

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>OPEN GYM</b> 8:00- Noon 4:00- 7:00 p.m.	<b>OPEN GYM</b> 8:00- Noon 4:00- 7:00 p.m.	<b>OPEN GYM</b> 8:00- Noon 4:00- 7:00 p.m.	<b>OPEN GYM</b> 8:00- Noon 4:00- 7:00 p.m.	<b>CLOSED</b>	<b>CLOSED</b>
	<b>Work It Circuit</b> w/Delaine 6:00-7:00 a.m.	<b>Hatha Yoga</b> w/Amanda 6:00-6:50 a.m.		<p><b>BARGAIN PRICES!</b></p> <p><b>Seniors (age 62 &amp; up)</b> Classes ONLY \$2.00* each!</p> <p><b>Adults (18-61)</b> Classes ONLY \$2.86* each! <b>*punch card option prices</b></p> <p><b>FREE</b> <b>Regular Classes &amp; Open Gym</b> <b>if you have</b></p> <p><b>SILVER SNEAKERS</b></p>	
<b>F.I.T.</b> w/Amy D. 8:15-9:15 a.m.	<b>Chair Class</b> w/David 8:30-9:30 a.m.	<b>F.I.T.</b> w/Amy D. 8:15-9:15 a.m.	<b>Chair Class</b> w/David 8:30-9:30 a.m.		
<b>Senior Exercise</b> w/Bill 9:30-10:30 a.m.		<b>Senior Exercise</b> w/Bill 9:30-10:30 a.m.	<b>Stretch &amp; Tone</b> w/ Bill 9:45-10:45 a.m.		
<b>Cardio Diggity</b> Dance Fitness w/Dawn 6:15-7:00 p.m.	<b>Gentle Yoga</b> w/ Amanda 6:15-7:00 p.m.	<b>Stretch &amp; Tone</b> w/Bill 5:15-6:00 p.m.	<b>Zumba w/Sarah</b> 5:15-6:15 p.m.		

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

**SPECIAL 10% DISCOUNT to Current Members on Open Gym Passes!!!**

**Adults (18-61)** - \$102 for entire 6-month session (July thru December) or \$55 for ½ session at a time (July thru Sept.)  
**Seniors (62+) and Kids (14-17)** - \$75 for entire 6-month session (July thru December) or \$40 for ½ session (July thru Sept.)

**SUPER SENIOR PASS (62+)** \$200 for entire 6 months (July thru December) or \$110 for ½ session (July thru Sept.)

**FULL ACCESS PASS (18-61)** \$300 for entire 6 months (July thru December) or \$165 for ½ session (July thru Sept.)

Access to any class and unlimited Open Gym during regular hours

**PUNCH CARD:** Access to ANY class regular scheduled class 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 or \$10 per Specialty Class (those that require pre-registration except Kids)

**CONTACT INFO**

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

Updated 5/24/2018

### Cardio 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!

### 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.

### 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.

### Gentle Yoga & 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.

### 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.

### 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.

### 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.

### 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**

**8:00 a.m. to Noon & 4:00-7:00 p.m.**

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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)

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