

ADULT FITNESS & PROGRAMS - NOVEMBER 2024

10-VISIT PUNCH CLASS PASSES AVAILABLE TO PURCHASE FOR ALL \$6 CLASSES:

\$40 Resident, \$45 Non-Resident (\$10 off with Membership)

No Classes November 11, 21, 22, 28, and 29

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15 a.m.	TURBO KICK LIVE Gym 8:15 - 9 a.m. Jennifer Vance-Schmidt	BARRE BLAST Gym 8:15 - 9 a.m. Jennifer Vance-Schmidt		BARRE ABOVE Gym 8:15 - 9 a.m. Jennifer Vance-Schmidt	
9:30 a.m.			ZUMBA A.M. Gym 9:30 - 10:30 a.m. Jennifer Vance-Schmidt		ZUMBA A.M. 9:30 - 10:30 a.m. Jennifer Vance-Schmidt
10 a.m.	SILVER SNEAKERS YOGA Stage 10:15 - 11 a.m. Michelle Pena		SILVER SNEAKERS YOGA Stage 10:15 - 11 a.m. Michelle Pena		
11 a.m.	TONE & TIGHTEN (TNT) 11 - 11:45 a.m. Gym Dana Blum			SILVER SNEAKERS CLASSIC Stage 11 - 11:45 a.m. Jennifer Vance-Schmidt	TONE & TIGHTEN (TNT) 11 - 11:45 a.m. Dana Blum
Noon	3rd NOON YOGA 12 - 12:45 p.m. Tina Duer	NOON TRX BOOT CAMP Gym 12 - 12:45 p.m. Dana Blum	3rd NOON YOGA 12 - 12:45 p.m. Angie Gard	NOON TRX BOOT CAMP 12 - 12:45 p.m. Dana Blum	NOON YOGA 12 - 12:45 p.m. Tina Duer
1:30 p.m.		ZUMBA GOLD Stage 1:30 - 2:15 p.m. Jennifer Vance-Schmidt			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.
5 p.m.	TRX SUSPENSION TRAINING Gym 5 - 5:50 p.m. Dana Blum				
5:10 p.m.		EXTREME BOOT CAMP Gym 5:10 - 6 p.m. Dana Blum	EXTREME BOOT CAMP 5:10 - 6 p.m. Dana Blum	EXTREME BOOT CAMP 5:10 - 6 p.m. Dana Blum	
5:45 p.m.				3rd YOGA 5:45 - 6:45 p.m. Amy Stetzler	
6 p.m.		TRX SUSPENSION TRAINING Gym 6 - 6:45 p.m. Tony Thornton		TRX SUSPENSION TRAINING 6 - 6:45 p.m. Tony Thornton	COLOR KEY: LOCATION SERMON CENTER TRUMAN MEMORIAL
6:30 p.m.		3rd ZUMBA PM 6:30 - 7:30 p.m. Malle Medina			
7 p.m.			XTREME HIP HOP STEP Gym 7 - 8 p.m. Lady Fosi, Sanka & Rox	3rd TAI CHI CHUAN THE ESSENTIALS 7 - 8 p.m. Kristine Svaglic	



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DESCRIPTIONS / DATES:	PRICES:
BARRE ABOVE — 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: \$6.00
BARRE BLAST - 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: \$6.00
EXTREME BOOT CAMP - SEE GREAT RESULTS AND GET WHOLE BODY BENEFITS FROM THIS FAST-PACED PROGRAM. CHOOSE YOUR METHOD, EITHER HIGH OR LOW INTENSITY. T/W/TH.	DROP-IN VISIT: \$6.00
NOON YOGA - TAKE A BREAK IN THE MIDDLE OF YOUR DAY TO RELAX WHILE TONING AND STRENGTHENING. BRING A MAT AND WATER TO CLASS. WED - INSTRUCTOR: Angie Gard ; MON/FRI - INSTRUCTOR: Tina Duer	DROP-IN VISIT: \$6.00
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:	DROP-IN VISIT: \$6.00
SILVER SNEAKERS CLASSIC - 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
SILVER SNEAKERS YOGA - IMPROVE JOINT RANGE OF MOVEMENT, STRENGTH & BALANCE - AND RELAX! LEARN SAFE MOVES & BREATHING EXERCISES TO REDUCE STRESS & MENTAL ANXIETY.	DROP-IN VISIT: \$3.00
XTREME HIP HOP STEP AEROBIC - 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. WEDNESDAY EVENINGS	DROP-IN VISIT: \$6.00
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.	DROP-IN VISIT: \$6.00
TONE & TIGHTEN (TNT) - 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: \$6.00
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. MON - INSTRUCTOR: Dana Blum ; T/TH - INSTRUCTOR: Tony Thornton	DROP-IN VISIT: \$6.00
TURBO KICK LIVE – COMBINE TRADITIONAL KICKBOXING WITH HIGH-INTENSITY INTERVAL TRAINING (HIIT) FOR AN UNBELIEVABLE CALORIE BURN.	DROP-IN VISIT: \$6.00
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.	DROP-IN VISIT: \$6.00
ZUMBA A.M. – A FUSION OF LATIN AND INTERNATIONAL MUSIC AND DANCE THEMES THAT CREATE A DYNAMIC, EXCITING AND EFFECTIVE FITNESS PROGRAM.	DROP-IN VISIT: \$6.00
ZUMBA GOLD - 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
ZUMBA PM - A FUSION OF LATIN AND INTERNATIONAL MUSIC AND DANCE THEMES THAT CREATE A DYNAMIC, EXCITING AND EFFECTIVE FITNESS PROGRAM. TUESDAY EVENINGS	DROP-IN VISIT: \$6.00