




ADULT FITNESS & PROGRAMS Jan. - March 2021

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9 a.m. | <u>WAKE UP WORKOUT</u> Gym 9 - 9:45 a.m. Michelle Pena | | | | |
| 9:30 a.m. | | | <u>ZUMBA A.M.</u> Gym 9:30 - 10:30 a.m. Jennifer Vance-Schmidt | | <u>ZUMBA A.M.</u> Gym 9:30 - 10:30 a.m. Jennifer Vance-Schmidt |
| 10 a.m. | <u>SILVER SNEAKERS YOGA</u> Gym 10 - 10:45 a.m. Michelle Pena | | | | |
| 10:45 a.m. | | <u>STRETCH & TONE</u> Gym 10:45 - 11:30 a.m. Michelle Pena | <u>WAKE UP WORKOUT</u> Gym 10:45 - 11:30 a.m. Michelle Pena | <u>STRETCH & TONE</u> Gym 10:45 - 11:30 a.m. Michelle Pena | <u>WAKE UP WORKOUT</u> Gym 10:45 - 11:30 a.m. Michelle Pena |
| Noon | <u>NOON YOGA</u> 3rd 12 - 12:45 p.m. Debbie Kappler | <u>NOON TRX BOOT CAMP</u> Gym 12 - 12:45 p.m. Dana Blum | <u>NOON YOGA</u> 3rd 12 - 12:45 p.m. Angie Gard | <u>NOON TRX BOOT CAMP</u> Gym 12 - 12:45 p.m. Dana Blum | |
| 1:30 p.m. 1:45 p.m. | | <u>ZUMBA GOLD</u> Gym 1:30 - 2:30 p.m. Susan Reynolds-Berg | <u>SILVER SNEAKERS YOGA</u> Gym 1:45 - 2:30 p.m. Susan Reynolds-Berg | | COLOR KEY: LOCATION SERMON CENTER TRUMAN MEMORIAL UPTOWN MARKET |
| 5 p.m. | <u>TRX SUSPENSION TRAINING</u> Gym 5 - 6 p.m. Belinda Smith | | <u>TRX SUSPENSION TRAINING</u> Gym 5 - 6 p.m. Belinda Smith | | |
| 5:10 p.m. | | <u>EXTREME BOOT CAMP</u> Gym 5:10 - 6 p.m. Dana Blum | <u>EXTREME BOOT CAMP</u> Gym 5 - 5:50 p.m. Dana Blum | <u>EXTREME BOOT CAMP</u> Gym 5:10 - 6 p.m. Belinda Smith | |
| 5:45 p.m. | | <u>YOGA</u> 3rd 5:45 - 6:45 p.m. Teri Cartwright | | <u>YOGA</u> 3rd 5:45 - 6:45 p.m. Teri Cartwright | |
| 6 p.m. | <u>ZUMBA TONING</u> Gym 6 - 7 p.m. Sonya Renick | <u>TRX SUSPENSION TRAINING</u> Gym 6:15 - 7 p.m. Tony Thornton | <u>ZUMBA TONING</u> Gym 6 - 7 p.m. Sonya Renick | <u>TRX SUSPENSION TRAINING</u> Gym 6:15 - 7 p.m. Tony Thornton | INCLEMENT WEATHER POLICY & PROCEDURES TO CHECK ON THE STATUS OF YOUR CLASS IN CASE OF INCLEMENT WEATHER, PLEASE CALL THE WEATHER/ INFORMATION LINE 325-7999 OPTION #4. |
| 7 p.m. | | <u>KAERO KICKBOXING</u> POSTPONED Tony Thornton | | <u>KAERO KICKBOXING</u> POSTPONED Tony Thornton | |
| | |  INDEPENDENCE MISSOURI | | <u>TAI CHI CHUAN THE ESSENTIALS</u> 3rd 7 - 8 p.m. Kristine Svaglic | |
| 7:10 p.m. | <u>TURBO KICK LIVE</u> Gym 7:10 - 8 p.m. Jennifer Vance-Schmidt | | | | <u>TURBO KICK LIVE</u> Gym 7:10 - 8 p.m. Jennifer Vance-Schmidt |



ADULT FITNESS & PROGRAMS Jan. - March 2021

| DESCRIPTIONS / DATES: | PRICES: |
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| EXTREME BOOT CAMP - SEE GREAT RESULTS AND GET WHOLE BODY BENEFITS FROM THIS FAST-PACED PROGRAM. CHOOSE YOUR METHOD, EITHER HIGH OR LOW INTENSITY AND EITHER T/TH OR T/W/TH . MONTH SESSIONS: JAN 5, FEB 2, MARCH 2 | SESSIONS: \$31 - \$36 3 Nights \$21 - \$24 2 Nights OR DROP-IN VISIT: \$3.00 |
| KAERO KICKBOXING - THIS PROGRAM INCLUDES AN INTENSE CARDIO WORKOUT, PUNCHING BAG ROUTINES AND CORE CONDITIONING! BRING A MAT AND WATER TO CLASS. MONTH SESSIONS: POSTPONED | SESSIONS: OR DROP-IN VISIT: \$3.50 |
| NOON YOGA - TAKE A BREAK IN THE MIDDLE OF YOUR DAY TO RELAX WHILE TONING AND STRENGTHENING. BRING A MAT AND WATER TO CLASS. MONTH SESSIONS: JAN 4 (No Class Jan 18), FEB 1 (No Class Feb 15), MARCH 1 | SESSIONS: \$18 - \$27 OR DROP-IN VISIT: \$3.00 |
| NOON TRX BOOT CAMP - CHALLENGE YOURSELF WITH EVERY WORKOUT! SEE GREAT RESULTS AND GET WHOLE BODY BENEFITS FROM THIS FAST-PACED PROGRAM. CHOOSE YOUR METHOD; HIGH OR LOW IMPACT. MONTH SESSIONS: JAN 5, FEB 2, MARCH 2 | SESSIONS: \$21 - \$24 OR DROP-IN VISIT: \$3.00 |
| SILVER SNEAKERS YOGA - IMPROVE JOINT RANGE OF MOVEMENT, STRENGTH & BALANCE - AND RELAX! LEARN SAFE MOVES & BREATHING EXERCISES TO REDUCE STRESS & MENTAL ANXIETY. Silver Sneaker Members and Daily Drop Ins Only - No Sessions (No Class Jan 18 and Feb 15) | DROP-IN VISIT: \$3.00 |
| STRETCH & TONE - MAINTAIN AND IMPROVE YOUR CURRENT LEVEL OF STRENGTH USING A VARIETY OF HAND HELD EQUIPMENT. Daily Drop Ins Only - No Sessions | DROP-IN VISIT: \$2.00 |
| TAI CHI CHUAN - THE ESSENTIALS - WORK AT BEGINNER LEVEL TO LEARN THE 18 MOVEMENT TAI CHI. MOVE UP TO INTERMEDIATE AND WORK ON THE CHEN TAI CHI WITH EMPHASIS ON FORM CORRECTION TO HELP LEARN THE FORM ON A DEEPER LEVEL. MONTH SESSIONS: THURS ONLY - JAN 7, FEB 4, MARCH 4 | SESSIONS: \$20 - 4 WEEKS \$25 - 5 WEEKS OR DROP-IN VISIT: \$5.00 |
| TRX SUSPENSION TRAINING - CLASSES ARE DESIGNED TO DEVELOP STRENGTH, BALANCE, FLEXIBILITY, ENDURANCE, COORDINATION AND CORE STABILITY ALL SIMULTANEOUSLY. THE SYSTEM UTILIZES STRAPS, BUCKLES AND GRIPS THAT ALLOW THE USER TO WORK AGAINST THEIR OWN BODY WEIGHT. MONTH SESSIONS: M/W - JAN 4 (No Class Jan 18), FEB 1 (No Class Feb 15), MARCH 1; T/TH - SUB: DANA BLUM JAN 5, FEB 2, MARCH 2 | SESSIONS: \$21 - \$31 OR DROP-IN VISIT: \$3.50 |
| TURBO KICK LIVE - COMBINE TRADITIONAL KICKBOXING WITH HIGH-INTENSITY INTERVAL TRAINING (HIIT) FOR AN UNBELIEVABLE CALORIE BURN. MONTH SESSIONS; MON P.M. - JAN 4 (No Class Jan 18), FEB 1 (No Class Feb 15), MARCH 1; THURS P.M. - JAN 7, FEB 4, MARCH 4 | SESSIONS: \$10 - \$14 OR DROP-IN VISIT: \$3.50 |
| WAKE UP WORKOUT - THIS LOW IMPACT CLASS WILL GIVE YOU A GREAT CARDIO WORKOUT! Daily Drop Ins Only - No Sessions (No Class Jan 18 and Feb 15) | DROP-IN VISIT: \$3.00 |
| YOGA - BEGINNER TO EXPERIENCED; COME PREPARED TO TONE, STRENGTHEN, MEDITATE AND RELAX. ARRIVE AT LEAST 5 MINUTES EARLY. BRING A YOGA MAT AND WATER TO CLASS. MONTH SESSIONS: JAN 5, FEB 2, MARCH 2 | SESSIONS: \$21 - \$24 OR DROP-IN VISIT: \$3.00 |
| ZUMBA A.M. - A FUSION OF LATIN AND INTERNATIONAL MUSIC AND DANCE THEMES THAT CREATE A DYNAMIC, EXCITING AND EFFECTIVE FITNESS PROGRAM. MONTH SESSIONS: W/F - JAN 6, FEB 3, MARCH 3 | SESSIONS: \$21 - \$24 OR DROP-IN VISIT: \$3.00 |
| ZUMBA GOLD - A COMBO DANCE/EXERCISE CLASS FUSES HYPNOTIC LATIN AND INTERNATIONAL RHYTHMS AND EASY TO FOLLOW MOVES TO CREATE A DYNAMIC WORKOUT. Silver Sneaker Members and Daily Drop Ins Only - No Sessions | DROP-IN VISIT: \$3.00 |
| ZUMBA TONING - COMBINE ZUMBA WITH BODY SCULPTING DANCE MOVES USING LIGHT HAND WEIGHTS FOR A FUN AND EFFECTIVE TONING WORKOUT. MONTH SESSIONS: M/W EVENING - JAN 4 (No Class Jan 18), FEB 1 (No Class Feb 15), MARCH 1 | SESSIONS: \$22 - \$32 M/W OR DROP-IN VISIT: \$3.50 |

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.