

Contact us today for more information
at 636-456-7474

or come by today to register at

101 Mockingbird Lane Ste. 100 (LL)
Warrenton Mo 63383

*Minimum enrollment needs to be met
to hold a class.

Special PASS ONLY
\$75! Good for ANY*
Adult classes
UNLIMITED
Sept. to Nov. 2014
*not included



Drop-In
Only \$5.00
per class!

Turbo Kick Class (Adults)

Instructor: Amanda Nordwald

With cardio kickboxing and body-sculpting moves choreographed to the hottest music mixes, you'll get lean and toned- and have a blast doing it! It's high intensity, fast paced, and totally addicting!

Age	Fee	Location
Adults	\$30	202 E. Main St. Warrenton

Day	Date	Time
Wednesday	9/10-11/26	6:00-7:00 p.m.

Body Toning & Step (Adults)

Instructor: Amanda Nordwald

Step is a cardiovascular workout utilizing an adjustable step for low/high combinations. You'll sculpt the lower body and take short resistance breaks during the class for upper body toning.

Age	Fee	Location
Adults	\$30 for Monday class \$15 for Sat. class	202 E. Main St. Warrenton

Day	Date	Time
Monday	9/8-11/24	4:45-5:45 p.m.

Day	Date	Time
Saturday	9/13, 9/27, 10/11, 10/25, 11/8	9:00-10:00 a.m.

Zumba Gold® (Seniors/Adults)

Get Groovin At Your Own Pace

Instructor: Johanna Kieffer

The easy-to-follow program that lets you move to the beat at your own speed! Zumba Gold® classes provide modified, low-impact moves for active older adults.

Age	Fee	Location
Adults	\$30	202 E. Main St. Warrenton

Day	Date	Time
Thursday	9/11-12/4 *no class 11/27	4:45-5:30 p.m.

Pilates (Adults)

Instructor: Amanda Nordwald

Improve muscle tone, support correct posture and learn to move with ease and grace to help build flexibility, strength and endurance.

Age	Fee	Location
Adults	\$30	202 E. Main St. Warrenton

Day	Date	Time
Mondays	9/8- 11/24	6:00-7:00 p.m.

Senior Exercise (50 & over)

Instructor: Patrick Randolph

Class specifically designed with seniors in mind! Includes chair exercises, weights, stretching, muscle and strength building. Modified, low-impact moves for active older adults.

Age	Fee	Location
Adults	\$30	202 E. Main St. Warrenton

Day	Date	Time
Mon./Wed.	9/8-11/26	9:30- 10:30 a.m.

F.I.T. (Fit Interval Training) (Adults)

Instructor: Angie Zumwalt

Short cardio burst mixed with body toning, and weight training segments! A fat blast hour !!!

Age	Fee	Location
Adults	\$30	202 E. Main St. Warrenton

Day	Date	Time
Mon./Wed.	9/8-11/26	8:15-9:15 a.m.

Line Dancing! (All ages)*

Instructor: Terry Leap

Don't miss out on this fun event. A non-impact exercise! No registration required!

Age	Fee	Location
Adults	\$3.00 donation	202 E. Main St. Warrenton

Day	Date	Time
Thursday	Sept. 18th	6:30-8:00 p.m.

Zumba® (Adults)

Instructor: Johanna Kieffer

Zumba® classes are "fitness parties" that blend upbeat rhythms with easy-to-follow steps, for a total-body workout that feels like a celebration!

Age	Fee	Location
Adults	\$30	202 E. Main St. Warrenton

Day	Date	Time
Tuesday	9/9-11/25	4:45-5:30 p.m.

Yoga! (Adults)

Yoga Instructor: Don Niswonger, YT

Fun class for Men and Women! Beginner class designed to be accessible for all. Low impact exercise that will jump start your metabolism & transform stress to relaxation.

Morning

Age	Fee	Location
Adults	\$30	202 E. Main St.

Day	Date	Time
Tuesday	9/9-11/25	8:30-9:45 a.m.

Evening

Age	Fee	Location
Adults	\$30	202 E. Main St.

Day	Date	Time
Tuesday	9/9-11/25	6:30-7:45 p.m.

Saturday

Age	Fee	Location
Adults	\$15	202 E. Main St.

Day	Date	Time
Saturday	9/13, 9/27 10/11, 10/25 11/8	7:30-8:45 a.m.

