

GROUP EXERCISE

HEALTHY LIVING

Summer 2018
June, July, August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>★ Healthy Heart RPE 2-4 GV 8:30AM (60) (Class meets M,W,F) M: \$35/month PM: \$50/month</p> <p>Power Wave RPE 3-6 GV 8:00AM (45) VE 9:00AM (45)</p> <p>Y Medley PUMP RPE 4-8 GV 9:00AM (45)</p> <p>Aqua Motion RPE 2-5 GV 9:00AM (45) VE 10:00AM (45)</p> <p>Adventures in the Deep RPE 3-6 GV 10:00AM (45)</p> <p>Shallow & Fit RPE 2-5 GV 10:00AM (45)</p> <p>SilverSneakers Classic* RPE 2-4 GV 10:00AM (45)</p> <p>SilverSneakers Yoga* RPE 2-4 GV 11:00AM (45)</p> <p>Aqua Zumba RPE 4-8 VE 5:30PM (45)</p> <p>Zumba® + Zumba Toning RPE 4-8 GV 5:30 PM (45)</p> <p>Indoor Cycling + Boot Camp RPE 6-9 GV 6:00 PM (45)</p> <p>★ Yoga RPE 3-6 GV 6:30 PM (60) VE 7:00 PM (60) M: \$10 PM: \$20</p> <p>Kinetic Strength RPE 6-9 GV 7:00 PM (45)</p>	<p>REFIT® RPE 3-6 GV 8:15AM (30)</p> <p>CardioStrength Medley RPE 4-7 VE 8:30AM (30) JUNE & JULY ONLY</p> <p>Total Body Toning RPE 4-8 GV 9:00AM (45)</p> <p>Indoor Cycling RPE 6-9 GV 9:00AM (45)</p> <p>Zumba® Gold RPE 4-8 VE 9:00AM (30) JUNE & JULY ONLY</p> <p>Aqua Motion RPE 2-5 GV 9:00AM (45)</p> <p>Senior Classic RPE 2-4 GV 10:00AM (45)</p> <p>Senior Splash RPE 2-5 GV 10:30 AM (30)</p> <p>SilverSplash* RPE 2-4 GV 11:10 AM (45)</p> <p>SilverSneakers Classic* RPE 2-4 GV 1:00 PM (45) VE 1:00 PM (45)</p> <p>SilverSneakers Circuit * RPE 2-4 VE 2:00 PM (45)</p> <p>Indoor Cycling + Abs RPE 6-9 GV 4:30 PM (45)</p> <p>Indoor Cycling 101 RPE 5-8 VE 5:30PM (30) JUNE & JULY ONLY</p> <p>Indoor Cycling RPE 6-9 GV 6:00PM (45)</p> <p>REFIT® RPE 3-6 VE 6:00 PM (45)</p> <p>VeraFlow RPE 2-6 VE 7:00 PM (45)</p> <p>H2O Stretch & Destress RPE 3-4 GV 7:00 PM (45)</p>	<p>★ Healthy Heart RPE 2-4 GV 8:30AM (60) (Class meets M,W,F) M: \$35/month PM: \$50/month</p> <p>Power Wave RPE 3-6 GV 8:00AM (45) VE 9:00AM (45)</p> <p>Indoor Cycling + Boot Camp RPE 6-9 GV 9:00AM (45)</p> <p>Zumba® Gold RPE 4-8 GV 9:00AM (45)</p> <p>Aqua Motion RPE 2-5 GV 9:00AM (45)</p> <p>Indoor Cycling + Abs RPE 6-9 VE 9:30 AM (45)</p> <p>Aqua Motion* RPE 2-5 VE 10:00AM (45)</p> <p>SilverSneakers Classic* RPE 2-4 GV 10:00AM (45)</p> <p>★ STRENGTH 101 RPE 4-8 GV 10:00AM (60) M: \$25 PM: \$50</p> <p>Adventures in the Deep RPE 3-6 GV 10:00AM (45)</p> <p>Shallow & Fit RPE 2-5 GV 10:00 AM (45)</p> <p>SilverSneakers Yoga* RPE 2-4 GV 11:00AM (45)</p> <p>Zumba® RPE 4-8 GV 5:30PM (45)</p> <p>Aqua Core & Cardio Blast RPE 4-8 VE 5:30PM (45)</p> <p>Kinetic Strength RPE 6-9 GV 7:00PM (45)</p> <p>★ Yoga RPE 2-5 GV 6:30 PM (60) VE 7:00 PM (60) M: \$10 PM: \$20</p>	<p>Y Medley PUMP RPE 4-8 VE 8:30AM (45)</p> <p>Total Body Toning RPE 4-8 GV 9:00 AM (45)</p> <p>Aqua Zumba® RPE 4-8 GV 9:30 AM (45)</p> <p>Senior Circuit RPE 2-5 GV 10:00 AM (45)</p> <p>Senior Splash RPE 2-5 GV 10:30AM (30)</p> <p>SilverSplash* RPE 2-4 GV 11:10AM (45)</p> <p>SilverSneakers Classic* RPE 2-4 GV 1:00PM (45)</p> <p>Indoor Cycling + Abs RPE 6-9 GV 4:30 PM (45)</p> <p>Boot Camp RPE 5-9 GV 6:00 PM (45)</p> <p>★ STRENGTH 101 RPE 4-8 GV 6:00 PM (60) M: \$25 PM: \$50</p> <p>Zumba® RPE 4-8 VE 6:30 PM (45)</p> <p>Strength in 30 RPE 4-8 VE 7:30 PM (30)</p>	<p>★ Healthy Heart RPE 2-4 GV 8:30AM (60) (Class meets M,W,F) M: \$35/month PM: \$50/month</p> <p>Indoor Cycling + Abs RPE 6-9 VE 5:45 AM (45)</p> <p>Indoor Cycling RPE 6-9 GV 6:00 AM (45)</p> <p>Power Wave RPE 3-6 GV 8:00 AM (45) VE 9:00AM (45)</p> <p>★ Yoga RPE 3-6 GV 9:00 AM (60) M: \$10 PM: \$20</p> <p>Aqua Motion RPE 2-5 GV 9:00 AM (45) VE 10:00AM (45)</p> <p>Adventures in the Deep RPE 3-6 GV 10:00 AM (45)</p> <p>Shallow & Fit RPE 2-5 GV 10:00AM (45)</p> <p>SilverSneakers Classic* RPE 2-4 GV 10:00 AM (45)</p> <p>SilverSneakers Yoga* RPE 2-4 VE 1:00 PM (45) VE 2:00 PM (45)</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
30 min. 3 week Aug. sess.	\$3.75	\$6
45 min. 3 week Aug. sess.	\$6	\$13.50

★ 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

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 Core & Cardio Blast- Amp up your fitness with this moderate-to-high intensity water class for those who are looking to increase their core work and cardio gains.

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.

Total Body Toning (formerly Baby Boomers)- A low-impact class that gets your heart pumping and builds total body strength in the major muscle groups, using bodyweight, hand weights, and more.

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

CardioStrength Medley- Get your heart pumping and muscles flexing in this fun mix of strength and cardio! Class will be instructor's choice, so expect a variety!

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

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

Indoor Cycling 101- Low impact aerobic exercise for beginner to intermediate cyclists.

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

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

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

Shallow 'N' Fit- Low-impact moves to help with mobility, strength and balance- no swimming ability required! 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!

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

★★STRENGTH 101 (formerly WOW - Women on Weights)- Small group training with a certified trainer, using free weights to build muscular strength and strong bones! Maximum 5 per class. See Welcome Center for more details.

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® + 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!

PERSONAL TRAINING

Whether you are starting a new fitness program or need help with your current one, our certified personal trainers are here to help.

One-on-one or with a partner or small group, they will offer individualized attention, personalized programming, guidance, education and motivation to help you reach your fitness goals.



One-on-One Session Member

30 minute session: \$20
 60 minute session: \$30

Potential Member

30 minute session: \$35
 60 minute session: \$55

Packages of 10 One-On-Ones Member

30 minute sessions: \$175
 60 minute sessions: \$250

Potential Member

30 minute sessions: \$325
 60 minute sessions: \$500

Semi-Private Training

Members only.

4 person limit per group.
 30 minute session: \$15 per person
 60 minute session: \$25 per person

Package of 10 Semi-Private sessions

Members only.

4 person limit per group.
 30 minute session: \$125 per person
 60 minute session: \$200 per person

