

Aquatic Class Price Schedule  
\$10/month Members  
\$30/month Nonmembers

### Aquacise

Shallow water, low-impact workout with cardio & resistance training. Perfect for non-swimmers & swimmers alike.

*Monday thru Thursday 8-8:45 a.m.*

*Monday and Wednesday 6:30-7:15 p.m.*

*Wednesday 5:30-6:15 pm*

### Rusty Hinges

Ideal environment for relieving arthritis pain and stiffness. Gentle movements to increase joint flexibility and range of motion, while restoring or maintaining muscle strength.

*Monday and Wednesday 1-1:45 p.m.*

*Friday 10:15-11 a.m.*

### Water Walking/Ai Chi

*Build endurance, strength, and balance with low-impact water exercise.*

*Tuesday and Thursday 1-1:45 p.m.*

### Preschool and School-Age Group Swim Lessons and Private Lessons

*Call for pricing and dates*

**Senior Open Swim** Co-Sponsored by Lancaster County Office of Aging and Prime Time Health

*Free to Seniors 55 & Up. Fridays 1-2pm*



## CLUB HOURS

Monday through Thursday 6a.m.-9p.m.

Friday 6a.m.-7p.m.

Saturday 6am.-6p.m.

Sunday 1p.m.-5p.m.

## Massage Therapy

Swedish, Deep Tissue, Sports available by appointment. A great way to refresh body, mind, and spirit.

Make an appointment today.

Indoor Tanning

10 Sessions \$35

Single Session \$4

Tanning

## Personal Training

Interested in one-on-one training with a Certified Personal Trainer? Each workout is individually tailored to you. Available by appointment.

1 Session—\$25 Member, \$50 Nonmember

6 Sessions \$135 Member, \$265 Nonmember

Town Square Health Club



Town Square Health Club

Town Square  
Health Club  
at Pleasant View

## Class Schedule

Open To All

Pleasant View Retirement Community

544 N. Penryn Road

Manheim, PA 17545

Phone: 717-664-6306

Fax: 717-665-6553

email: [srohrer@pview.org](mailto:srohrer@pview.org)

Sue Rohrer

Director of Wellness



Class Fees—DDR, Zumba, Zumba Gold, Kardio Kick, BGN'M, STEP

1 class session—\$15/month Member, \$25/month Non-Member

2 class sessions—\$20/month Member, \$40/month Non-Member

3 or more class sessions additional \$5/month each Member, \$10/month each Non-Member

Registration is by class session. Pre-registration is requested.

### **DanceDance Revolution (DDR)**

DDR is a dancing game/exercise. Using a large dance mat, you dance by stepping on 4 directional buttons in time with onscreen cues. Move your feet to a set pattern in time to the general rhythm or beat of a song.

1. Monday and Wednesday 6:15-7p.m.
2. Tuesday and Thursday 10:15-11a.m.

### **Zumba**

Zumba dance fitness will make you feel alive and full of energy. It's a scorching fusion of world music and spicy dance rhythms. Easy to follow moves. Enjoy the fun and torch the calories.

1. Monday and Wednesday 9-9:45a.m.
2. Monday and Wednesday 5:15-6 p.m.

### **Butts Guts 'N More**

A fun workout for everyone! No impact or joint stress. No routines to learn. Work at your own speed and level. Resist-A-Balls, Heavy Hoops, Core-Balls, and Gliding Disks will sculpt your body. Open invitation to everyone...get results.

1. Monday and Wednesday 5:20-6:05 p.m.
2. Tuesday and Thursday 5-5:45 p.m.

Class size limited to 12

### **Kardio Kick**

Kardio Kick is a fun, dynamic workout that will get you moving. This calorie burning workout is good for all fitness levels. Kick and punch your way to better health.

Monday and Wednesday 6:15 -7 p.m.

### **STEP 'N Sculpt**

Easy to follow STEP moves with intervals of sculpting and toning using a variety of resistance equipment to increase your heart rate and burn those calories

Tuesday and Thursday 6-6:45p.m.

### **Zumba Gold by Silver and Fit**

Learn dance steps like the stars on the popular TV show. Shape and sculpt your body while dancing the morning away.

Tuesday and Thursday 11:15 a.m.- Noon

### **Tai Chi**

Slow, graceful movements ideal for strengthening muscles and improving flexibility. Stronger muscles support joints and improved flexibility reduces stiffness and helps keep joints mobile.

1. Tuesday 4 p.m.-4:45 p.m. Beginner Level
2. Thursday 4 p.m.-4:45 p.m. Intermediate

\$20/month Member \$30/month Nonmember

Polar Body Age Assessments

\$25 Members

\$50 Nonmembers

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