

SeniorFIT classes

January 2 - December 20, 2024

Day	Time	Class	Instructor	Location
M	8:30 am	Chair Yoga	Beth	Studio 3
M	9 am	Aqua Exercise	Fran	Pool
T	8:30 am	Strength Training	Nancy/Perry	Studio 3
T	2:00 pm	Chair Yoga	Scott	Studio 3
W	8:30 am	Chair Yoga	Gretchen	Studio 3
W	9 am	Aqua Exercise	Fran	Pool
Th	8:30 am	Let's Move	Nancy/Perry	Studio 3
F	8:30 am	Strength Training	Denise	Studio 3
F	9:30 am	Chair Yoga	Adrienne	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, 2024

Quantity	Regular	Annual member	Resident	Resident annual member
5 classes	\$54	\$38	\$49	\$34
10 classes	\$104	\$73	\$95	\$67
25 classes	\$255	\$179	\$232	\$162
50 classes	\$488	\$342	\$443	\$310

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.



Scan me to find class descriptions!