

 **Exercise Class Schedule for January 5th to March 28th 2015**

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| --- | --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **2nd Saturday Special** |
| **F.I.T. (Adult)**8:15-9:15 a.m. | **Yoga**8:30-9:45 a.m. | **F.I.T. (Adult)**8:15-9:15 a.m. | **Cardio Fusion**8:15-9:15 a.m. | **Yoga**9:00-10:15 a.m. |
| **Senior Exercise (Cardio, Flexibility & Body Toning)**9:30-10:30 a.m. | **Fit Kids****Morning**10-11:00 a.m. | **Senior Exercise (Cardio, Flexibility & Body Toning)**9:30-10:30 a.m. |  |  | **These classes are held ONLY on the 2nd Saturday of each month on the following dates:****January 10th February 14th March 14th** **Yoga**8:00-8:45 a.m.2nd Saturday of each month**F.I.T. (Adult)**9:00-9:45 a.m.2nd Saturday of each month**Zumba**10:00-10:45 a.m.2nd Saturday of each month**Pilates**11:00-11:45 a.m. 2nd Saturday of each month |
| **Senior Exercise (Flexibility & Body Toning)**10:45-11:45 a.m. |  | **Senior Exercise (Flexibility & Body Toning)**10:45-11:45 a.m. |  |  |
| **OPEN GYM**12:00-2:00 p.m. | **OPEN GYM**12:00-2:00p.m. | **OPEN GYM**12:00-2:00p.m. | **OPEN GYM**12:00-2:00 p.m. | **OPEN GYM**12:00-2:00 p.m. |
| **Fit Kids****Afternoon**1:30-2:30 p.m. |  |  |  |  |
| **Body Toning & Step**4:45-5:45 p.m. | **Zumba**4:45-5:30 p.m. | **Pilates**5:00-5:45 p.m. | **Zumba “At Your Own Pace”**4:45-5:30 p.m. |  |
| **Pilates**6:00-7:00 p.m. | **Yoga**6:30-7:45 p.m. | **Turbo Kick**6:00-7:00p.m. | **Zumba**6:00-7:00 p.m. |  |
| **Line Dancing**7:00-8:30 p.m. |  |  |  |  |

\*Class descriptions and cost on reverse side. ALL classes held at: 202 E. Main St., Warrenton MO 63383

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**Contact us today for more information at 636-456-7474 or register at 101 Mockingbird Lane Ste. 100 (LL) Warrenton MO 63383**

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

**Drop-In**

**Only $5.00 per class!**

**Open Gym**

**(Donation Suggested)**

**Special ALL Pass $75 Good for ANY Adult classes UNLIMITED!**

**All Classes are 12 Weeks for $30**

**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.

**Cardio Fusion (Adults)**

**Instructor:**  **Angie Zumwalt**

Cardio moves from step to floor, fun easy to follow moves ending with core moves, laced with Pilates inspired movements. Can be modified to powered.

**F.I.T. (Fit Interval Training) (Adults) Instructor:**  **Angie Zumwalt**

Short cardio burst mixed with body toning, and weight training segments! For beginners to the very active. A fat blast hour!

**Fit Kids (Morning) Instructor:**  **Patrick Randolph**

This class is a fun filled hour of cardio games, plyometrics, core and more. Ages 6-17 years old.

**Fit Kids (Afternoon)**

**Instructor:**  **Angie Zumwalt**

This class is a fun filled hour of cardio games, plyometrics, core and more. Ages 6-17 years old.

**Line Dancing! (Adults) Instructor:**  **Kathleen Rothweil**

Don’t miss out on this fun class for beginners to intermediate. A non-impact exercise!

**Zumba “At Your Own Pace”**

**Instructor: Johanna Kieffer**

The easy to follow class that lets you move to the beat of your own speed! Modified, low impact moves for those wanting a slower pace.

**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!

**Open Gym (FREE)**

We are offering open gym time which includes use of exercise equipment from 12:00-2:00 to accommodate lunch hour exercise. Participants are required to complete a short orientation to the equipment with a personal trainer prior to use. (Donation suggested)

**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.

**Senior Exercise (50 & over)**

**(Flexibility & Body Toning)**

**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.

**Senior Exercise (50 & over)**

**(Cardio, Flexibility & Body Toning)**

**Instructor: Patrick Randolph**

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

**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!

 **Yoga Instructor: Don Niswonger, YT**

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

**FREE!**

**2nd Saturday Special**

A morning full of exercise & FUN with different instructors to get you moving!

**Lots of Prizes!!**

Just show up and have fun.

No registration required. (Donations Accepted)

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