

Facility Hours

Mon-Thur 5:00A-8:00P

Friday- 5:00A-7:00P

Sat- 7:00A-12:00P

Gym Membership Fee

Monthly: \$50 / \$ 48.00 with Autopay

3 month: \$135.00

6 month: \$270.00

Yearly: \$540.00

Daily/Weekly: \$10/\$25

***10% off for military, first responders, and referred family members.**

Class Schedule

Monday

8:00AM Silver Sneakers
9:15 & 11AM Tai-Yoga (Colleen)

Tuesday

9:00AM Silver Sneakers
1:45PM Silver Sneakers
4-7 PM *Strength & Conditioning

Wednesday

8:00AM Silver Sneakers

Thursday

8:30 AM Yoga (Margret)
9:00AM Silver Sneakers
1:45PM Silver Sneakers
4-7 PM *Strength & Conditioning

Friday

8:00AM Silver Sneakers

Saturday

8:30AM Strength / Core

Contact Information

585.346.0066 * or by appointment

healthyulakeville@gmail.com

[Facebook: @HealthyULakeville](https://www.facebook.com/HealthyULakeville)

Class Description

Silver Seniors

Have a ton of fun and move to the music through a variety of exercises designed to increase muscular strength, balance, range of motion and activities for daily living. Hand-held weights, elastic tubing with handles and a ball are offered for resistance. A chair is available if needed for seated or standing support.

Strength / Core

A series of individualized and guided non impact exercises, accommodating of all skill levels. Designed to develop strength, flexibility, balance, and core integrity. Pilate's elements are included to help prevent and rehabilitate injuries, improve posture and increase circulation.

Tai-Yoga

A blend of gentle yoga, simple Tai-Chi poses, and therapeutic balance/stability exercises. This class can be modified for all skill levels and abilities.

Class Costs:

Silver Sneakers, Strength/Core, Yoga:

Member \$5 Pass: 10 for \$40 (2free)

Non-member: \$10 Pass: 10 for \$80 (2 free)

*Strength & Conditioning, monthly rates:

Encompass a wide variety of cross training & functional exercises. Aimed at increasing an individual's skills, flexibility, power and work capacity. Workouts may be scaled from novice to elite levels.

(Times located under class schedule)

Once per week: \$20

2x per week: \$60

3x per week: \$80 *FREE 1 MONTH GYM MEMBERSHIP

Unlimited: \$100 *FREE 1 MONTH GYM MEMBERSHIP

Trial visit: \$10



Personal Training: See Flyer