

WINTER SENIORFIT CLASSES

January 2 - March 31

SeniorFIT classes are free to paid annual senior members and require registration. If you are a Silver&Fit member you do not need to register and instead 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 am	SeniorFIT Strength Training w/ Sarah	110161-01	Activity Room
10 am	SeniorFIT Chair Yoga w/ Wanda	110163-01	Activity Room
TUESDAY			
8:15 am	SeniorFIT Aqua Exercise w/ Fran	110162-01	Pool
8:30 am	SeniorFIT Chair Yoga w/ Katie	110163-02	Activity Room
10 am	SeniorFIT Strength Training w/ Bridget	110161-02	Activity Room
WEDNESDAY			
8:30 am	SeniorFIT Chair Yoga w/ Gretchen	110163-03	Activity Room
1 pm	SeniorFIT Strength Training w/ Wanda	110161-03	Activity Room
THURSDAY			
8:30 am	SeniorFIT Strength Training w/ Bridget	110161-04	Activity Room
FRIDAY			
8:15 am	SeniorFIT Aqua Exercise w/ Fran	110162-02	Pool
8:30 am	SeniorFIT Strength Training w/ Perry	110161-05	Activity Room
10 am	SeniorFIT Chair Yoga w/ Adrienne	110163-04	Activity Room

Questions? Contact Parks & Recreation:
Monday-Friday, 8am-4:30pm
651.490.4750, recreation@shoreviewmn.gov

Updated: 12/26/18

GROUP X CARD

NEW STUDIOS • NEW CLASSES • NEW WAY TO REGISTER!

HOW IT WORKS:

- **To start:** purchase GroupXCard at the Parks & Recreation desk in-person or over the phone at 651.490.4750 during office hours (M-F, 8am-4:30pm).
- **To use:** swipe GroupXCard at the kiosks outside the fitness studios. The kiosk will print a ticket for you to give to the instructor. The ticket also indicates how many class visits you have left. Then go to any class!



Questions? Contact Parks & Recreation:

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MAXIMIZE FLEXIBILITY

WHAT IT COSTS:

QUANTITY	REGULAR	ANNUAL MEMBER	RESIDENT	RESIDENT ANNUAL MEMBER
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 and non-transferrable. Member discount applies to annual memberships only. One-time drop-in passes are still available at the lower-level service desk the day of class. SeniorFIT classes will still require registration for paid annual senior members.