

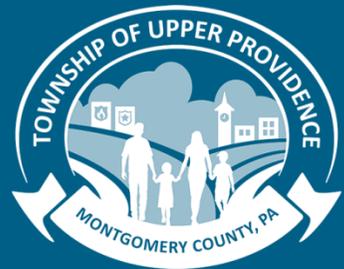
SEPTEMBER GROUP EXERCISE SCHEDULE

*** No registration is required to participate in classes.**
All classes are on a first-come basis; space is limited.*

Key:
L = Low Impact
M = Moderate Impact
H = High Impact
 = Silver Sneakers & Senior Classes

MON	TUES	WED	THURS	FRI	SAT
					GRIT & GEARS 8:30 - 9:15AM M KRISTI
SENIOR STRETCH 10:15 - 11:00AM L LIZ		SILVER SNEAKERS YOGA 10:15 - 11:00AM L CHRIS	SENIOR STRENGTH 10:15 - 11:00AM M MARIE	SILVER SNEAKERS CLASSIC 10:15 - 11:00AM L ARLENE	
			SLOW FLOW VINYASA YOGA 6:00 - 6:45PM - MP L SUZY/MICHELLE		

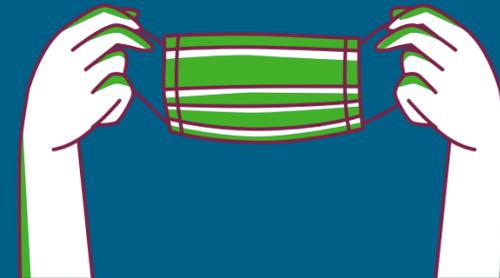
-All classes listed here are free for all members.
 - Members ages 13-15 are welcome to participate with a parent or guardian.
 - We ask that you arrive no more than 10 minutes before class and avoid congregating in the lobby.
 - We ask that you bring your own mat to classes.
 - We ask that you only bring the bare essentials into the gymnasium (phone, keys, water bottle and towel) and leave anything else at home.



WWW.UPTRC.COM

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 484-391-2390

Masks are required at all times.



GROUP EXERCISE DESCRIPTIONS

All of our classes are easily modified for all levels. Our highly qualified instructors ensure that everyone, regardless of skill level, can both have a safe, effective workout in the same class!

Grit & Gears - Start off with a low impact, interval ride on a stationary bike – flats, climbs, and racing, followed by 15-20 minutes of upper body and core work on the floor.

Senior Stretch - Get your body limber for the day with full body stretches.

Senior Strength - Help build and maintain your strength to help you in your daily activities. Perform various exercises by using your own body weight and lightweight equipment.

Silver Sneakers Classic - Move to music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living.

Silver Sneakers Yoga - Move your body through a complete series of seated and standing yoga poses.

Slow Flow Vinyasa Yoga - Traditional yoga workout focusing on breaths, posture, poses, and flexibility.