



GROUP EXERCISE January-May 2018

Versailles Branch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Power Wave RPE 3-6 VE 9:00AM (45)</p> <p>Aqua Motion RPE 2-5 VE 10:00AM (45)</p> <p>Lunch Crunch RPE 4-8 VE 11:30AM (30)</p> <p>★ Yoga RPE 3-6 VE 7:00 PM (60) M: \$10 PM: \$20</p> <p>Aqua Zumba RPE 4-8 VE 7:00PM (45)</p>	<p>CardioStrength Medley RPE 4-7 VE 8:30AM (30)</p> <p>Zumba® Gold RPE 2-6 VE 9:00AM (30)</p> <p>SilverSneakers Classic* RPE 2-4 VE 1:00 PM (45)</p> <p>SilverSneakers Circuit * RPE 2-4 VE 2:00 PM (45)</p> <p>REFIT® RPE 3-6 VE 6:00 PM (30)</p> <p>STRONG by Zumba® RPE 6-8 VE 6:30 PM (45)</p>	<p>Indoor Cycling + Abs RPE 6-9 VE 5:45 AM (45)</p> <p>Power Wave RPE 3-6 VE 9:00AM (45)</p> <p>Aqua Motion* RPE 2-5 VE 10:00AM (45)</p> <p>Lunch Crunch RPE 4-8 VE 11:30AM (30)</p> <p>Kinetic Strength RPE 6-9 VE 6:00PM (45)</p> <p>★ Yoga RPE 2-5 VE 7:00 PM (60) M: \$10 PM: \$20</p>	<p>Aqua Core & Cardio Blast RPE 3-6 VE 6:00AM (45)</p> <p>Y Medley PUMP RPE 4-8 VE 8:30AM (45)</p> <p>Strength in 30 RPE 4-8 VE 6:00 PM (30)</p> <p>Zumba® RPE 4-8 VE 6:30 PM (45)</p>	<p>Power Wave RPE 3-6 VE 9:00AM (45)</p> <p>Aqua Motion RPE 2-5 VE 10:00AM (45)</p> <p>SilverSneakers Classic* RPE 2-4 VE 1:00 PM (45)</p> <p>SilverSneakers Yoga* RPE 2-4 VE 2:00 PM (45)</p> <p>Kinetic Strength Express RPE 6-9 VE 5:15 PM (30)</p>	<p>Zumba® RPE 4-8 VE 9:00 AM (45)</p>

RPE Chart	
Rate of perceived exertion	
10	Max Effort
9	Very Hard
7-8	Vigorous
4-6	Moderate
2-3	Light
1	Very Light

Class Length	Member	Potential Member
30 min.	\$5	\$12
45 min.	\$8	\$18

★ Specialty Classes, including Healthy Heart, WOW, Yoga, etc, may have different prices.

GROUP EXERCISE CLASS DESCRIPTIONS:

★ denotes specialty class which may have different pricing

* denotes NO COST for SilverSneakers Members

Aqua Motion- No swimming ability required! This class uses low impact moves in the shallow end to build muscle, improve balance and burn calories in an aquatic environment that reduces stress on joints and muscles.

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

CardioStrength Medley- get your heart pumping and muscles flexing in this fun mix of strength and cardio!

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

Kinetic Strength- Challenge your body with ropes, kettlebells, and more in this intense, circuit-style workout!

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

Power Wave- Improve cardio and muscle conditioning in this total body low-impact workout in the pool.

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

Senior Classic- A low-to-no impact, chair-based 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.

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.

Strength in 30- build strength and gain muscle tone in this full-body resistance training class.

STRONG by Zumba[®]- This class is a high intensity interval workout driven by music. Gain muscular endurance and definition, and experience an increased afterburn!

VeraFlow- Dance, stretch and find your true flow in this class as you stretch your body and train your mind to the rhythm of the music. You'll leave feeling like you've had a full body massage, with your muscles strengthened, yet relaxed and loose.

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