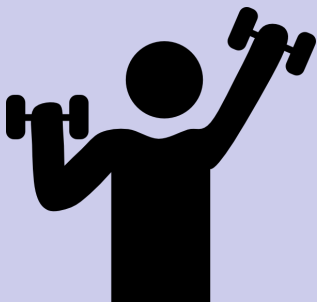


Starting Exercise

- Wear comfortable loose clothing
- Wear jogging or walking shoes with supportive arches
- If you are a diabetic make sure you have a wide width shoe to help with circulation
- Workout when you have the most energy
- Check the weather if planning on exercising outside
- Pick an exercise that you find fun and enjoyable



Membership Rates

Age	Monthly	Year Paid
50-64	\$35	\$380
65+ years	\$25	\$270

***A membership maintenance fee of \$25 will be charged annually**

Shorehaven Fitness Center Hours:

Aerobics Room and Pool:

Monday through Sunday
5:00am-10:00pm

Fitness Room:

Monday through Sunday
24 hours a day

For any questions please call or email
**Kira Wermuth, Fitness Center
Manager**

Phone: 262-354-1180

Email: shorehavenfitness@lho.org

Shorehaven Strength And Fitness



Learn about
all of the
options
available to
you!

Benefits of Exercise

- Strengthens your muscles and bones
- Improve your HDL or “good” cholesterol numbers
- May help improve blood pressure
- May help reduce or maintain a healthy weight
- May help decrease how fast you become short of breath
- Improves your appetite, facilitates better sleep habits, reduces stress, and may improve mental health
- Increased endurance while doing daily activities.

Classes Offered

YMCA Strength and Conditioning for the AOA

A low impact workout including strength training, flexibility, and balance. This class covers many components of fitness that are important for active middle-aged and older adults.

Monday/Friday 9:00-9:45AM,
8 class punchcard \$40

YMCA Yoga for the AOA

This slower paced class teaches simple yoga exercises designed to improve muscle strength, endurance, flexibility and range of motion for the active aging adult.

Wednesday 9:00-10:00AM,
8 class punchcard \$40

Balance, Strength & Stability **

This class can improve your core strength, balance and stability. Strength exercises may include hand held weights, resistive tubing and body resistance. This class is a non-impact chair offering.

Silver Sneakers Eligible or \$2
Monday 3:00-3:45PM
Thursday 10:30-11:20AM

SilverSneakers Classic **

Class is designed for people interested in becoming active in a fitness program. All ambulatory levels welcome. Senior stretch and tone is a non-impact chair class that builds muscular strength and flexibility. Feel better, prevent injury, and increase range of motion..

Silver Sneakers Eligible or \$2
Tuesday 10:30-11:20AM

New Day Yoga: Chair Yoga: Seated yoga for individuals with mobility restrictions.

Friday 10:15-11:15AM, \$5 per class

Zumba Gold

Zumba is a cardio dance fitness class that uses Latin and hip hop dance steps. Come for the party and enjoy the fun!

Tuesday/Thursday 9:00-9:45 am, \$5 per class

Classes Offered

Senior Stretch **

This class includes elements of active and static movement to increase flexibility and range of motion. The first fifteen minutes will involve activity to improve blood circulation and warm up the muscles. The remaining thirty minutes will include yoga-type stretches to improve flexibility. Movement can be performed while seated or standing. .

Silver Sneakers Eligible or \$2
Wednesdays 3:00-3:45PM

Silver Sneakers Circuit **

Experience standing, low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level.

Silver Sneakers Eligible or \$2
Monday/Wednesday/Friday 8:00-8:45AM

Silver Sneakers Cardio & Strength **

Heart-healthy aerobics is done using low-impact movements. The class focuses on building upper-body and core strength with added cardio endurance.

Silver Sneakers Eligible or \$2
Monday/Wednesday 1:00-1:45PM

Silver Splash ***

A fun, shallow-water exercise. Splash is suitable for all skill levels and is safe for non-swimmers. The pool provides many benefits when used for aerobic exercise and resistance training.

Silver Sneakers Eligible or \$3
Tuesday/Thursday 8:30-9:30 AM
Tuesday/Friday 1:00-2:00 pm

Joint Mobility and Balance

Geared towards those with Parkinson’s Disease the class focuses on increasing joint mobility and balance to impact fall prevention and safety during activities during daily life.

Tuesday 2:00-2:45PM,

****Land Punch Card \$18 for 10 classes**

*****Water Punch Card \$27 for 10 classes**