

# Fall SeniorFIT classes

## September 6 - December 23

Day	Time	Class	Instructor	Location
M	8:30 am	Chair Yoga	Beth	Studio 3
M	9 am	Aqua Exercise starts September 19	Fran	Pool
T	8:30 am	Strength Training	Nancy/Perry	Studio 3
W	8:30 am	Chair Yoga	Gretchen	Studio 3
W	9 am	Aqua Exercise starts September 21	Fran	Pool
Th	8:30 am	Let's Move	Perry	Studio 3
F	8:30 am	Strength Training	Denise	Studio 3

### **Paid annual senior members**

- SeniorFIT classes are free
- Registration not required; the instructor will take attendance at the start of class

### **Silver&Fit / SilverSneakers / Renew**

#### **Active: One Pass members**

#### **and non-members**

- Purchase a Group X Card or a drop-in pass to attend class
- See back page for Group X Card information or call 651-490-4750

# Group x card

## Temporary process

- **To start:** purchase Group x card at the parks & recreation desk in-person or over the phone at 651.490.4750 during office hours (M- F, 8 am - 4:30 pm)
- **To use:** Reserve your spot in class online at shoreviewmn.gov. Kiosks are off until further notice. Check-in with the instructor. Outdoor classes check-in at the pavilion.
- Classes never expire. Reload more online or with parks & recreation.
- **Questions?** Contact parks & recreation: 651.490.4750, recreation@shoreviewmn.gov

## Pricing effective January 1, 2022

Quantity	Regular	Annual member	Resident	Resident annual member
5 classes	\$49	\$35	\$45	\$33
10 classes	\$96	\$70	\$88	\$65
25 classes	\$240	\$175	\$219	\$162
50 classes	\$454	\$335	\$418	\$308

There is one Group x card allowed per individual. Cards are non-refundable and non-transferrable. Member discount applies to annual memberships only. One-time drop-in passes are available for purchase at the lower service desk the day of class.

Pricing subject to change.