

GROUP FITNESS

GROUP SCHEDULE September-October

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Water Aerobics Sheila Pool		Water Aerobics Sheila Pool		Water Aerobics Sheila Pool	
9:00 AM		Zumba Gold Donna Studio				
9:15 AM	Meditative Yoga Lori Studio			Power Hour Lori Studio		Core & Cardio Lori Studio
4:00 PM				Yoga Emily Studio		
4:30 PM			Fit Factory Amber Studio			
5:00 PM	Fit Factory Amber Studio					

FIT FACTORY

Geared towards well-rounded fitness, Fit Factory combines bodyweight and resistance training to create a challenging workout tailored to your pace and abilities.

WATER AEROBICS*

Work against the resistance of the water to increase your cardiovascular endurance and strength.

MEDITATIVE YOGA

Offers help to develop a higher awareness and center of consciousness while using all body systems in harmony to address core strength, flexibility, balance, meditation and various breathing techniques. This class is for all levels of fitness.

CORE & CARDIO

Designed to create strength, flexibility, and a balanced body while incorporating low impact cardio that focus on precision and technique.

- Membership is required to participate in any Fitness Plus class.
- Classes on this schedule are subject to change. Please call the service desk at (573-614-3636) to request information about changes due to inclement weather.
- All classes are 55 minutes in duration.
- We hope to increase these offerings based on attendance!

*These classes are introductory level or lower intensity, but will still provide you with a great workout.

YOGA

Poses and modifications for every level of Yogi. Core strength, flexibility, balance, meditation and breathing techniques are all bundled in one class.

ZUMBA GOLD*

Dance your way to fitness with this Latin-inspired class modified for active older adults.

POWER HOUR

Offers a well-rounded full body workout using light free weights and bodyweight exercises combined with techniques for excellent posture, mobility and flexibility. This class will have a variety of different fitness levels for everyone to enjoy.

