

ADULT PROGRAMS

Pilates Yoga

Basic yoga movements comprise the workout that provides core muscle training and toning. Yoga helps with flexibility and balance while Pilates concentrates on core strength. Bring a mat and water to class.

Dates March 30 - May 6
May 11 - June 17
June 22 - July 29

Days Tuesday and Thursday

Time 9:30 - 10:30 a.m.

Fee \$40 per person, 6-week session

Location Sermon Community Center

Yoga

Come to class prepared to increase flexibility, improve muscle tone, and develop a general feeling of well-being with reduced stress. Learn beginner-level breathing techniques, meditation and relaxation. Bring a yoga mat and water to class.

Dates March 30 - May 6
May 11 - June 24 (No class May 25 & 27)
June 29 - August 5
August 10 - September 16

Days Tuesday and Thursday

Time 5:55 - 6:55 p.m.

Fee \$30 per person, 6-week session

Location Sermon Community Center

Hot Yoga

Stretching postures and breathing exercises are taught in a heated room in this one-day class so that moves will relieve one's body resistance without risking injury. Yoga gently stretches muscles and joints as well as massaging the various organs, to ensure the optimum blood supply to various parts of the body. Bring yoga mat, water, and towels.

Dates April 10
June 12

Day Saturday

Time 9 - 10:30 a.m.

Fee \$12 per person

Location Sermon Community Center

Registration due 3 days before session.



Core Fitness Training

Just a few of the benefits: protect your back, help with balance and stability, and strengthen the muscles you use everyday. Bring a mat and water to class. Appropriate workout shoes required.

Dates March 30 - May 6
May 11 - June 17
June 22 - July 29

Days Tuesday and Thursday

Time 7:15 - 8:15 p.m.

Fee \$20 per 6-week session

Location Sermon Community Center

Registration due 3 days before session.

Kaerobox

Kaerobox (kickboxing aerobics) combines the basic techniques of karate, aerobic exercise movements and up-beat music. With this combination, you are provided a strenuous total-body workout. The Kaerobox workout consists of: warm-up, upper body, lower body, total body, and cool down. Bring a mat and water to class.



Dates April 5 - May 12
May 17 - June 23 (No class May 31)
June 28 - August 4 (No class July 5)

August 10 - September 16

Days Monday and Wednesday

Time 7:30 - 8:30 p.m.

Fee \$40 per person, 6-week session

Location Sermon Community Center

Tai Chi Chuan - The Essentials

Tai Chi Chuan is a gentle set of exercises that emphasizes the building of internal strength and flexibility. The class is separated into four - 30 minute sections: Silk Reeling (special flexibility exercises), Chi Kung (deep breathing), Tai Chi form, and Push Hands. Class will be taught at the beginner level.

Dates March 3*
April 7
May 5
June 2*
July 7
August 4

Day Wednesday

Time 6:30 - 8:30 p.m.

Fee \$35 per person, 4-week session

*\$40 per person, 6-week session

Location Sermon Community Center



Fit Friends

Class members will meet each week to learn and discuss the simple and easy steps toward creating a healthier lifestyle. You'll receive a health assessment, life style counseling, assistance with setting goals, meal planning ideas, a personalized exercise routine, information to deal with mishaps and ways to develop a personalized plan.

Date March 10 - 31

Day Wednesdays

Time 6 - 7 p.m.

Fee \$25 per person per session

Location Sermon Community Center

Registration due 3 days before session.

NEW PROGRAM PARTICIPANTS

Instructors will arrive 15 minutes early on the first day of a session to answer questions about content, offer advice, and provide assistance as needed.

ADULT PROGRAMS

Introduction to Step Aerobics

Our instructor will take you step by step through the correct and safe way to learn and use basic moves in this introductory level class. All equipment is provided. Participants should bring water to class. Appropriate attire and proper footwear is required.

Dates April 5 - May 12
May 17 - June 23 (No class May 31)
June 28 - August 4 (No class July 5)

Days Monday and Wednesday

Time 5:30 - 6 p.m.

Fee \$12.50 per person

Location Sermon Community Center

Registration due 3 days before session.

Step Aerobics

Step Aerobics is a high-energy, low-impact exercise class designed to work problem areas: hips, thighs, and abdomen. Movements can be done either on or off of the step or a combination of both. Hand weights, bands and floor exercise give you a total body workout. Steps, bands, and weights provided. Bring a mat and water to class.

Dates April 5 - May 12
May 17 - June 23 (No class May 31)
June 28 - August 4 (No class July 5)
August 9 - 25 (\$10 mini-session)

Days Monday and Wednesday

Time 6:15 - 7:15 p.m.

Fee \$20 per person, 6-week session

Location Sermon Community Center

Registration due 3 days before session.

Interval Step Class

This high energy, low impact class is designed to work problem areas of the body and help you reach your fitness goals.

Dates April 5 - May 12
May 17 - June 23 (No class May 31)
June 28 - August 4 (No class July 5)

Days Monday and Wednesday

Time 4:30 - 5:20 p.m.

Fee \$25/person, 6-week session

\$12.50/person, 3-week mini-session

Location Sermon Community Center

Multi Level Aerobics

The first half of class gets you going with aerobic moves and the second half tones and strengthens with the use of hand weights, exercise balls, and floor work. Bring a mat and water to class.

Dates March 30 - May 6
May 11 - June 17
June 22 - July 29
August 3 - 26 (\$10 mini session)

Days Tuesday and Thursday

Time 6 - 7 p.m.

Fee \$15 per 6-week session

Location Sermon Community Center

Tennis Club

Join in a friendly game of tennis. For more information, please contact Bob Alumbaugh at (816) 254-1186.

Date Year round (weather permitting)

Day Tuesday, Thursday and Saturday

Time 9 a.m.

Fee Free

Location Santa Fe Trail Park,
Tennis Complex, Upper Courts

Tennis Lessons

Looking for something new and fun to keep you active, or do you need a refresher course in tennis? Join our adult lessons to get into the game and meet other players. Racquets and balls will be provided.

Dates S1: June 7 - 17

S2: July 12 - 22

Days Monday - Thursday

Times S1: 7:30 - 8:30 p.m.

S2: 7 - 8 p.m.

Fee \$40 per student

Age 18 and older

Location Santa Fe Trail Park,
Tennis Complex, Courts 7 - 12

Registration due 3 days before session.



Cardio Tennis Workout



Cardio Tennis is a fun, group class featuring drills to give players of all abilities an ultimate high energy workout including warm up, cardio workout, and cool down. Racquets and balls will be provided.

Dates June 21 - July 1

Days Monday - Thursday

Time 7:30 - 8:30 p.m.

Fee \$40 per student

Age 18 and older

Location Santa Fe Trail Park,
Tennis Complex, Courts 7 - 12

Registration due 3 days before session.

*For ALL Group Tennis Lessons and Clinics
Fridays are used if a cancellation occurs due
to inclement weather.*

INCLEMENT WEATHER POLICY & PROCEDURES

In case of inclement weather, to check on the status of your class, please call the weather/information line at (816) 325-7999 option #4 (Tennis #7). There will be no refund of class fees for classes canceled due to inclement weather.