Splash- Build on movements used in daily living skills! No swimming ability required.

Shallow 'N' Fit- Low impact moves in the shallow end with little choreography. Suitable for those with injuries or limitations.

SilverSneakers® Circuit*- Low-impact standing choreography designed to increase cardio and muscular endurance.

SilverSneakers® Classic*- Low-impact exercise to help increase strength and range of motion.

SilverSneakers® Yoga*- Chair-based movements to help increase flexibility and balance.

SilverSplash *- LOTS of fun in the shallow end with moves to improve agility, flexibility and cardio endurance. No swimming ability required!

***NO COST for SilverSneakers Members!**

Tone & Stretch- elements of Pilates, Barre, and light resistance toning finishing with a relaxing, full-body stretch.

WOW (Women on Weights)- Small group training with free weights to build muscular strength and strong bones!

Y Medley PUMP- Everything you love in a Y class, now with more emphasis on toning!

Yoga- Learn postures and breathing that will help relieve stress and tension as well as build strength and stamina.

Zumba® - A fusion of Latin dance themes creating an exciting and effective fitness program. Join the fun!

Zumba® + Zumba Toning- Combine your cardio and strength workouts in this energetic, upbeat Zumba® fitness class!

Zumba® Gold- Get introduced to the Zumba moves at a slower pace. Suitable for beginners!