

# SHAPE Fitness Center Exercise Class Schedule

(see reverse side for class descriptions)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:15am <b>*Cardio Combo Step Aerobics - 3</b> (Leslie)			5:30-6:15am <b>*Cardio Combo Step Aerobics - 3</b> (Leslie)	
8:30-9:15am: <b>SilverSneakers® Classic - 1</b> (Janelle)	8:30- 9:15am: <b>ZumbaGold - 2</b> (Patti) 	8:30-9:15am: <b>SilverSneakers® Classic - 1</b> (Janelle)		8:30-9:30am: <b>Active Adult - 3</b> (Janelle)	8:30-9:30am: <b>Cardio Tone - 3/4</b> (Shelly/Rachal)
9:30-10:30am: <b>Active Adult - 3</b> (Janelle)	9:35-10:30am: <b>Yoga - 2</b> (Kim)	9:30-10:30am: <b>Active Adult - 3</b> (Janelle)	9:35-10:30am: <b>Yoga - 2</b> (Kim)	9:35-10:15 am: <b>SilverSneakers® Classic - 1</b> (Janelle)	
1:00-1:55 pm: <b>Light Cardio Fit -2</b> (Janelle)		1:00-1:55 pm: <b>Light Cardio Fit -2</b> (Janelle)	10:45-11:30am: <b>Chair Yoga - 1</b> (Kim)	10:35-11:35am: <b>Yoga -2</b> (Kim) <i>Additional Fee</i>	
4:15-5:05pm <b>*Zumba - 3</b> (Jennifer)		4:15-5:05pm <b>*Zumba - 3</b> (Jennifer)		 <p>Hours of Operation:            Mon-Thurs.....5am-8pm            Friday.....5am-5pm            Saturday.....7am-1pm</p> 	
5:10-5:55pm: <b>Pilates - 2/3</b> (Kerry)	4:30-5:30pm: <b>*Insanity - 4</b> (Rachel)	5:10-5:55pm: <b>Pilates - 2/3</b> (Kerry)	4:30-5:30pm: <b>*P90X - 4</b> (Rachel)		
6:00-7:00pm: <b>Cardio Tone - 4</b> (Shelly)		6:00-7:00pm: <b>Step It Up - 4</b> (Shelly)			
Level 1 = Entry Level Level 2 = Beginner Level 3 = Moderate Level 4 = Difficult					

Unless noted, all classes are FREE to members!

\*Classes in the colored boxes are sponsored by the Smithville School District and will follow the school district calendar.

**SilverSneakers® Classic** – Mon/Weds 8:30-9:15am, Fri 9:35-10:15am - 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. Level 1

**Active Adult Cardio Moves** –Mon/Weds 9:30-10:30am, Fri 8:30-9:25 am - This class is designed to help participants 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 Fit** - Mon/Weds 1:00-1:55pm - This class is designed to increase stamina and strength for those just beginning an exercise program and/or those requiring low impact aerobic activity. This class includes cardiovascular activities and exercise that promote flexibility and strength.

**Zumba®** - Mon/Weds 4:15-5:05pm - This Zumba class is lively and fun! We do a variety of movements to many different styles of music, both from other countries as well as some songs you might recognize. You do not have to be super coordinated to take this class! We welcome all people who want to shake their groove thing and sweat to a fun beat. As long as you are moving and having a good time, you're doing it right. (Jennifer Lee)

**Pilates** –Mon/Weds 5:10-5:55pm - A full body conditioning routine that helps build core strength, flexibility and long, lean muscles. Emphasis on controlled movement, spinal alignment, and breathing helps relieve stress and allows adequate oxygen flow to muscles. This class will help you develop a strong core, strengthen your back, and improve your coordination and balance. Exercises can be modified for a range of difficulty levels.

**Cardio Tone** - Mon 6:00pm 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.

**Cardio Combo Step Aerobics** - Tues/Fri 5:30-6:15am - Set your alarm and start your day off with a burst of energy! This morning exercise class uses the step, dumbbells, and resistance bands. We will do a combination of various cardio and toning exercises that will leave you feeling energized and ready to attack your day. This class is modifiable for all fitness levels.

**ZumbaGold®** – Tues 8:30-9:15am - 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.

**Yoga** – Tues/Thurs 9:35-10:30am - Combines beginner-moderate level yoga poses through a series of seated, lying and standing moves. 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.

**Chair Yoga** – Thurs 10:45-11:30am - Combines beginner-moderate level yoga poses through a series of seated, lying and standing moves. 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.

**Insanity/P90X** - Tues/Thurs 4:30-5:30pm - A total body workout for every fitness level, you will leave feeling motivated and ready to come back for more. Great music, awesome instructors and your choice of weight inspire you to get the results you came for! Get ready to bring it!

**Step It Up** – Weds 6:00pm - 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.