

# ADULT FITNESS & PROGRAMS - MAY 2024

10-VISIT PUNCH PASSES AVAILABLE TO PURCHASE FOR \$36 FOR ALL \$4 CLASSES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 a.m.	<b>TURBO KICK LIVE</b> Gym 8:15 - 9 a.m. Jennifer Vance-Schmidt	<b>BARRE BLAST</b> Gym 8:15 - 9 a.m. Jennifer Vance-Schmidt		<b>BARRE ABOVE</b> Gym 8:15 - 9 a.m. Jennifer Vance-Schmidt	
9:30 a.m.			Gym <b>ZUMBA A.M.</b> 9:30 - 10:30 a.m. Jennifer Vance-Schmidt		<b>ZUMBA A.M.</b> 9:30 - 10:30 a.m. Jennifer Vance-Schmidt
10 a.m.	<b>SILVER SNEAKERS YOGA</b> Stage 10 - 10:45 a.m. Michelle Pena				
11 a.m.	<b>TONE &amp; TIGHTEN (TNT)</b> Gym 11 - 11:45 a.m. Dana Blum		Stage <b>INTERMEDIATE TAP</b> 11 - 11:45 a.m. Approval Required	Stage <b>SILVER SNEAKERS CLASSIC</b> 11 - 11:45 a.m. Jennifer Vance-Schmidt	<b>TONE &amp; TIGHTEN (TNT)</b> 11 - 11:45 a.m. Dana Blum
Noon	<b>NOON YOGA</b> 3rd 12 - 12:45 p.m. Tina Duer	<b>NOON TRX BOOT CAMP</b> Gym 12 - 12:45 p.m. Dana Blum	3rd <b>NOON YOGA</b> 12 - 12:45 p.m. Angie Gard	<b>NOON TRX BOOT CAMP</b> 12 - 12:45 p.m. Dana Blum	<b>NOON YOGA</b> 12 - 12:45 p.m. Tina Duer
1:30 p.m.		Stage <b>ZUMBA GOLD</b> 1:30 - 2:15 p.m. Jennifer Vance-Schmidt			
1:45 p.m.			Stage <b>SILVER SNEAKERS YOGA</b> 1:45 - 2:30 p.m. Michelle Pena		
5 p.m.	Gym <b>TRX SUSPENSION TRAINING</b> 5 - 6 p.m. Dana Blum				
5:10 p.m.		Gym <b>EXTREME BOOT CAMP</b> 5:10 - 6 p.m. Dana Blum	<b>EXTREME BOOT CAMP</b> 5:10 - 6 p.m. Dana Blum	<b>EXTREME BOOT CAMP</b> 5:10 - 6 p.m. Dana Blum	
5:45 p.m.				3rd <b>YOGA</b> 5:45 - 6:45 p.m. Amy Stetzler	
6 p.m.		Gym <b>TRX SUSPENSION TRAINING</b> 6 - 6:45 p.m. Tony Thornton		<b>TRX SUSPENSION TRAINING</b> 6 - 6:45 p.m. Tony Thornton	
6:30 p.m.		Gym <b>ZUMBA PM</b> 6:30 - 7:30 p.m. Malle Medina		<b>ZUMBA PM</b> 6:30 - 7:30 p.m. Malle Medina	
7 p.m.			Gym <b>XTREME HIP HOP STEP</b> 7 - 8 p.m. Lady Fosi, Sanka & Rox	<b>TAI CHI CHUAN THE ESSENTIALS</b> 7 - 8 p.m. Kristine Svaglic	

**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.

**COLOR KEY:**

LOCATION

SERMON CENTER

TRUMAN MEMORIAL

**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.



# ADULT FITNESS & PROGRAMS - MAY 2024

10-VISIT PUNCH PASSES AVAILABLE TO PURCHASE FOR \$36 FOR ALL \$4 CLASSES

**NO CLASSES - Wednesday, May 8th, and Monday, May 27th.**

DESCRIPTIONS / DATES:	PRICES:
<b>BARRE ABOVE</b> — A FUSION OF BALL, PILATES, YOGA, AND STRENGTH TRAINING. LOW OR NO IMPACT WORKOUT FOR ALL FITNESS LEVELS AND AGES. BRING A MAT AND WATER TO CLASS.	DROP-IN VISIT: \$4.00
<b>BARRE BLAST</b> - THIS CLASS COMBINES STRENGTH TRAINING, FLEXIBILITY, BALANCE, AND CORE CONDITIONING FOR A TOTAL BODY WORKOUT. BRING A MAT AND WATER TO CLASS.	DROP-IN VISIT: \$4.00
<b>EXTREME BOOT CAMP</b> - SEE GREAT RESULTS AND GET WHOLE BODY BENEFITS FROM THIS FAST-PACED PROGRAM. CHOOSE YOUR METHOD, EITHER HIGH OR LOW INTENSITY AND EITHER <b>T/TH</b> OR <b>T/W/TH</b> .	DROP-IN VISIT: \$4.00
<b>INTERMEDIATE TAP</b> – TAP DANCING ROUTINES, WARM UPS AND EVEN OCCASIONAL PERFORMANCES! WORK ON SKILLS INTERMEDIATE TO ADVANCE. <b>INSTRUCTOR APPROVAL REQUIRED FOR NEW PARTICIPANTS.</b>	SESSION: \$20 - 4 WEEKS \$25 - 5 WEEKS
<b>NOON YOGA</b> - TAKE A BREAK IN THE MIDDLE OF YOUR DAY TO RELAX WHILE TONING AND STRENGTHENING. BRING A MAT AND WATER TO CLASS. <b>WED - INSTRUCTOR: Angie Gard ; MON/FRI - INSTRUCTOR: Tina Duer</b>	DROP-IN VISIT: \$4.00
<b>NOON TRX BOOT CAMP</b> - 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:	DROP-IN VISIT: \$4.00
<b>SILVER SNEAKERS CLASSIC</b> - HAVE FUN AND MOVE TO THE MUSIC THROUGH A VARIETY OF EXERCISES DESIGNED TO INCREASE MUSCULAR STRENGTH, RANGE OF MOTION, AND ACTIVITIES OF DAILY LIVING. A CHAIR IS AVAILABLE IF NEEDED.	DROP-IN VISIT: \$3.00
<b>SILVER SNEAKERS YOGA</b> - IMPROVE JOINT RANGE OF MOVEMENT, STRENGTH & BALANCE - AND RELAX! LEARN SAFE MOVES & BREATHING EXERCISES TO REDUCE STRESS & MENTAL ANXIETY.	DROP-IN VISIT: \$3.00
<b>XTREME HIP HOP STEP AEROBIC</b> - IT IS A FUN WORKOUT REGIMENT CONSISTING OF STEP AEROBICS, CARDIO & HIIT COMBINED ALL INTO ONE. THE CLASS IS SET TO OLD & NEW SCHOOL HIP HOP MUSIC THAT MAKES YOU WANT TO GET UP AND MOVE! PEOPLE OF ALL AGES AND FITNESS LEVELS CAN PARTICIPATE. SO JOIN OUR LOCAL "STEP SISTERS" & CERTIFIED TRAINERS, LADY FOSI, SANKA & ROX IN CREATING A FUN WAY TO GET YOUR STEP ON.	DROP-IN VISIT: \$4.00
<b>TAI CHI CHUAN - THE ESSENTIALS</b> - 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.	DROP-IN VISIT: \$5.00
<b>TONE &amp; TIGHTEN (TNT)</b> - BLAST YOUR MUSCLES WITH HIGH REP RESISTANCE TRAINING. THIS CLASS WILL INCORPORATE BARBELLS, HAND WEIGHTS, OTHER WEIGHTED EQUIPMENT AND BODY WEIGHT EXERCISES. TONE WHILE HAVING FUN!	DROP-IN VISIT: \$4.00
<b>TRX SUSPENSION TRAINING</b> – 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: <b>M - INSTRUCTOR: Dana Blum ; T/TH - INSTRUCTOR: Tony Thornton</b>	DROP-IN VISIT: \$4.00
<b>TURBO KICK LIVE</b> – COMBINE TRADITIONAL KICKBOXING WITH HIGH-INTENSITY INTERVAL TRAINING (HIIT) FOR AN UNBELIEVABLE CALORIE BURN.	DROP-IN VISIT: \$4.00
<b>YOGA</b> – 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.	DROP-IN VISIT: \$4.00
<b>ZUMBA A.M.</b> – A FUSION OF LATIN AND INTERNATIONAL MUSIC AND DANCE THEMES THAT CREATE A DYNAMIC, EXCITING AND EFFECTIVE FITNESS PROGRAM.	DROP-IN VISIT: \$4.00
<b>ZUMBA GOLD</b> - A COMBO DANCE/EXERCISE CLASS FUSES HYPNOTIC LATIN AND INTERNATIONAL RHYTHMS AND EASY TO FOLLOW MOVES TO CREATE A DYNAMIC WORKOUT.	DROP-IN VISIT: \$3.00
<b>ZUMBA PM</b> - A FUSION OF LATIN AND INTERNATIONAL MUSIC AND DANCE THEMES THAT CREATE A DYNAMIC, EXCITING AND EFFECTIVE FITNESS PROGRAM.	DROP-IN VISIT: \$4.00