

SHOREHAVEN STRENGTH AND FITNESS LAND CLASSES

MONDAY

8 - 8:45 amSilver Sneakers Cardio—\$2
9:00 - 9:45 am.....Strength & Conditioning—\$5
10:45- 11:30 am.....Strength & Conditioning—\$5
1:00 - 1:45 pmSilver Sneakers Cardio—\$2
2:00-2:45 pm.....Silver Sneakers Line Dance—\$2
3 - 3:45 pm.....Silver Sneakers Balance and Strength—\$2
5:15-6:00 pm..... Zumba Gold—\$5

TUESDAY

10:30 - 11:15 amSilver Sneakers Balance and Strength—\$2
1:00 - 1:45 pmSilver Sneakers Timed Stations—\$2
2:00-2:45 pm.....Silver Sneakers Low Impact Barre Strength —\$2
4:15-5:15 pm.....Late Afternoon Yoga—\$5

WEDNESDAY

8 - 8:45 amSilver Sneakers Cardio—\$2
9:00 - 10:15 amSenior Yoga—\$5
10:45 - 11:45 am.....Senior Yoga—\$5
1:00-1:45 pmSilver Sneakers Cardio—\$2
2:00-2:45 pm.....Silver Sneakers Low Impact Barre Strength —\$2
3 - 3:45 pm.....Silver Sneakers Balance and Strength—\$2
4:30-5:15 pm..... Zumba Gold—\$5

THURSDAY

8 - 8:45 amSilver Sneakers Timed Stations—\$2
9:30-10:15.....Silver Sneakers Low Impact Barre Strength —\$2
10:30 - 11:15 amSilver Sneakers Balance and Strength Seated—\$2

FRIDAY

8 - 8:45 am.....Silver Sneakers Cardio Interval—\$2
9:00 - 9:45 am.....Strength & Conditioning—\$5
10:45 - 11:30 amStrength & Conditioning—\$5

SATURDAY

9:00-9:45 am.....Zumba Gold**—\$5
9:50 am.....Chair Stretching**—\$5

Punch Card Options

Silver Sneakers Land Punch Card: \$20 for 11 class punch card
Strength & Conditioning: \$45 for 10 class punch card

**If participating in both Agility, Balance, & Coordination and Chair Yoga on Saturday the total cost is \$8

***Classes subject to change