












# Group Exercise - Versailles

## September - December

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Power Wave</b>  RPE 4-7 9:00-9:50 AM Versailles</p> <p><b>Aqua Motion</b>  RPE 3-5 10:00-10:50 AM Versailles</p> <p><b>Lunch Crunch</b> RPE 4-7 11:30 AM-12:00 PM Versailles</p>	<p><b>Y Medley SWEAT</b> RPE 4-7 8:30-9:20 AM Versailles</p> <p><b>VeraFlow</b> RPE 2-5 9:30-10:00 AM Versailles</p>	<p><b>Indoor Cycling + Abs</b> RPE 6-9 5:45-6:35 AM Versailles</p> <p><b>Power Wave</b>  RPE 3-6 9:00-9:50 AM Versailles</p> <p><b>Aqua Motion</b>  RPE 2-5 10:00-10:50 AM Versailles</p>	<p><b>Aqua Core &amp; Cardio Blast</b>  RPE 6-8 6:00-6:50 AM Versailles <b>NEW TIME!</b></p> <p><b>Y Medley PUMP</b> RPE 4-8 8:30-9:20 AM Versailles</p> <p><b>Lunch Crunch</b> RPE 4-7 11:30 AM-12:00 PM Versailles</p>	<p><b>Aqua Zumba®</b>  RPE 4-8 8:30-9:00 AM Versailles <b>NEW TIME!</b></p> <p><b>Power Wave</b>  RPE 3-6 9:00-9:50 AM Versailles</p> <p><b>Aqua Motion</b>  RPE 2-5 10:00-10:50 AM Versailles</p>
	<p><b>SilverSneakers Classic*</b> RPE 3-4 1:00-1:50 PM Versailles</p> <p><b>SilverSneakers Circuit*</b> RPE 4-5 2:00-2:50 PM Versailles</p>			<p><b>SilverSneakers Classic*</b> RPE 2-4 1:00-1:50 PM Versailles</p> <p><b>SilverSneakers Yoga*</b> RPE 2-4 2:00-2:50 PM Versailles</p>
<p><b>Aqua Zumba®</b>  RPE 3-8 7:00-7:50 PM Versailles <b>NEW TIME!</b></p>	<p><b>REFIT®</b> RPE 4-7 6:00-6:30 PM Versailles</p> <p><b>STRONG by Zumba®</b> RPE 6-8 6:30-7:20 PM Versailles</p>	<p><b>Kinetic Strength</b> RPE 6-9 6:00-6:50 PM Versailles</p> <p><b>Yoga</b> RPE 2-5 7:00-7:50 PM Versailles</p>	<p><b>Cardio Drumming</b> RPE 4-7 6:00-6:30 PM Versailles</p> <p><b>Zumba®</b> RPE 4-8 6:30-7:20 PM Versailles</p>	

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

\*No cost for Silver Sneakers Members!

### 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:**

**Aqua Core & Cardio Blast-** Amp up your fitness with this moderate/high intensity water class designed for swim conditioning and those who are looking to increase their core work and cardio gains. Youth athletes encouraged.

**Aqua Motion-** The pace and intensity of this class is suited for a wide range of ages and fitness levels.

**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!

**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.

**Lunch Crunch-** Increase your energy level with a quick mid-day workout!

**Power Wave-** Improve cardio and muscle conditioning for a total body workout. **SilverSneakers® Circuit\***-

Non-impact moves 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.

**\*No cost for SilverSneakers Members**

**STRONG by Zumba®**- This class is a high intensity interval training workout driven by music. You will gain muscular endurance and definition, and experience an increased afterburn.

**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!