SHORELINE FITNESS ACADEMY

CLASS DESCRIPTIONS

- **Flexibility Flow:** This low impact yoga inspired stretch class focuses on gentle, mindful movement and longer holds to improve flexibility and mobility, reduce tension, and promote relaxation, suitable for all levels & ages including beginners (Mat Recommended)

- **Sweat with Seniors:** Low-Medium impact for the 50 & Up Community. Fellowship and friendship while you move and groove!

- **Sculpt & Tone :** Low to medium impact beginner toning and sculpting with active stretching - suitable for all ages & levels (Mat recommended)

- **Core and More:** Low to medium impact fusion class focused on core stability, strength, and mobility. This class will be a fusion of pilates, yoga, and barre movements followed by stretching and mindful restoration to conclude the class

- **Cardio Dance:** Medium to high impact dance party to new & old favorites

- **Traditional Ballet Barre:** No ballet experience necessary. This class will use traditional ballet barre exercises to strengthen, improve flexibility, and refine posture. All ages & levels

$15 to drop in ~ $10 senior/student discount
$100 monthly membership ~ $75 senior/student discount
FREE childcare (gratuity appreciated, but not necessary)
All classes are for all ages/all levels (Senior classes geared towards the 50 plus community but all welcome)
DROP INS: Sign up online to pay via credit card ~ Cash/Check ONLY accepted at studio

You can register online for class at anytime!

If you purchase a membership you do NOT have to register for classes individually you can just show up!

Purchase membership

Drop ins sign up here!