**Shorehaven Strength and Fitness Land Classes fall 2025**

**Monday**

8 – 8:45 am Silver Sneakers Cardio—$3

9:00 – 9:45 am Strength & Conditioning—$6

10:45– 11:30 am Strength & Conditioning—$6

1:00 – 1:45 pm Silver Sneakers Cardio—$3

2:00-2:45 pm……….SilverSneakers Line Dance—$3

3 – 3:45 pm Silver Sneakers Balance and Strength—$3

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**Tuesday**

10:30 – 11:15 am Silver Sneakers Balance and Strength—$3

1:00 – 1:45 pm Silver Sneakers Timed Stations—$3

2:00-2:45 pm………Silver Sneakers Seated and Strong —$3

4:15–5:15 pm………..Late Afternoon Yoga—$6

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**Wednesday**

8 – 8:45 am Silver Sneakers Cardio—$3

9:00 – 10:15 am Senior Yoga—$6

10:45 – 11:45 am Senior Yoga—$6

1:00-1:45 pm Silver Sneakers Cardio—$3

3 – 3:45 pm Silver Sneakers Balance and Strength—$3

4:30-5:15 pm……… Zumba Gold—$8

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**Thursday**

10:30 – 11:15 am Silver Sneakers Balance and Strength Seated—$3

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**Friday**

8 – 8:45 am Silver Sneakers Cardio Interval—$3

9:00 – 9:45 am Strength & Conditioning—$6

10:45 - 11:30 am Strength & Conditioning—$6

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Punch Card Options

SilverSneakers Land Punch Card: $25 for 11 class punch card

Strength & Conditioning: $50 for 10 class punch card

\*\*\*Classes subject to change

**Shorehaven Strength and Fitness Water Classes fall 2025**

**Monday**

4:30-5:15 pm…………Splash Dancin’—$8

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**Tuesday**

12:30-1:15pm…………SilverSneakers Water Aerobics—$4

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**Wednesday**

9:30-10:15am…………SilverSneakers Water Aerobics—$4

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**Thursday**

9:00-9:45am…………SilverSneakers Water Aerobics—$4

1:00-1:45pm…………SilverSneakers Water Aerobics—$4

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**Friday**

No Water Classes

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**Saturday**

9:00-9:45am…………Splash Dancin’—$8

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Punch Card Options

SilverSneakers Water Punch Card: $35 for 10 class punch card