

Group Fitness Class Schedule

(see reverse side for class descriptions)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--------------------------------------|
| | | 5:30-6:30am Step Aerobics* -4 (Leslie) | | 5:30-6:30am Step/Toning* - 4 (Leslie) | |
| 8:30-9:15am: SilverSneakers® Classic - 1 (Janelle) | 8:30- 9:15am: Zumba Gold - 2 (Patti)  | 8:30-9:15am: SilverSneakers® Classic - 1 (Janelle) | | 9:30-10:30am: Active Adult - 3 (Janelle) | 8:00-8:50am: Rotation -3/4 |
| 9:30-10:30am: Active Adult - 3 (Janelle) | 9:35-10:30am: Yoga - 2 (Kim) | 9:30-10:30am: Active Adult - 3 (Janelle) | 9:35-10:30am: Yoga - 2 (Kim) | 9:35-10:20am: SilverSneakers® Classic - 1 (Janelle) | |
| 1:00-1:55 pm: Light Cardio Fit -2 (Janelle) | | 1:00-1:55 pm: Light Cardio Fit -2 (Janelle) | 10:45-11:30am: Chair Yoga - 1 (Kim) | 10:35-11:35am: Yoga -2 (Kim) <i>Additional Fee</i> | |
| | 4:30-5:25 pm: Zumba* - 3 (Jennifer)  | | 4:30-5:25 pm: Zumba* - 3 (Jennifer)  |  601 S Hwy 169 Smithville, MO 64089 816-532-7174  | |
| 5:10-5:55pm: Pilates - 3 (Kerry) | 5:35-6:35pm: Yoga Flow* - 3 (Rachel) | 5:10-5:55pm: Pilates - 3 (Kerry) | 5:30-6:30pm: Pump It Up - 4 (Janelle) | | |
| 6:00-7:00pm: Cardio Tone - 4 (Shelly) | | 6:00-7:00pm: Step It Up - 4 (Shelly) | | | |
| <p><u>Hours of Operation:</u> Monday-Thursday.....5am-8pm Friday.....5am-5pm Saturday.....7am-1pm</p> | | | | | |

DIFFICULTY LEVELS: 1 = Entry Level 2 = Beginner 3 = Moderate 4 = Difficult

Unless Noted, all Classes are FREE to Fitness Center Members

TuesThurs ZUMBA, Tues Yoga Flow, and Weds/Fri Step Aerobics are scheduled according to Smithville School District's holiday schedule and may not follow regular SHAPE Fitness Holiday Schedules

SilverSneakers® Classic – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

Yoga – Combines beginner-moderate level yoga poses with basic stretching through a series of seated, lying and standing moves to offer support with a variety of movements and poses. Safely stretches muscles to help reduce muscular tension and tightness and improve flexibility, balance, range of movement and posture. Incorporates mindful breathing and concludes with an exercise in relaxation and obtaining mental clarity. All poses can be modified with a chair if necessary.

Active Adult Cardio Moves –This class is designed to help adults maintain tone and stamina to stay in shape for their active lifestyles. Routines combine low impact floor or step aerobic activities and resistance training exercises. Designed to work all major muscle groups and ensure aerobic activity needed to maintain a healthy heart.

Light Cardio Fitness - This class is designed to increase stamina and strength for those just beginning an exercise program and/or those requiring a lower level of exercise and low impact aerobic activity. This class includes cardiovascular activities and exercise that promote flexibility and strength.

Pilates –A full body conditioning routine that helps build core strength, flexibility and long, lean muscles. With an emphasis on controlled movement, spinal alignment and breathing, helps relieve stress and allows adequate oxygen flow to muscles. Develops a strong core (tones abdominals while strengthening the back) and improves coordination and balance. Class allows exercises to be modified in range of difficulty from beginning to advanced.

Step It Up – This step aerobics class is the perfect combination of cardiovascular activity and strength training. Burn calories and body fat with step aerobics routines followed by strengthening exercises designed to target major muscle groups to sculpt your muscles for a tight lean look.

Pump It Up– A muscular strength and muscular endurance based training class with weights, resistance bands, benches, and mats. Basic strength exercises with various tempos, repetitions, and modifications keep this class exciting and entertaining. Come out of this class feeling lean and toned. Adaptable for different levels of difficulty based on the weights and modifications that the individual chooses.

Cardio Tone - A strength training class with weights and/or resistance bands that will challenge you and really get your heart pumping. Exercises and athletic drills target the major muscle groups to sculpt and tone you. Push yourself while having fun with this lively group.

ZUMBA® & ZumbaGold® – A Latin dance inspired fitness program that combines dance and aerobic routines set to high energy musical rhythms that are fun and motivating. This is a high energy workout that provides all over toning and burns calories while you learn new moves and become more flexible and fit. A fun class that introduces you to international music and dance moves from the salsa and cumbia to hip hop moves. ZumbaGold is a lower intensity class geared to the active older adult or beginner.

Rotation - Join us each Saturday for a different, exciting class. Class types include Cardio Tone, Functional Athletic-Based Toning, and Yoga.

