



Winter 2019 Schedule January 2nd – June 29th 2019

*Note special pre-registration class durations – see sign up forms for start and end dates!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
NO OPEN GYM	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	OPEN GYM 8 a.m. - Noon	
2nd Sunday of the Month* Restorative Yoga w/Amanda 3:00-4:00 p.m. January 13 February 10 March 10 April 14 May 5* <i>(1st Sunday due to Mother's Day)</i> June 9		Cardio Circuit w/Delaine 5:45-6:45 a.m. Special Class Pricing		Cardio Circuit w/Delaine 5:45-6:45 a.m. Special Class Pricing		FREE Classes & Open Gym if you have SILVER SNEAKERS  Or RENEW ACTIVE 	
	F.I.T. w/Dawn 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.		
	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.	Yoga w/Barb 9:45-10:30 a.m.	Stretch & Tone w/Bill 9:30-10:30 a.m.		
					Chair Class w/David 10:45-11:45 a.m.		
	Small Group PT w/Bill 5:30-6:30 p.m. Special Class Pricing	Yoga w/Barb 5:00-6:00 p.m. Special Class Pricing	Stretch & Tone w/Bill 5:15-6:15 p.m. Special Class Pricing	Zumba® w/Sarah 5:15-6:15 p.m. Special Class Pricing			
	Cardio Dance Fitness w/Dawn 6:15-7:15 p.m. Special Class Pricing	TRX w/ Bill 6:15-7:15 p.m. Special Class Pricing			Gentle Yoga w/Amanda 6:30-7:30 p.m. Special Class Pricing		



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

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.

Cardio Circuit

Instructor: Delaine Young

Must Pre-Register Min. 8 people!
See flyer for pricing and details!

Circuit training is a resistance and cardio class for everyone. Exercises will consist of body weight exercises, weights, trampolines, TRX, and more.

Cardio Dance Fitness

Instructor: Dawn Wagner

Must Pre-Register Min. 8 people!
See flyer for pricing and details!

Cardio Hip Hop. Where cardio meets club. Let your hair down, get strong, burn tons of calories and reshape your body!

F.I.T.

Instructor: Amy Duree & Dawn Wagner

A total body strengthening experience. Strength training and cardio though the exercises and equipment will vary to keep it fresh, fun and offer the added benefits of cross training.

Restorative Yoga on 2nd Sundays

Instructor: Amanda N.

This class is for all 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. 2nd Sunday of each month except May- 1st Sunday due to Mother's Day holiday.

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

Instructors: Bill Gronemeyer

Must Pre-Register Limit 8 people, Min 6!
See flyer for pricing and details!

This is a great way to get personalized attention for a bargain. The group is limited to 8 people and led by a certified personal trainer.

Stretch & Tone

Instructor: Bill Gronemeyer

Must Pre-Register Min. 8 people!
See flyer for pricing and details!

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, Min 8!
See flyer for pricing and details!

Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

Yoga w/Barb & Gentle Yoga w/Amanda

Instructor: Barb Wagener or Amanda Nordwald

Must Pre-Register Min. 8 people!
See flyer for pricing and details!

Yoga classes 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

Must Pre-Register Min. 8 people!
See flyer for pricing and details!

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

**We reserve the right to cancel classes without pre-registration due to low attendance or any class due to other extenuating circumstances.*

Open Gym Pass

Access to exercise equipment

Monday thru Thursday

8:00 a.m. to 12:00 p.m. & 4:00-7:30 p.m.

Friday & Saturday 8:00 a.m. to Noon.

Private Personal Trainer Packages

FIRST TIME SPECIAL \$99 for 3 sessions!

1 hr session: \$40 or

(3) 1 hr sessions: \$110

Sessions with a certified personal trainer. 30-minute consultation with the personal trainer is FREE w/ purchase of a package.

OPEN GYM PASS: Access to exercise equipment ONLY

Adults (18-61) - \$102 for entire session thru June or \$55 for ½ session (Jan.-March or April-June.)

Seniors (62+) and Kids (14-17) - \$75 for entire session thru June or \$40 for ½ session (Jan.-March or April-June)

SUPER SENIOR PASS (62+) \$200 for entire session thru June or \$110 for ½ session (Jan.-March or April-June.)

FULL ACCESS PASS (18-61) \$300 for entire session thru June or \$165 for ½ session (Jan.-March or April-June.)

Access to any class and unlimited Open Gym during regular hours

PUNCH CARD: Access to ANY* class (*excluding those in **red with special pricing/pre-registration**) 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 \$6 per Specialty Classes (those requiring pre-registration)