



SENIOR WELLNESS MEMBERSHIP



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ANNUAL SENIOR-PLUS (60 & OLDER):

This membership is \$192/year with easy payment options available and includes all of the Senior Membership benefits PLUS full access to the Wellness Room, locker facilities, ongoing fitness classes, and discounts on future premiere fitness classes. A \$20 joiner's fee is issued at the time of purchase.

3-MONTH MEMBERSHIP: \$60

WELLNESS-ONLY (50-59 YR OLDS):

For our older adults who are between the ages of 50-59, we're offering a Wellness-Only membership for \$252/year that includes full access to the Wellness Room, locker facilities, basketball/pickle ball/racquetball courts, and discounts on future premiere fitness classes. Monthly auto-deduct payment plans are available. A \$20 joiner's fee is issued at time of purchase.

3-MONTH MEMBERSHIP: \$75



Hutch Rec's Senior Center at Elmdale Park is a partner facility with Healthways SilverSneakers Fitness. SilverSneakers is offered to Medicare-eligible and group retiree members of participating health plans. In some plans, it's offered at little or no additional cost. Call the number on your health plan ID to learn more or talk with a Hutch Rec employee at the Senior Center.

SENIOR WELLNESS CLASSES



MONDAYS

9:30-10:30 a.m.: Fun & Fit for Life
5:30-6:30 p.m.: Cardio Dance

TUESDAYS

10-11 a.m.: Gentle Yoga
1-2 p.m.: Chair Yoga (coming in January 2017!)
5:30-6:30 p.m.: Yogilates
5:30-6:30 p.m.: Elmdale Wellness Warriors

WEDNESDAYS

9:30-10:30 a.m.: Fun & Fit for Life
5:30-6:30 p.m.: Cardio Dance

THURSDAYS

10-11 a.m.: Gentle Yoga
1-2 p.m.: Chair Yoga (coming in January 2017!)
5:30-6:30 p.m.: Yogilates
5:30-6:30 p.m.: Elmdale Wellness Warriors

FRIDAYS

9:30-10:30 a.m.: Fun & Fit for Life

SATURDAYS

10-11 a.m.: Gentle Yoga

FUN & FIT FOR LIFE: A total body workout including cardio, strength/resistance training, and balance in a fun and lively format.

CARDIO DANCE: Total body and cardio workout with fun music, dance moves, and step aerobics for a heart-healthy, metabolism boosting workout.

GENTLE YOGA: Relax while increasing flexibility, range of motion, strength, and balance through yoga poses.

YOGILATES: Build your core with Pilate-style moves and improve your flexibility with yoga and stretching.

WELLNESS WARRIORS: Enjoy this boot camp style class that combines cardio and strength training and we'll cater to your level.

CHAIR YOGA: More details to come - join us in January!

PERSONAL TRAINING: Train individually or in small groups with a certified Personal Trainer. (Additional fees apply)

Check out these drop-in healthy activities at the center:

Pickle Ball: Sundays, Tuesdays, & Fridays at 1 p.m.; Wednesdays at 7 p.m. in the gymnasium

Line Dancing: Tuesdays & Wednesdays at 1:30 p.m. in the multipurpose room

Walking Laps & Basketball: The gymnasium is open for basketball and walking when classes or activities aren't in session.