











Group Exercise - Versailles

June, July, August

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Class Length	Member	Potential Member
30 min.	\$5	\$12
50 min.	\$8	\$18
30 min. mini session	\$2.50	\$6
50 min. mini session	\$4	\$9

*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:

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!

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!

GROUP EXERCISE AQUATICS 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.

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