

MEMBERSHIP PRICING

Individual Athletic Membership

\$170 (includes cultural);

Class Discount: \$2 per class

Couple Athletic Membership

\$280 (includes cultural);

Class Discount: \$2 per class

SilverSneakers® Athletic Membership

FREE; *Class Discount: FREE/any*

SilverSneakers® class, \$2 per

non-SilverSneakers® classes

Silver&Fit® Athletic Membership

FREE; *Class Discount: FREE/any Silver&Fit®*

class, \$2 per non-Silver&Fit® classes

Health Partners Athletic Membership

FREE; *Class Discount: \$2 per class*

Unlimited Fitness Classes for any

Senior Athletic Membership

\$100/annually*

Unlimited Fitness Classes for Senior

Couple Athletic Membership

\$180/annually*

**prorated based on membership expiration date*

Non-Athletic Members

(Cultural members or Senior Center participants)*

\$5 per class

**must upgrade to an Athletic membership for class discounts*

CLASS PASSES

Class passes are mandatory for DAY classes (8:00am-4:00pm).

Class passes are given out at the front desk. Check your membership to find out the new class fees.

FREE exercise classes still available.

Check exercise schedule for days & times

Kleinlife

KleinLife builds community among people of all ages and backgrounds, enhancing quality of life through social, educational, cultural, human service and wellness programs. Rooted in the Jewish value of *tikkun olam*, KleinLife welcomes everyone irrespective of religion, ethnicity, race, nationality or cultural background.

For more information:

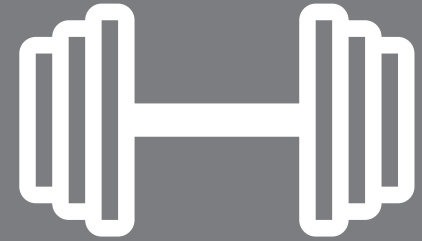
KleinLife: Northeast Philadelphia

10100 Jamison Avenue

Philadelphia, PA 19116

215-698-7300 • www.kleinlife.org

Healthy Life



Active Adult Fitness

Kleinlife

Northeast Philadelphia

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PCA

PHILADELPHIA CORPORATION FOR AGING™

KleinLife's Active Adult Life Fitness programs and services are developed by KleinLife professionals and blended with specialty services offered by partner organizations that bring specific expertise, resources and a shared vision of wellbeing.



MONDAY

10:30am SilverSneakers Classic®
Basic Class • Instructor: Marvin Dismuke

11:55am SilverSneakers Circuit®
Intermediate Class • Instructor: Marvin Dismuke

1:10pm SilverSneakers Boom Muscle®
Advanced Class • Instructor: Marvin Dismuke

TUESDAY

9:15am SilverSplash®
Basic Class • Instructor: Mitchell Sigal

9:30am SilverSneakers Classic®
Basic Class • Instructor: Marvin Dismuke

11:45am SilverSneakers Yoga®
Intermediate Class • Instructor: Corrine Reynolds

1:00pm SilverSneakers Boom It®
Advanced Class • Instructor: Marvin Dismuke

WEDNESDAY

10:30am SilverSneakers Circuit®
Intermediate Class • Instructor: Marvin Dismuke

THURSDAY

9:15am SilverSneakers Classic®
Intermediate Class • Instructor: Mitchell Sigal

10:40am SilverSneakers Yoga®
Intermediate Class • Instructor: Mitchell Sigal

FRIDAY

9:00am SilverSplash®
Basic Class • Instructor: Mitchell Sigal

9:15am SilverSneakers Classic®
Basic Class • Instructor: Marvin Dismuke

1:10pm SilverSneakers Boom Muscle®
Advanced Class • Instructor: Marvin Dismuke

SUNDAY

9:30am SilverSneakers Classic®
Basic Class • Instructor: Corrine Reynolds

EXERCISE CLASS SCHEDULE

TYPE OF CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BASIC • mostly sitting • music: slow to medium tempo	10:30am SilverSneakers Classic®	9:15am Silversplash® \$3/member; \$5/general 9:15am FREE Let Your Yoga Dance 9:30am SilverSneakers Classic®	SUNDAY 9:15am SilverSneakers Classic® FREE/SilverSneakers® member; \$3/general	9:30am FREE Healing Exercise	9:00am Silversplash® \$3/member; \$5/general 9:15am SilverSneakers Classic®
INTERMEDIATE • sitting & standing equally • music: moderate tempo	8:30am FREE Fitness Over 50 9:15am SILVER&FIT EXPERIENCE 11:55am SilverSneakers Circuit®	10:30am Zumba Gold® 11:45am SilverSneakers Yoga®	8:30am FREE Fitness Over 50 9:15am SILVER&FIT EXPERIENCE 10:30am SilverSneakers Circuit®	9:15am SilverSneakers Classic® 10:40am SilverSneakers Yoga®	8:30am FREE Fitness Over 50 10:30am Yoga Refresh® 11:55am FREE Friday Fitness with Marvin
ADVANCED • stand without aide for class duration • music: high tempo	1:10pm SilverSneakers Boom Muscle®	1:00pm SilverSneakers Boom It®	1:00pm Cardio Workout		1:10pm SilverSneakers Boom Muscle®



MONDAY

9:15am Silver&Fit® Experience
Intermediate Class • Instructor: Mitchell Sigal

TUESDAY

10:30am Zumba Gold®
Intermediate Class • Instructor: Christina Allegra

WEDNESDAY

9:15am Silver&Fit® Experience
Intermediate Class • Instructor: Mitchell Sigal

FRIDAY

10:30am Zumba Gold®
Intermediate Class • Instructor: Corrine Reynolds

KleinLife Fitness Classes

WEDNESDAY

1:00pm Cardio Workout
Advanced Class • Instructor: Marvin Dismuke

FREE CLASSES

MONDAY

8:30am Fitness Over 50
Intermediate Class • Instructor: Eva Khaitman

TUESDAY

9:15am Let Your Yoga Dance
Basic Class • Instructor: Elayne Goldstein

WEDNESDAY

8:30am Fitness Over 50
Intermediate Class • Instructor: Eva Khaitman

THURSDAY

9:30am Healing Exercise
Basic Class • Instructor: Donna Price

FRIDAY

8:30am Fitness Over 50
Intermediate Class • Instructor: Eva Khaitman

11:45am Friday Fitness
Intermediate Class • Instructor: Marvin Dismuke