

Extended Session- 16 Weeks!!

Exercise Class Schedule for August 24th to December 12th 2015

Class descriptions and cost on reverse side.

ALL classes held at: Warrenton Outlet Mall Suite #2 (Old Nike Store)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
F.I.T. 8:15-9:15 a.m.	Ready Set FIT! Challenge w/Angie 8:15 -9:15 a.m.	F.I.T. 8:15-9:15 a.m.	Zumba® & Core 8:15-9:15 a.m.	Open Gym CLOSED	OPEN GYM 6:00 am -Noon Certified Trainer On-Site 6:00-10:00 a.m.
OPEN GYM 8:30 a.m.-7:00 p.m. Certified Trainer On-Site 5-7	OPEN GYM 8:30 a.m. to 7:00 p.m.	OPEN GYM 8:30 a.m.-7:00 p.m. Certified Trainer On-Site 5-7	OPEN GYM 8:30 a.m. to 7:00 p.m.	Open Gym CLOSED	
Senior Exercise 9:30-10:15 a.m. Senior Exercise 10:30-11:15 a.m.	Yoga w/Barb 9:30-10:30 a.m.	Senior Exercise 9:30-10:15 a.m. Senior Exercise 10:30-11:15 a.m.	Total Body Boot Camp 9:30-10:30	Open Gym CLOSED	Jump Fitness w/ Amanda 8:30-9:30 a.m.
Yoga w/Angie 9:50 – 10:50 a.m.				Open Gym CLOSED	Yoga w/ Amanda 9:45–10:45 a.m.
Walking Club w/ Patrick 10:45-11:45 a.m.	Tai Chi for Good Health 10:45-11:30 a.m.	Walking Club w/ Patrick 10:45-11:45 a.m.		Open Gym CLOSED	Family Zumba® w/Amy 11:00 am - Noon
Jump Fitness w/ Angie 4:45-5:45 p.m.	Zumba® w/Amy 4:45-5:45 p.m.	Kids Zumba® w/ Amy 5:00-5:45 p.m.	Zumba® w/ Johanna 5:00-6:00 p.m.	Total Body Boot Camp 1st & 3rd Fridays 5:00-6:00 p.m.	
Zumba® w/ Sarah 6:00-7:00 p.m.	Yoga w/Barb 6:00 – 7:00 p.m.	Ready Set FIT! w/ Patrick 6:00– 6:45 p.m.		Friday Night Fitness Party 1st & 3rd Fridays 6:00-7:00 p.m.	
		Get Healthy Group! 6:15-7:00 p.m.	Creativity Cures! 6:30-7:30 p.m.		

Facility will be closed Dec. 23rd to January 3rd

Contact us today for more information at 636-456-1567

Community Fitness Center

1000 Outlet Mall, Suite #2 (Old Nike store)

Warrenton MO 63383



Discount Punch Card
\$20 for Seniors (62+) and Kids (< 18)

Punch Card
\$36 for 20 punches!
1 punch/class

NEW
Full Access Pass
\$140 Good for ANY Adult classes & Open Gym Access

Open Gym Pass
Mon - Thurs.
8:30 a.m. - 7:00 p.m.
& Sat. 6 a.m. to Noon
ONLY \$40

Drop-In
Only \$5.00
Class or Open Gym

Total Body Boot Camp!

Instructor: Rashawn Mickens of B-FLI Fitness, LLC

Class is a combo of strength, cardio, flexibility & core. Set your own pace- all fitness levels encouraged to join. Motivated thru every circuit to finish strong!

Creativity Cures!

Instructor: Flavia Everman

Unlock your creativity in our variety of classes. There is a healing effect when creating. Each class is one "punch" and cost for materials for that activity (posted prior to class). Paint, reupholster, salsa making, weaving, etc. # limit based on class.

F.I.T. (Fit Interval Training)

Instructor: Angie Zumwalt

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

Friday Night Fitness Party

Instructor: Rashawn Mickens of B-FLI Fitness, LLC

Move n Groove, Shake n Shimmy w/ disco and old school jams to get moving! A fun & energetic class that consists of different themes. You will burn major calories, increase stamina & fitness.

Get Healthy Group!

Instructor: Chris Merritt (Ext. Center)

Group will be facilitated by a nutrition expert to provide support, group sharing and motivation. You will learn nutritional facts, share tips, recipes, and keep each other motivated!

Jump Fitness (trampoline)

Instructor: Amanda N. & Angie Z.

This class delivers a low-impact, high calorie-burning workout on your own individual fitness trampoline. It challenges your core, strengthens your legs and makes you sweat! Where fitness meets FUN! **Space limited to 11. NO drop-ins if class is full with registered clients.**

Ready Set FIT! Challenge-

Angie Z (Tue) OR Patrick R. (Wed)

Get great results in just 16 weeks! Fun group exercise sessions on equipment, free weights, etc. Food diary, weight, measurements & body fat tracked to show results.

Senior Exercise (50 & over)

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.

Tai Chi for Good Health

Instructor: Carel Thornton

Beneficial in relieving arthritis, enhancing balance, strengthening muscles, breathing and to relieve stress while lowering high blood pressure. Assists people (esp. seniors) to have better control of health and avoid falls.

Walking Club

Instructor: Patrick Randolph

This class will provide you with a certified personal trainer for your group that will meet at Binkley Park in Warrenton for shaded walks on a paved path or outlet mall.

Yoga w/Amanda or w/Angie

Instructor: Amanda N. or Angie Z.

Sunrise Yoga format derived from Hatha Yoga. Poses that increase strength, flexibility and balance focusing on core and stabilizing to improve health and posture.

Yoga w/Barb

Instructor: Barb Wagner

Yoga class will be a set of postures designed to create balance, strength & flexibility. Prioritizes stillness, relaxation and a calmer state of mind.

Zumba® & Core w/Angie

Instructor: Angie Zumwalt

30-40 min of Zumba easy to follow moves then ending with core, laced with Pilates inspired movements.

Zumba®

Instructor: Amy Duree, Johanna Kieffer or Sarah Ingle

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

Zumba® for Kids!

Instructor: Amy Duree

Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Features kid friendly routines based on original Zumba choreography." Age 8+

Family Zumba® Instructor: Amy Duree

The perfect opportunity to motivate and encourage all family members to get moving - together! Our fun, effective and exhilarating class is perfect for all fitness levels." Age 8+

Open Gym Pass

Open gym from Monday to Thursday – 8:30 a.m.-7:00 p.m. and Sat. 6:00 a.m. to 12:00 p.m. August 24th to December 23rd. **Please bring a change of shoes.**

Private Personal Trainer Packages

Trainer: Angie Zumwalt

Sessions are 1 hour long.

1 session: \$40 or 3 sessions: \$110

Personal training to fit your needs... From losing weight, power your game, adding mass, to getting the right workout designed just for you. Learn how to maximize your workouts and see results. Sessions are with a certified personal trainer and will take place at our Fitness Center by appointment ONLY.