

Fall SeniorFIT classes

September 1 - December 18 (no class Sept. 7)

SeniorFIT classes are free to paid annual senior members and require registration. If you are a Silver&Fit member you do not need to register and instead may purchase a Group X Card through Parks & Recreation, or a drop-in pass at the lower-level service desk the day of class. See back page for Group X Card information.

Fall session: September 1 - December 18 <small>(no class Sept. 7)</small>				
Day	Time	Class	Instructor	Activity
M	8:30 am	Strength training	Sarah	410161-01
M	9:15 am	Aqua exercise	Fran	410162-01
M	10 am	Chair yoga	Adrienne	410163-01
T	8:30 am	Chair yoga	Katie	410163-02
T	10 am	Strength training	Bridget	410161-02
W	8:30 am	Chair yoga	Gretchen	410163-03
W	9:15 am	Aqua exercise	Fran	410162-02
W	10 am	Strength training (begins 9/30)	Gretchen	410161-03
W	1 pm	Strength training (ends 9/23)	Gretchen	410161-03
Th	8:30 am	Strength training	Bridget	410161-04
F	8:30 am	Let's move	Perry	410161-05
F	10 am	Chair yoga	Adrienne	410163-04

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

Quantity	Regular	Annual member	Resident	Resident annual member
5 classes	\$44	\$30	\$40	\$28
10 classes	\$86	\$60	\$78	\$55
25 classes	\$214	\$150	\$194	\$137
50 classes 5% discount included in price	\$404	\$284	\$368	\$258

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