

SUMMER FITNESS CLASS SCHEDULE

FITNESS CLASSES: July 9 - September 2
(8 weeks)

AQUATICS CLASSES: June 11 - August 31
(12 weeks)

| MONDAY | | | |
|-----------|---|------------|--------------|
| | | Instructor | Location |
| 5:35am | Total Body Workout | Chris | Studio 3 |
| 7:30am | Aqua Fit | Sue | Pool |
| 8:30am | Yin/Restorative Yoga | Jess | Studio 2 |
| 8:30am | Cycle Training | Adrienne | Cycle Studio |
| 9:30am | H.I.I.T. (High Intensity Interval Training) | Kathy | Studio 3 |
| 9:30am | Fundamental Combo | Perry | Studio 1 |
| 9:45am | Heated Yoga | Jess | Studio 2 |
| 11:45am | Power Yoga | Wanda | Studio 2 |
| 5:30pm | 60/40 Cardio Floor | Adrienne | Studio 1 |
| 5:30pm | Yoga/Pilates Fusion | Sarah | Studio 2 |
| 6:30pm | Total Body Workout | Stephanie | Studio 3 |
| 6:30pm | Zumba | Jan | Studio 1 |
| 6:30pm | Yoga Sculpt | Adrienne | Studio 2 |
| 7:30pm | Power Strength | Ryan | Studio 1 |
| TUESDAY | | | |
| 5:35am | The Resistance Workout | Chris | Studio 1 |
| 7:30am | Aqua Fit | Meg | Pool |
| 8:30am | Hatha Yoga | Gretchen | Studio 2 |
| 8:30am | Power Pump | Mary P. | Studio 1 |
| 9:30am | Fitness Pilates | Perry | Studio 2 |
| 9:30am | Cardio Step | Mary P. | Studio 1 |
| 11:45am | The Resistance Workout | Wanda | Studio 1 |
| 4:30pm | H.I.I.T. (High Intensity Interval Training) | Mary P. | Studio 3 |
| 5:30pm | Power Pump | Kristin | Studio 1 |
| 5:30pm | Power Yoga | Mary P. | Studio 2 |
| 6:15pm | Aqua Fit | Mary H. | Pool |
| 6:30pm | Cardio Kickboxing | Kristin | Studio 1 |
| 7:30pm | Hatha Yoga | Gretchen | Studio 2 |
| WEDNESDAY | | | |
| 5:35am | Total Body Workout | Chris | Studio 3 |
| 7:30am | Cardio Aqua Dance | Mary J. | Pool |
| 8:30am | Fundamental Combo | Kathy | Studio 1 |
| 9:30am | Tai Chi | Richard | Studio 2 |
| 9:30am | Total Body Workout | Kathy | Studio 3 |
| 10:30am | Yin/Restorative Yoga | Jess | Studio 2 |
| 10:30am | Dance Jam | Mary J. | Studio 1 |
| 11:45am | Power Yoga | Wanda | Studio 2 |
| 4:30pm | Total Body Workout | Mary P. | Studio 3 |
| 5:30pm | Heated Yoga | Jess | Studio 2 |
| 5:30pm | Step Cardio | Mary P. | Studio 1 |
| 6:30pm | H.I.I.T. (High Intensity Interval Training) | Stephanie | Studio 3 |
| 6:30pm | Cycle Training | Mary P. | Cycle Studio |
| 7:00pm | Cardio Kickboxing | Perry | Studio 1 |

| THURSDAY | | | |
|----------|---|------------|--------------|
| | | Instructor | Location |
| 5:35am | H.I.I.T. (High Intensity Interval Training) | Chris | Studio 1 |
| 7:30am | Aqua Fit | Sue | Pool |
| 8:30am | Power Pump | Mary P. | Studio 1 |
| 9:30am | Yoga Basics | Gretchen | Studio 2 |
| 9:30am | Cardio Step | Mary P. | Studio 1 |
| 11:45am | Power Strength | Perry | Studio 1 |
| 5:30pm | Power Strength | Adrienne | Studio 1 |
| 6:15pm | Aqua Fit | Meg | Pool |
| 6:15pm | Barre Principle | Gretchen | Studio 2 |
| 6:30pm | Dance Jam | Tina | Studio 1 |
| 6:45pm | Cycle Rave | Adrienne | Cycle Studio |
| 7:30pm | Hatha Yoga | Gretchen | Studio 2 |
| FRIDAY | | | |
| 5:35am | Total Body Workout | Chris | Studio 3 |
| 7:30am | Aqua Fit | Sue | Pool |
| 8:30am | The Resistance Workout | Adrienne | Studio 1 |
| 9:30am | Cycle Rave | Perry | Cycle Studio |
| 9:30am | Fundamental Combo | Karen | Studio 1 |
| 4:30pm | Zumba | Jan | Studio 1 |
| SATURDAY | | | |
| 7:30am | Power Strength | Perry | Studio 1 |
| 8:30am | Total Body Workout | Stephanie | Studio 3 |
| 8:30am | Cardio Kickboxing | Perry | Studio 1 |
| 9:30am | Zumba | Jan | Studio 1 |
| 9:30am | Yoga Sculpt | Adrienne | Studio 2 |
| SUNDAY | | | |
| 8:30am | Cycle Training | Mike | Cycle Studio |
| 5:30pm | Hatha Yoga | Terrie | Studio 2 |

SENIORFIT CLASSES

SeniorFIT classes are free to annual senior members and require registration. If you are not an annual senior member, you may purchase a Group X Card through Parks & Recreation, or a drop-in pass at the lower-level service desk the day of class. See back page for Group X Card information.

| MONDAY | ACTIVITY | LOCATION |
|------------|--|----------------------|
| 8:30 A.M. | SeniorFIT Strength Training with Karen | 310161-01 Conf. Room |
| 10:00 A.M. | SeniorFIT Chair Yoga with Wanda | 310163-01 Conf. Room |
| TUESDAY | | |
| 8:30 A.M. | SeniorFIT Strength Training with Bridget | 310161-02 Conf. Room |
| 10:00 A.M. | SeniorFIT Chair Yoga with Sarah | 310163-02 Conf. Room |
| WEDNESDAY | | |
| 8:30 A.M. | SeniorFIT Chair Yoga with Gretchen | 310163-03 Conf. Room |
| THURSDAY | | |
| 10:30 A.M. | SeniorFIT Strength Training with Wanda | 310161-03 Conf. Room |
| FRIDAY | | |
| 8:30 A.M. | SeniorFIT Strength Training with Karen | 310161-04 Conf. Room |
| 8:35 A.M. | SeniorFIT Aqua Exercise with Sue | 310162-01 Pool |
| 9:30 A.M. | SeniorFIT Chair Yoga with Adrienne | 310163-04 Conf. Room |

NEW Group X Card! See reverse for information.

Updated: 5/8/18

GROUP X CARD

NEW STUDIOS • NEW CLASSES • NEW WAY TO REGISTER!

HOW IT WORKS:

- **To start:** purchase GroupXCard at the Parks & Recreation desk on or after May 21, 2018.
- Once card has been purchased, reload online.
- **To use:** swipe GroupXCard at the kiosks in the lower-level lobby. The kiosk will print a ticket for you to give to the instructor.
- Classes are sold in increments between 5-50 (see table below).
- Go to any class!
- Members receive a 30% discount!

INFORMATION TABLE:

(on lower level outside Fitness Center)

- **MONDAY, MAY 14:**
9-11^{AM} & 5-7^{PM}
- **TUESDAY, MAY 15:**
9-11^{AM} & 5-7^{PM}

Group X Cards will be available for purchase starting Monday, May 21 at 8am at Parks & Recreation.

NO EXCUSES • MAXIMIZE FLEXIBILITY • EXCELLENT

WHAT IT COSTS:

| QUANTITY | REGULAR | MEMBER (includes 30% discount) | RESIDENT | RESIDENT MEMBER (includes 30% discount) |
|--|---------|-----------------------------------|----------|--|
| 5 CLASSES | \$42 | \$29 | \$38 | \$27 |
| 10 CLASSES | \$83 | \$58 | \$75 | \$53 |
| 25 CLASSES | \$207 | \$145 | \$188 | \$132 |
| 50 CLASSES <i>5% discount included in price</i> | \$392 | \$275 | \$357 | \$250 |

There is one GroupXCard allowed per individual. These cards are non-refundable. One-time drop-in passes are still available at the lower-level service desk the day of class. SeniorFIT classes will still require registration.

How do I purchase the Group X Card?

Purchase the Group X Card at the Parks & Recreation desk (cards will be available starting May 21) during office hours (M-F, 8am-4:30pm). Payment is accepted via credit/debit card, cash, or check. Once the card has been purchased, you can reload it online, or with Parks & Recreation in person or over the phone at 651.490.4750. If you would like to purchase your Group X Card over the phone you will need to purchase 5 classes and the Group X Card will be left at the lower-level service desk for you to pickup on your next visit.

How do I use the Group X Card?

Go to one of the four kiosks on the lower-level of the Community Center. Scan your key fob and select the class you would like to attend. The kiosk will print a ticket for you to give to the instructor. Repeat this process to print a ticket for another class.

When can I get my class ticket?

Classes will be available 2.5 hours prior to the class start. After 30 minutes of class being in session, it will no longer appear on the kiosk.

Can I go to more than one class in a day?

Absolutely! You may attend as many classes as you like; simply print a ticket for each class you'd like to attend.

If I have a Silver&Fit membership, do I need a Group X Card to attend SeniorFIT class?

Yes, or purchase a drop-in pass at the lower-level service desk.

If I am a paid annual senior member (not Silver&Fit), do I need a Group X Card to attend SeniorFIT classes?

No; please register for SeniorFIT classes with Parks & Recreation. To attend any other classes, you'd be required to purchase a Group X Card or a drop-in pass.

What classes can I attend with a Group X Card?

You may attend any group fitness class.

How do I know if a class is full?

Our new expanded fitness studios should reduce classes reaching capacity, with the exception of Cycle classes as there is only a limited number of bikes available. Once a class has reached capacity, it will not be available on the kiosk.

Will classes be canceled due to low participation?

Yes; classes that have fewer than 6 participants for 6 weeks will be canceled for the session.

How do I know if a class is canceled?

Updates will be posted next to the kiosks regarding canceled classes.

(Continued on reverse)

How do I check how many class visits I have left?

Your receipt will print a total of the class visits you have remaining.

What if I just want one drop-in pass?

One-time drop-in passes are still available at the lower-level service desk. Drop-in passes are \$10, or \$9 for Shoreview Residents.

What if I lose my Group X Card or it is stolen?

Contact Parks & Recreation at 651.490.4750 so that a new card may be issued. You will be charged \$5 for a replacement card and the old card will be deactivated; any remaining balance on the lost card will be transferred to the new card.

What if I forget my Group X Card?

You will need to purchase a drop-in pass at the lower-level service desk for that day.

Do the classes I purchase expire?

No; the classes loaded on your Group X Card never expire.

Are the classes all the same price?

Yes; there is no more tiered pricing for classes. A 5% discount is included in the price of 50 classes.

Do I have to use all my class visits before reloading my card?

No; you may reload classes on your card at anytime.

Can I buy a Group X Card as a gift?

You can purchase a gift card at the lower-level service desk for the dollar amount of classes you would like to gift. The recipient must then purchase the Group X Card through Parks & Recreation.

Can I buy multiple Group X Cards?

No, only one card per person. You can reload that card for different amounts of classes at anytime.

Can a friend use my Group X Card?

No; each participant must have their own Group X Card or purchase a drop-in pass at the lower-level service desk. Group X Cards and drop-in passes are non-transferrable.

What if I lose my class ticket?

You will need to print a new class pass at the kiosk. Refunds/replacements will not be issued for lost tickets.

Do you give refunds?

No, refunds will not be available.

Does a Group X Card record my insurance visits?

No; all members must check-in at the lower-level service desk to receive their insurance visits.

What do I do with my current punch cards?

Current paper punch cards are valid until July 1, 2018.