

# SeniorFIT classes

## January 2 - December 19, 2025

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	Deb/Nancy	Studio 3
T	2 pm	Chair yoga	Scott	Studio 3
W	8:30 am	Chair yoga	Beth	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	Scott	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

## 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. Check-in with the instructor. Outdoor classes check-in at the pavilion.
- **Classes never expire:** Reload more over the phone or with parks & recreation.
- **Questions?** Contact parks & recreation: 651-490-4750, recreation@shoreviewmn.gov

## Pricing effective January 1, 2025

Quantity	Regular	Annual member	Resident	Resident annual member
5 classes	\$56	\$39	\$50	\$35
10 classes	\$107	\$75	\$98	\$69
25 classes	\$263	\$184	\$239	\$167
50 classes	\$503	\$352	\$456	\$319

Group Fitness drop-in rate: \$12.50; \$11.50 SV Res

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!

