

Winter 2018 Schedule January 2nd – June 30th 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.	OPEN GYM 8 a.m. - Noon 4:00-7:30 p.m.	OPEN GYM 8 a.m. - Noon 4:00-6:00 p.m.	OPEN GYM 8 a.m. - Noon
	Work-It Circuit w/Delaine 6:00 -7:00 a.m. Starts April 3rd	Hatha Yoga w/Amanda 6:00-7:00 a.m. Starts April 4th	Work-It Circuit w/Delaine 6:00 -7:00 a.m. Starts April 5th		Pilates w/Amanda 7:00 -8:00 a.m.
F.I.T. w/Amy D. 8:15-9:15 a.m.	Chair Class w/David 8:30-9:30 a.m.	F.I.T. w/Amy D. 8:15-9:15 a.m.	Chair Class w/David 8:30-9:30 a.m.	F.I.T. w/Amy D. 8:15-9:15 a.m.	Small Group w/Amanda 8:15-9:15 a.m. Starts March 10th MUST Pre-Register Special Pricing
Senior Exercise w/Bill 9:30-10:30 a.m.	Yoga w/Barb 9:45 -10:45 a.m.	Senior Exercise w/Bill 9:30-10:30 a.m.	Stretch & Tone w/ Bill 9:45-10:45 a.m.	Restorative Yoga w/Amanda 9:30-10:30 a.m.	Kids Jump w/Amanda 9:30-10:30 a.m. Starts March 10th MUST Pre-Register 6-week class Special Pricing.
Country Heat w/Amy G. 10:45-11:30 a.m.		TRX w/Bill 10:45-11:45 a.m. MUST Pre-Register 6- week class Starts March 28th		BARGAIN PRICES! Seniors (age 62 & up) Classes ONLY \$2.00* each! Adults (18-61) Classes ONLY \$2.86* each! *punch card option	
F.I.T. Express w/Amy D. 5:00-5:40 p.m.	Yoga w/Barb 5:00-6:00 p.m.	Stretch & Tone w/Bill 5:15-6:15 p.m.	Zumba w/Sarah 5:15-6:15 p.m.		
Diggity Dance Fitness w/Dawn Starts April 2nd 6:15-7:15 p.m.		Hatha Yoga w/Amanda 6:30-7:30 p.m. Starts April 4th	Small Group w/Bill 6:00-7:00 p.m. Starts March 8th MUST Pre-Register Special Pricing		

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 \$10 per Specialty Class (those that require pre-registration except Kids class)

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.

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.

Hatha Yoga w/Amanda

Instructor: Amanda Nordwald

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

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!

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.

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 INFO

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