

Fitness

Fitness Center Desk: 440-895-2599, ext. 3322

Fitness Center Coordinator: Holly Link, 440-895-3385

Group Exercise, Water Exercise, SilverSneakers & CycleOps Class Schedules

Pick up a copy of MONTHLY class schedule or go on-line to www.rrcity.com.

Class days, times, or instructors may change and new classes may be added!

SilverSneakers® Fitness Classes

These classes are free to anyone who is a member of SilverSneakers®. Others may pay a \$3.00 pop-in fee at the Front Desk if space is available in the class.

No need to pre-register.

For the current monthly schedule showing days & times, instructors and descriptions, pick up a copy at the Civic Center or go on-line to www.rrcity.com.

Classic (MSROM)

This class offers something for everyone, regardless of fitness level, and can help improve overall strength and flexibility, helping you stay healthy and independent; go at your own pace.

Yoga Stretch

Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement.

Gentle Mat Yoga

Perform a variety of postures designed to increase flexibility, balance and range of movement. This is a more advanced class than the yoga stretch. Take only if you are able to move to the floor and do not need a chair for assistance.

Cardio Circuit

Aerobic or cardiovascular exercise is the highlight of this class which features upper-body strength workouts using hand-held weights, elastic tubing with handles and other fun accessories in non-impact aerobic activity. A chair is available for support and easy head-to-toe stretching.

Silver Zumba

Silver Zumba class is designed for active-older participants or anyone just starting a cardio program. Zumba keeps you moving with easy to follow dance steps using Latin music such as the salsa and cumbia. The moves and pace of this class have been designed especially for active-older participants; however, anyone can have fun and burn calories in this class. A warm up and cool down stretch is included.

Walk

This class allows you to choose your own speed of walking. All class members meet together at the beginning and end of each class to stretch. This is a fun way to walk with friends or meet new ones.

Silver Splash

You don't need to know how to swim in this invigorating SilverSneakers water exercise class. A SilverSneakers kickboard is used for stability and balance in the water. If you have arthritis or other joint conditions, you'll find water comforting and the non-impact workout stimulating.

POP-IN FEES & PUNCH PASSES FOR GROUP EX FITNESS & WATER EX CLASSES

You can pay a one-time **Pop-In** fee for our group exercise, cycling, or water exercise classes or purchase a 5, 10, or 15 class **Punch Pass** so you can pick and choose which classes you attend. Keep in mind that these cards can be used on a first come, first served basis. We'll even keep your punch card at the desk and mark it each time, or you can keep it with you and present it before each class.

Same day pop-in class fees (pay at front desk):

General class	\$8
CycleOps class	\$5 member/\$7 non-member
Silver Sneakers class	\$3 (for non-SS member)

Punch Passes—expire 12 months from date of purchase

	<u>Mem</u>	<u>Res</u>	<u>Non-Res</u>
5-class	\$30	\$35	\$40
10-class	\$55	\$65	\$75
15-class	\$80	\$95	\$110

GROUP EX FLEX PASS

Come to an unlimited number of adult general group exercise classes, CycleOps, or water aerobics classes when you purchase one of our Flex Passes! The more classes you attend, the better the value!

Summer 3-month Flex Pass

Valid June-July-August 2016

\$106 Member \$139 Resident \$154 Non-Res.

Year Pass (Valid for one year from date of purchase)

\$330 Member \$440 Residents

Purchase at the Front Desk. Passes are non-refundable.

***Classes meet in the
Aerobics Studios (upstairs), CycleOps room, or
Indoor Pool, unless noted otherwise.***

***Monthly fitness class schedule posted online at
www.rrcity.com***

Rocky River Rowing Club

Be a part of a group of people interested in improving their fitness through indoor rowing.

- Club Name "River Rowers".
- You'll have a network of rowers to exchange information with and to learn from.
- Team and individual challenges to keep you motivated all year long.
- All levels of ability—novice rowers are welcome!