

# SeniorFIT classes

## January 5 - December 23, 2026

DAY	TIME	CLASS	INSTRUCTOR	LOCATION
M	8:30 am	Chair yoga	Beth	Studio 3
M	9 am	Aqua exercise	Fran	Pool
M	2 pm	Let's move	Perry/Nancy	Studio 3
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
Th	2 pm	Strength training	Deb	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, 2026

Quantity	Regular	Annual member	Resident	Resident annual member
5 classes	\$58	\$40	\$52	\$36
10 classes	\$110	\$77	\$101	\$71
25 classes	\$271	\$190	\$246	\$172
50 classes	\$518	\$363	\$470	\$329

Group fitness drop-in rate: \$13; \$12 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!

