

**Winter 2018 Schedule**  
**January 2<sup>nd</sup> – June 30<sup>th</sup> 2018**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>OPEN GYM</b> 8 a.m.- Noon 4:00- 7:30 p.m.	<b>OPEN GYM</b> 8 a.m.–Noon. 4:00-7:30 p.m.	<b>OPEN GYM</b> 8 a.m. - Noon 4:00-7:30 p.m.	<b>OPEN GYM</b> 8 a.m. - Noon 4:00-7:30 p.m.	<b>OPEN GYM</b> 8 a.m. - Noon 4:00-6:00 p.m.	<b>OPEN GYM</b> 8 a.m. - Noon
<b>Rise &amp; Shine</b> <b>Fat Burn</b> <b>w/Amy D.</b> 5:00-5:45 a.m. <b>MUST Pre-Register</b> <b>6- week class</b> <b>Special Pricing</b>				<b>Rise &amp; Shine</b> <b>Fat Burn</b> <b>w/Amanda</b> 5:00-5:45 a.m. <b>MUST Pre-Register</b> <b>6- week class</b> <b>Special Pricing</b>	<b>Pilates</b> <b>w/Amanda</b> 7:00 -8:00 a.m. *starts 1/27/18
<b>F.I.T.</b> <b>w/Amy D.</b> 8:15-9:15 a.m.	<b>Chair Class</b> <b>w/David</b> 8:30-9:30 a.m.	<b>F.I.T.</b> <b>w/Amy D.</b> 8:15-9:15 a.m.	<b>Chair Class</b> <b>w/David</b> 8:30-9:30 a.m.	<b>F.I.T.</b> <b>w/Amy D.</b> 8:15-9:15 a.m.	<b>Zumba w/Sarah</b> 8:15-9:15 a.m.
<b>Senior Exercise</b> <b>w/Bill</b> 9:30-10:30 a.m.	<b>Yoga</b> <b>w/Barb</b> 9:45 -10:45 a.m.	<b>Senior Exercise</b> <b>w/Bill</b> 9:30-10:30 a.m.	<b>Stretch &amp; Tone</b> <b>w/ Bill</b> 9:45-10:45 a.m.	<b>Restorative Yoga</b> <b>w/Amanda</b> 9:30-10:30 a.m.	<b>Kids Yoga</b> <b>w/Amanda</b> *parents can participate too! 9:30-10:30 a.m. <b>MUST Pre-Register</b> <b>6-week class</b> <b>Special Pricing.</b>
<b>Country Heat</b> <b>w/Amy G.</b> 10:45-11:30 a.m.					
<b>F.I.T. Express</b> <b>w/Amy D.</b> 5:00-5:40 p.m.	<b>Yoga</b> <b>w/Barb</b> 5:00-6:00 p.m.	<b>Stretch &amp; Tone</b> <b>w/Bill</b> 5:15-6:15 p.m.	<b>Zumba w/Sarah</b> 5:15-6:15 p.m.		
<b>TRX</b> <b>w/Bill</b> <b>MUST Pre-Register</b> <b>Special Pricing</b> 5:45-6:45 p.m.	<b>Small Group</b> <b>w/Bill</b> <b>MUST Pre-Register</b> <b>Special Pricing</b> 6:00-7:00 p.m.		<b>Small Group</b> <b>w/Bill</b> <b>MUST Pre-Register</b> <b>Special Pricing</b> 6:00-7:00 p.m.		
	<b>Cardio Mix</b> <b>w/Sarah</b> 6:15-7:15 p.m.		<b>Living a Joyful Life</b> <b>w/Karen</b> Every 3 <sup>rd</sup> Thursday 6:30-7:30 p.m.		

**Purchase Options & Price**

**OPEN GYM PASS:** Access to exercise equipment ONLY

**Adults (18-61)** - \$102 for entire 6-month session (discounted if paid in advance) or \$55 for ½ session at a time  
**Seniors (62+)** and **Kids (14-17)** - \$75 for entire 6-month session (discounted if paid in advance) or \$40 for ½ session at a time

**SUPER SENIOR PASS (62+)** \$200 for entire 6 months (discounted if paid in advance) or \$110 for ½ session

**FULL ACCESS PASS (18-61)** \$300 for entire 6 months (discounted if paid in advance) or \$165 for ½ session

**Access to any class and unlimited Open Gym during regular hours**

**PUNCH CARD:** Access to **ANY** class (excluding those in **red with special pricing**) 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

### F.I.T.

#### Instructor: Amy Duree

FIT is all about a total body strengthening experience. Each class will contain a strength training and cardio portion though the exercises and equipment will vary to keep it fresh, fun and offer the added benefits of cross training. All fitness levels welcome!

### Cardio Mix

#### Instructor: Sarah Ingle

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!

### F.I.T. Express

#### Instructor: Amy Duree

A quick paced exercise class that is suitable for ALL fitness levels. Each class will contain a strength training and cardio portion though the exercises and equipment will vary to keep it fresh, fun and offer the added benefits of cross training.

### Kids Yoga \*parents can participate at no - charge if with child!

#### Instructor: Amanda Nordwald

#### See flyer for pricing! Must Pre-Register

It's hard to be a kid today. Children deal with many distractions, overstimulation and peer pressure. Kids Yoga can help your child develop body awareness, manage stress, build concentration, increase confidence and create a positive self-image. Using games, storytelling and songs your kids will have fun learning poses while being part of a non-competitive group. All ages welcome. Parents are welcome too- no charge for parents participating with child! Parents are asked to attend the class if their child is 2 and under.

### 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.

### Pilates Sculpt

#### Instructor: Amanda Nordwald

Each class will focus on strength and flexibility, with an emphasis on challenging the core muscles with each movement. Pilates Sculpt is a challenging yet safe method to tone your entire body, help improve posture, and feel increased agility in your everyday movements.

### 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 engage and allow the precise positioning to work.

### Rise & Shine Fat Burn

#### Instructor: Amanda Nordwald

See flyer for pricing! Must Pre-Register  
20 minutes of Tabata (high intensity interval training) to burn fat, followed by 25 minutes of yoga to cool down and stretch it all out to keep you de-stressed and feeling good for the day.

### 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: Bill G.

#### See flyer at front desk for details & pricing! Must Pre-Register Limit 5 people

This is a great way to get personalized attention for a bargain. The group is limited to 5 people and led by a certified personal trainer. This 6-week long class will use equipment in open gym area with a personal trainer at your side for just your small group.

### 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.

### TRX

#### Instructor: Bill Gronemeyer

#### Must Pre-Register Limit 4 people! See flyer for pricing!

Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete 100s of exercises.

### 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

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

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### Open Gym Pass

Access to exercise equipment Monday thru Thursday (Friday- close 6:00 p.m.)  
8:00 a.m. to 12:00 p.m. & 4:00-7:30 p.m.  
and Saturday 8:00 a.m. to Noon.

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### 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 Information

3920 N. Hwy 47, Warrenton MO 63383  
636-456-1567