

## 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>Work-It Circuit w/Delaine</b> 6:00 -7:00 a.m. <b>Starts April 3rd</b>		<b>Work-It Circuit w/Delaine</b> 6:00 -7:00 a.m. <b>Starts April 5th</b>	<b>Rise &amp; Shine Fat Burn w/Amanda</b> 5:00-5:45 a.m. <b>Starts March 2nd</b> <b>MUST Pre-Register</b> <b>Special Pricing</b>	<b>Pilates w/Amanda</b> 7:00 -8:00 a.m.
<b>F.I.T. w/Amy D.</b> 8:15-9:15 a.m.	<b>Chair Class w/David</b> 8:30-9:30 a.m.	<b>F.I.T. w/Amy D.</b> 8:15-9:15 a.m.	<b>Chair Class w/David</b> 8:30-9:30 a.m.	<b>F.I.T. w/Amy D.</b> 8:15-9:15 a.m.	<b>Small Group w/Amanda</b> 8:15-9:15 a.m. <b>Starts March 10th</b> <b>MUST Pre-Register</b> <b>Special Pricing</b>
<b>Senior Exercise w/Bill</b> 9:30-10:30 a.m.	<b>Yoga w/Barb</b> 9:45 -10:45 a.m.	<b>Senior Exercise w/Bill</b> 9:30-10:30 a.m.	<b>Stretch &amp; Tone w/ Bill</b> 9:45-10:45 a.m.	<b>Restorative Yoga w/Amanda</b> 9:30-10:30 a.m.	<b>Kids Jump w/Amanda</b> 9:30-10:30 a.m. <b>Starts March 10<sup>th</sup></b> <b>MUST Pre-Register</b> <b>6-week class</b> <b>Special Pricing.</b>
<b>Country Heat w/Amy G.</b> 10:45-11:30 a.m.		<b>TRX w/Bill</b> 10:45-11:45 a.m. <b>MUST Pre-Register</b> <b>6- week class</b> <b>Starts March 28<sup>th</sup></b>		<b>BARGAIN PRICES!</b>  <b>Seniors (age 62 &amp; up)</b>  Classes <b>ONLY \$2.00 each!</b>  <b>Adults (18-61)</b>  Classes <b>ONLY \$2.86 each!</b>	
<b>F.I.T. Express w/Amy D.</b> 5:00-5:40 p.m.	<b>Yoga w/Barb</b> 5:00-6:00 p.m.	<b>Stretch &amp; Tone w/Bill</b> 5:15-6:15 p.m.	<b>Zumba w/Sarah</b> 5:15-6:15 p.m.		
<b>Diggity Dance Fitness w/Dawn</b> <b>Starts April 2<sup>nd</sup></b> 6:15-7:15 p.m.			<b>Small Group w/Bill</b> 6:00-7:00 p.m. <b>Starts March 8<sup>th</sup></b> <b>MUST Pre-Register</b> <b>Special Pricing</b>		

**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

### 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.

### Work-It Circuit Class

**Instructor: Delaine Young**

Circuit training is a resistance and cardio class that everyone can do. You will work for 30 seconds to 1 minute and then move to the next station. Exercises will consist of body weight exercises, weights, trampolines, TRX, and more. It will last 45 min. followed by a good morning stretch for 15 min. before work.

### 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!

### Diggity Dance Fitness

**Instructor: Dawn Wagner**

Cardio Hip Hop Dance Party! Where cardio meets club. Fun and sexy choreo to some of your favorite 90s-today songs. Let your hair down, get strong, burn tons of calories and reshape your body!

### 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.

### 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 Jump (Ages 5-18 years)

**Instructor: Amanda Nordwald**

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

Your child will have a blast burning off energy on our individual trampolines. They will get a great aerobic workout jumping, playing games and performing a variety of exercises using the trampolines. This class will help your child increase coordination, strengthen muscles and build self-esteem. Kid-friendly music, **Space is limited to 12 participants**

### 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. or Amanda N.**

**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 8 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