



STAY FIT!

SVE 2009 Fitness Class Update

Starting Monday, September 21

- **Low Impact Aerobics**—M, W, F 7:30-8:30 a.m. Oakwood Room Muscle Toning. Equipment requirements: mat, bottled water, and stretch bands. Light weights optional. Class Fee \$3.00pp or \$30 punch card for 12 classes.

Starting Saturday, September 12

- **Stretch Class** - Saturdays 7:30-8:30 a.m. Oakwood Room—Gentle stretching. Equipment requirements: mat, stretch band and water bottle. Fee: Check with instructor

Starting Tuesday, September 1

- **Free Introductory Tai Chi Class** Oakwood Room 10:30-11:30 a.m. Equipment requirements: Wear comfortable clothing and flat non slip shoes. Bring bottled water. Class Fee \$3.00pp or \$30 punch card for 12 classes.

Starting Monday, September 14

- **Free Introductory Zumba Fitness class.** Medium-high energy aerobics. Oakwood Room 10:30 a.m. Fee: Check with instructor

Starting Tuesday, September 15

- **Free Introductory Chair Aerobics.** Oakwood Room 9:00 a.m.-10:00a.m. Fee: \$3.00pp or \$30 punch card for 12 classes.

Ongoing

- **Yogalates**—August, September and October Thursdays in the Oakwood Room 9:00a.m.-10:00a.m. Fee: \$3.00pp or \$30 punch card for 12 classes. Time change in November.
- **Water Aerobics**—North Pool—Monday thru Friday, 10:00 a.m. Level: This class is geared for individuals with arthritis and need gentle stretching. No Fee.
- **Water Aerobics**—South Pool—Monday thru Friday, 9:00-10:00 a.m. Level: Low Impact/Low Cardio. No Fee.
- **Water Aerboics**—South Pool—Monday thru Friday 7:50-9:00a.m. Level: Low-Medium Impact/Low-Medium Cardio. No Fee

