

Fall 2017 Schedule
September 5th – December 9th, 2017
Class descriptions are on reverse side.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Childcare 4-7:30 pm OPEN GYM 8 a.m. Noon & 4:00- 7:30 p.m.	OPEN GYM 8 a.m.–Noon. & 4:00-7:30 p.m.	OPEN GYM 8 a.m. - Noon & 4:00-7:30 p.m.	Childcare 4-7:30 pm OPEN GYM 8 a.m. - Noon & 4:00-7:30 p.m.	OPEN GYM 8 a.m. - Noon & 4:00-7:30 p.m.	OPEN GYM 8 a.m. to Noon
Have a Ball with Weights w/Amy D. 8:15-9:15 a.m.	Step w/Amanda 8:15-9:15 a.m.	Strength & Cardio w/Amy D. 8:15-9:15 a.m.	Total Body Circuit w/Amanda 8:15-9:15 a.m.	20/20/20 w/Amy D. 8:15-9:15 a.m.	Zumba w/ Sarah 8:30-9:30 a.m.
Small Group PT w/Amanda MUST Pre-Register 9:30-10:30 a.m.		Small Group PT w/Amanda MUST Pre-Register 9:30-10:30 a.m.			
Senior Exercise w/Bill 9:30-10:30 a.m.	Yoga w/Barb 9:30-10:30 a.m.	Senior Exercise w/Bill 9:30-10:30 a.m.	Yoga w/Barb 9:30-10:30 a.m.	Restorative Yoga w/Amanda 9:30-10:30 a.m.	
Country Heat® w/Amy G. 10:45-11:30 a.m.	Chair Exercise w/David 10:45-11:30 a.m.		Chair Exercise w/David 10:45-11:30 a.m.	Stretch & Tone w/Bill 10:45-11:45 a.m.	
Zumba® w/Johanna 5:15-6:15 p.m.	Yoga w/Barb 5:00-6:00 p.m.		Cardio Mix w/Amanda 5:15-6:15 p.m.	Living a Joyful Life w/Karen 3 rd Friday of month 5:00- 5:45 p.m.	
	Small Group PT w/Bill MUST Pre-Register 5:30-6:30 p.m.	Stretch & Tone w/Bill 5:00-6:00 p.m.	Small Group PT w/Bill MUST Pre-Register 5:30-6:30 p.m.		
Step w/Amy D. 6:30-7:30 p.m.	Health & Wellness Classes *More info coming soon*	Zumba® w/Sarah 6:15-7:15 p.m.	Restorative Yoga w/Amanda 6:30-7:30 p.m.		

Purchase Options & Price

NEW You can use your **PUNCH CARD** for classes OR Open Gym!

OPEN GYM PASS: Access to exercise equipment ONLY
Adults (18-61) - \$50 for the entire session!
Seniors (62+) and Kids (14-17) - \$35 for the entire session!

SUPER SENIOR PASS (62+) \$110 or FULL ACCESS PASS (18-61) \$155
Access to any class and unlimited Open Gym during regular hours

PUNCH CARD: Access to ANY class on the schedule or OPEN GYM
Adults- \$35 for 11 punches - or - \$60 for 21 punches
Seniors - (62+) or Kids (<18) - \$25 for 11 punches - or - \$42 for 21 punches
(each class or Open Gym is one punch)

DROP-IN FEE: \$5 per Class or Open Gym visit

MUST Bring a change of shoes to all Classes and Open Gym

NEW

Childcare Available
Mon & Thurs
4:00-7:30 p.m.

\$1 per 30 minutes
Up to 90 minutes
See front desk for details!

20-20-20

Instructor: Amy Duree

20 minutes of cardio (trampolines) 20 minutes of strength exercises and 20 minutes of core and stretching.

Cardio Mix

Instructor: Amanda Nordwald

Mix it up and get fit! Cardio Mix incorporates moves from several different cardio genres to give you a fun and heart-pumping workout!

Chair Exercise

Instructor: David Williams

Improves flexibility, stretches muscles, exercises joints and builds muscle strength. A chair is used for standing support, stretching and other exercises.

Country Heat®

Instructor: Amy Gruenefeld

This country dance-inspired workout is unlike any other workout you've tried. It's so simple and so much fun. The simple steps and catchy country songs make it a fun calorie-scorching good time!

Have a Ball with Weights

Instructor: Amy Duree

Stability and core strength. A fun hour of cardio, ball, weights, core and strength.

Living a Joyful Life

Instructor: Karen Ahlquist ACC

Professional Life Development Coach

Come discover the amazing ways that living more JOYFULLY can benefit YOU. When we live joyfully: Our bodies are healthier and stronger. It is easier for us to make healthy choices about food and exercise. We feel better physically. We have more confidence, more energy; less stress, less worry. This class offers information, discussion, encouragement for success in a positive atmosphere.

Restorative Yoga w/Amanda

Instructor: Amanda Nordwald

This class is appropriate for all students seeking a gentle and nourishing practice. Restorative yoga uses props to support the body in positions of ease and comfort to facilitate relaxation and healing. It is a practice of deliberate stillness and requires no muscular effort. The long, supported poses will help your body to fully engage, soften, and allow the precise positioning to work its magic.

Senior Exercise (50 & over)

Instructor: Bill Gronemeyer

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.

Small Group Personal Training (PT)

Instructors: Amanda N. or Bill G.

See flyer at front desk for details!

Strength & Cardio

Instructor: Amy Duree

Combining cardio styles and weighted interval training to get your heart rate up and your muscles toned. Suitable and adjustable for all fitness levels.

Stretch & Tone

Instructor: Bill Gronemeyer

Stay firm and get more flexible. In this class you'll tone your abs, glutes, legs and arms, whatever your shape or size. Work your muscles to move better, bend more easily and reach higher.

Step

Instructor: Amy Duree or Amanda N.

Using a height-adjustable step platform, this energizing class begins with basic step & progresses into creative movements on, over and around the platform. Drills designed to raise your heart rate and build muscle are integrated into a fun routine.

Total Body Circuit

Instructor: Amanda Nordwald

A challenge of muscular strength and cardiovascular endurance. Exercises are performed for an extended period of time in an all-out effort with short breaks between each to keep your heart rate up. Circuit training will kick your fat-burning furnace into high gear. The afterburn effect will have you torching calories for up to 48 hours.

Yoga w/Barb

Instructor: Barb Wagener

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

Zumba®

Instructor: Sarah Ingle or 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 Pass

**Access to exercise equipment Monday thru Friday
8:00 a.m. to 12:00 p.m. & 4:00-7:30 p.m.
and Saturday 8:00 a.m. to Noon.**

Private Personal Trainer Packages

Sessions are 1 hour long.

FIRST TIME SPECIAL \$99 for 3 sessions!

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

Personal training to fit your needs! 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. 30-minute consultation with the personal trainer is FREE w/ purchase of a package.

Massage Chair "Escape"

1 session (30 minutes): \$3.00
(for those with punch card or pass)
1 session (30 minutes): \$7.00
(for all others)

Contact Us

636-456-1567

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

Warrenton MO 63383