

# GROUP EXERCISE

## HEALTHY LIVING

September – December

See session dates on the back page of the program guide



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Power Wave</b> RPE 3-6 GV 8:00AM (45) VE 9:00AM (45)</p> <p><b>Indoor Cycling + Boot Camp</b> RPE 6-9 GV 9:00AM (45)</p> <p><b>Aqua Motion</b> RPE 2-5 GV 9:00AM (45) VE 10:00AM (45)</p> <p><b>Adventures in the Deep</b> RPE 3-6 GV 10:00AM (45)</p> <p><b>Shallow &amp; Fit</b> RPE 2-5 GV 10:00AM (45)</p> <p><b>SilverSneakers Classic*</b> RPE 2-4 GV 10:00AM (45)</p> <p><b>SilverSneakers Yoga*</b> RPE 2-4 GV 11:00AM (45)</p> <p><b>REFIT®</b> RPE 3-6 VE 5:00 PM (45)</p> <p><b>Indoor Cycling 101</b> RPE 5-8 VE 5:45 PM (30) (Sept.-Nov. only)</p> <p><b>Zumba® + Zumba Toning</b> RPE 4-8 GV 5:30 PM (45)</p> <p><b>Indoor Cycling + Boot Camp</b> RPE 6-9 GV 6:00 PM (45)</p> <p><b>Yoga</b> RPE 3-6 GV 6:30 PM (60) VE 7:00 PM (60)</p> <p><b>Kinetic Strength</b> RPE 6-9 GV 7:00 PM (45)</p>	<p><b>REFIT®</b> RPE 3-6 GV 8:15AM (30)</p> <p><b>Total Body Toning</b> RPE 4-8 GV 9:00AM (45)</p> <p><b>Aqua Motion</b> RPE 2-5 GV 9:00AM (45)</p> <p><b>Senior Classic</b> RPE 2-4 GV 10:00AM (45)</p> <p><b>Senior Splash</b> RPE 2-5 GV 10:30 AM (30)</p> <p><b>SilverSplash*</b> RPE 2-4 GV 11:10 AM (45)</p> <p><b>SilverSneakers Classic*</b> RPE 2-4 GV 1:00 PM (45) VE 1:00 PM (45)</p> <p><b>SilverSneakers Circuit *</b> RPE 2-4 VE 2:00 PM (45)</p> <p><b>Strength in 30</b> RPE 4-8 VE 5:15 PM (30)</p> <p><b>Indoor Cycling</b> RPE 6-9 GV 6:00 PM (45)</p> <p><b>Zumba®</b> RPE 4-8 VE 6:00 PM (45)</p> <p><b>H2O Stretch &amp; Destress</b> RPE 3-4 GV 7:00 PM (45)</p> <p><b>Yin Yoga</b> RPE 2-5 VE 7:00 PM (45)</p>	<p><b>Indoor Cycling + Abs</b> RPE 6-9 VE 5:45 AM (45)</p> <p><b>Power Wave</b> RPE 3-6 GV 8:00AM (45) VE 9:00AM (45)</p> <p><b>Zumba® Gold</b> RPE 4-8 GV 9:00AM (45) (Sept., Oct. only)</p> <p><b>Aqua Motion</b> RPE 2-5 GV 9:00AM (45)</p> <p><b>Aqua Motion*</b> RPE 2-5 VE 10:00AM (45)</p> <p><b>SilverSneakers Classic*</b> RPE 2-4 GV 10:00AM (45)</p> <p><b>Adventures in the Deep</b> RPE 3-6 GV 10:00AM (45)</p> <p><b>Shallow &amp; Fit</b> RPE 2-5 GV 10:00 AM (45)</p> <p><b>SilverSneakers Yoga*</b> RPE 2-4 GV 11:00AM (45)</p> <p><b>Zumba®+ Step</b> (Sept.) <b>Zumba® Sentao</b> (Oct.) <b>Zumba®</b> (Nov., Dec.) RPE 4-8 GV 5:30PM (45)</p> <p><b>Aqua Zumba®</b> RPE 4-8 VE 6:00PM (45)</p> <p><b>Kinetic Strength</b> RPE 6-9 GV 6:00PM (45)</p> <p><b>Yoga</b> RPE 2-5 GV 6:30 PM (60) VE 7:00 PM (60)</p>	<p><b>Y Medley PUMP</b> RPE 4-8 VE 8:30AM (30)</p> <p><b>Total Body Toning</b> RPE 4-8 GV 9:00 AM (45)</p> <p><b>Indoor Cycling</b> RPE 6-9 GV 9:00AM (45)</p> <p><b>Aqua Motion</b> RPE 2-5 GV 9:00AM (30)</p> <p><b>Aqua Zumba®</b> RPE 4-8 GV 9:30 AM (45)</p> <p><b>Senior Circuit</b> RPE 2-5 GV 10:00 AM (45)</p> <p><b>Senior Splash</b> RPE 2-5 GV 10:30AM (30)</p> <p><b>SilverSplash*</b> RPE 2-4 GV 11:10AM (45)</p> <p><b>SilverSneakers Classic*</b> RPE 2-4 GV 1:00PM (45)</p> <p><b>Indoor Cycling + Abs</b> RPE 6-9 GV 6:00 PM (45)</p> <p><b>Boot Camp</b> RPE 5-9 GV 6:00 PM (45)</p> <p><b>Zumba®</b> RPE 4-8 VE 6:00 PM (45)</p> <p><b>VeraFlow</b> RPE 2-6 VE 7:00 PM (45)</p>	<p><b>Indoor Cycling</b> RPE 6-9 GV 6:00 AM (45)</p> <p><b>Power Wave</b> RPE 3-6 GV 8:00 AM (45) VE 9:00AM (45)</p> <p><b>Yoga</b> RPE 3-6 GV 9:00 AM (60)</p> <p><b>Aqua Motion</b> RPE 2-5 GV 9:00 AM (45) VE 10:00AM (45)</p> <p><b>Adventures in the Deep</b> RPE 3-6 GV 10:00 AM (45)</p> <p><b>Shallow &amp; Fit</b> RPE 2-5 GV 10:00AM (45)</p> <p><b>SilverSneakers Classic*</b> RPE 2-4 GV 10:00 AM (45)</p> <p><b>SilverSneakers Yoga*</b> RPE 2-4 GV 11:00AM (45)</p> <p><b>SilverSneakers Classic*</b> RPE 2-4 VE 1:00 PM (45)</p> <p><b>SilverSneakers Yoga*</b> RPE 2-4 VE 2:00 PM (45)</p>	<p><b>Zumba®</b> RPE 4-8 VE 9:00 AM (45)</p> <p><b>Kinetic Strength</b> RPE 6-9 GV 9:00 AM (45)</p>

NEW TIME!

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
60 min.	\$10	\$20
30 min. 3 week Dec. sess.	\$3.75	\$9
45 min. 3 week Dec. sess.	\$6	\$13.50
60 min. 3 week Dec. sess.	\$7.50	\$15

## GROUP EXERCISE CLASS DESCRIPTIONS:

\* 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 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!

**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.

**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.

**Yin Yoga**- The essence of yin is yielding. Yin Yoga mobilizes and strengthens our joints, ligaments and deep fascial networks. It emphasizes long held postures that provide passive stretches of the deeper connective tissues.

**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**® **Sentao**- combines strength and resistance training with innovative dance moves, using a chair as your dance partner.

**Zumba**® **Step**- All the fun of Zumba with added lower body toning using step aerobics!

**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

