

# FITNESS CLASS

## SPRING SCHEDULE

<b>MONDAY</b>	9:00 - 10:00 AM SILVER SNEAKERS <i>Dani</i>	12:00 - 1:00 PM PERFORMANCE TRAINING (Ages 14+) <i>Helen</i>	5:30 - 6:30 PM PERFORMANCE TRAINING (Ages 14+) <i>Helen</i>	6:30 - 7:30 PM YOGA (Ages 14+) <i>Barb</i>
<b>TUESDAY</b>		5:00 - 6:00 PM JUNIOR PERFORMANCE TRAINING (Ages 12-17) <i>Helen</i>	6:00 - 7:00 PM PERFORMANCE TRAINING (Ages 14+) <i>Helen</i>	
<b>WEDNESDAY</b>	9:00 - 10:00 AM SILVER SNEAKERS <i>Dani</i>	12:00 - 1:00 PM PERFORMANCE TRAINING (Ages 14+) <i>Helen</i>	5:30 - 6:30 PM PERFORMANCE TRAINING (Ages 14+) <i>Helen</i>	6:30 - 7:30 PM YOGA (Ages 14+) <i>Barb</i>
<b>THURSDAY</b>		5:00 - 6:00 PM JUNIOR PERFORMANCE TRAINING (Ages 12-17) <i>Helen</i>	6:00 - 7:00 PM PERFORMANCE TRAINING (Ages 14+) <i>Helen</i>	
<b>FRIDAY</b>	9:00 - 10:00 AM SILVER SNEAKERS <i>Dani</i>	12:00 - 1:00 PM PERFORMANCE TRAINING (Ages 14+) <i>Helen</i>	5:30 - 6:30 PM PERFORMANCE TRAINING (Ages 14+) <i>Helen</i>	
<b>SATURDAY</b>		10:00 - 11:00 AM PERFORMANCE TRAINING (Ages 14+) <i>Helen</i>		

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## DESCRIPTIONS

### YOGA

**Yoga** is a gentle way to improve your flexibility, posture, balance, and coordination. **Yoga** is a systematic practice of physical exercise, breath control, relaxation, diet control, positive thinking and meditation aimed at developing harmony in the body, mind, and environment.

### SILVER SNEAKERS®

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of motion and improve activities for daily living. You'll use hand-held weights, elastic bands with handles and a **SilverSneakers®** ball for resistance.

### PERFORMANCE TRAINING

We want you to **PERFORM BETTER** at life, work, recreation & sport. Join our community of like-minded people of all ages, lifestyles, and fitness levels who want to improve their overall performance. **Performance Training** is for people ages 14 and up, and uses a mix of bodyweight, dumbbell, and kettlebell exercises. The **Junior Performance Training** is for ages 12 to 17 and builds a foundation with bodyweight training, resistance training, and lighter weights. *All **Performance Training** classes are tailored toward each person's abilities, needs, and goals, regardless of age or fitness level. The program is designed by our knowledgeable Fitness Coaches who truly CARE and want to see you succeed! No two classes are the same, and incorporate strength, conditioning, cardio, endurance, speed and agility.*

YOGA and SILVER SNEAKERS® Classes are Included with Most Membership Types

#### Package Options Include:

1x Week \$69 per month (\$49 per additional family member)  
3x Week \$99 per month (\$69 per additional family member)  
Unlimited \$125 per month (\$99 per additional family member)

Try your first week of **PERFORMANCE TRAINING** for FREE!

SPORTIME members can schedule a free fitness assessment and consultation by calling 518-356-0100 or emailing Fitness Coaches:

Danielle King at [DKing@SportimeNY.com](mailto:DKing@SportimeNY.com)  
Helen Lawson at [HLawson@SportimeNY.com](mailto:HLawson@SportimeNY.com)