



EXCELSIOR SPRINGS COMMUNITY CENTER GROUP EXERCISE SCHEDULE

MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MUSCLE UP STRENGTH TRAINING 5:15-6 AM Becky	HIIT 5:15-6 AM Becky	MUSCLE UP STRENGTH TRAINING 5:15-6 AM Becky	BOOTCAMP 5:15-6 AM Yolanda	KICKBOXING Yolanda 5:15-6AM	METCON 8:00 Pam S
SILVER STRONG Darrien 7:15	DRUM FIT Kristi 7:15	ZUMBA SILVER Pam V. 7:15	GENTLE YOGA Kristi 7:15	SILVER STRONG Darrien 7:15	ZUMBA 9:00 Theresa & Pam V
SHINE DANCE FIT 8:00 Starla	RESTORATIVE YOGA 8:00 Kristi	SHINE DANCE FIT 8:00 Starla	RESTORATIVE YOGA 8:00 Kristi	PUMPED UP STRENGTH 8:00 Starla	AQUA ZUMBA 9:30 Rhonda
AQUA FIT 8:00 Trish	PUMPED UP STRENGTH 9:00 Starla	AQUA FIT 8:00 Trish	AQUA NOODLE 8:00 Trish	AQUA FIT 8:00 Trish	VINYASA YOGA 10:00 Jenn
PILATES 9:00 Trish	SILVER SNEAKERS CHAIR ESSENTIALS 10:00 Kristi	REBOOT 9:00 Darrien	PILATES 9:00 Trish	DRUM FIT 9:00 Kristi	AQUA FIT 10:30 Rhonda
AQUA DANCE FIT 9:00 Starla	BALANCE EXPRESS 11:00-11:30 Kristi	AQUA DANCE FIT 9:00 Starla	ZUMBA FOR ALL 10:00 Pam V	AQUA DANCE FIT 9:00 Starla	CYCLE FIT 11:00 Darrien
AQUA ARTHRITIS 10:00 Trish	AQUA HIIT 10:00 Cassie	VINYASA YOGA 10:00 Jenn	PIYO 11:00 Kelli	AQUA ARTHRITIS 10:00 Trish	
AGING BACKWARD 10:00 Kristi	POWER BURN 5:00 Yolanda	AQUA ARTHRITIS 10:00 Trish	ANY AGE FITNESS 12:00 Trish	MINDFUL MOVEMENTS 10:00 Kristi	
	ZUMBA** 6:00 Theresa	BARRE 360 11:00 Dria	VINYASA YOGA 5:00 Jenn	HI-LO 5:00 Bridgette	SUNDAY
HIIT 5:00 Pam S	FLOW AND LET GO 6:00 Hailee	CYCLE FIT 5:00 Darrien	CIRCUIT 30 ** 5:30-6:00 Yolanda	REBOOT 6:00 Darrien	BOOTCAMP 9:00 Yolanda
POUND** 6:00 Theresa		POUND** 6:00 Theresa	ZUMBA** 6:00 Pam V		
PIYO 6:00 Kelli		PIYO 6:00 Kelli	RESTORATIVE YOGA 6:00 Hailee		
AQUA ZUMBA 6:30 Rhonda		AQUA FIT 6:30 Rhonda			
AQUA FIT 7:30 Rhonda		AQUA ZUMBA 7:30 Rhonda			



CLAY COUNTY SENIORS CLASS IN GROUP X ROOM

CLASS WILL TAKE PLACE IN THE POOL

*CLASS WILL BE IN THE RACQUETBALL ROOM
**CLASS WILL BE IN THE GYMNASIUM
CLASS RECCOMENDED FOR SENIORS

FACILITY HOURS: MONDAY-FRIDAY 5:00am-9:00pm | SATURDAY 6:00AM-7:00PM | SUNDAY 8:00AM-5:00PM
CHILD WATCH HOURS: MONDAY-THURS 8:00AM-12:00PM & 5:00PM-8:00PM FRIDAY & SAT: 8:00AM-12:00PM

EXCELSIOR SPRINGS COMMUNITY CENTER | 500 TIGER DRIVE, EXCELSIOR SPRINGS MISSOURI 64024 | 816-656-2500

GROUP EXERCISE CLASS DESCRIPTIONS

Aging Backward: a class that focuses on muscle development and strength training seniors. Strength training is an essential part of bone strength, this class will develop stronger muscles which leads to greater bone density.

Aqua Arthritis: Designed to work on range of motion, balance, building muscle strength, and reducing pain and stiffness all while utilizing the resistance of the water.

Aqua Dance Fit : Aqua Dance embraces the rhythms and movements of a variety of upbeat musical styles creating endless possibilities of fun and energizing workouts. Anyone can join Aqua Dance. No dance background necessary—just a willingness to move and have fun.

Aqua H.I.I.T.: An upbeat class that offers a complete cardiovascular workout utilizing water resistance. A spin on the traditional style of a water aerobic class, this class offers high impact moves, with low impact variations that are gentle on your joints, yet strenuous enough to tone and sculpt your muscles. This high intensity interval training style (H.I.I.T.) of class will get you moving through interval training for an effective calorie burn to some fun music!

Aqua Noodle: Join us in the water as we target all the major muscle groups, with an emphasis on the core using a noodle modality.

Aqua Zumba: Zumba fitness in the pool! All of your favorite Latin-inspired dance moves but with added resistance from the water. You'll jump, stretch, and move to the beat of the music – all the while pushing your arms and legs through the water.

Any Age Fitness: Come enjoy a class where you will get motivated and positive encouragement, all while receiving the benefits of strength and endurance training. Every exercise will be standing up (no going to the floor exercises) and modifications will be offered.

Barre 360: Burn and tone your muscles using lite weight and high repetition movements.

Bootcamp: Full body workout using resistance and cardio/endurance training.

Circuit 30: Join Yolanda for a 30 minute circuit training class that is sure to get your blood pumping. This high intensity class is great for all fitness levels.

Cycle Fit: A 30 to 40 minute cycle ride. We switch class up from HIIT rides, climbs, intervals and arms, and theme rides!

Drum Fit—It brings together drumsticks and an exercise ball to create one of the most fun workouts you'll ever do. Using the exercise ball and the floor as your drum, and mixing in fun moves, cardio drumming turns keeping a rhythm into a fun cardio workout.

Flow & Let Go is an advanced vinyasa style yoga. We flow breath to movement for a large portion of class. Modifications are offered to make this class accessible for every single body! Come ready to move, breathe, and flow!

HIIT: High intensity interval training— form of interval training, a cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery periods.

HI-LO: This class combines high cardio moves that are low impact all to the beat of energetic music! This means you are getting a great aerobic workout, but you get to control the intensity based on your fitness level. Light weights are optional to help shape and tone arms. Larger weights intermittently used to increase strength.

METCON: metabolic conditioning. Efficiently combining large muscle group strength moves with cardio

Muscle Up Strength Training: A traditional circuit training class that focuses on strength building exercises for a total body workout.

Mindful Movements: An exercise class focusing on hand-eye coordination, mind-muscle connection and core stability. Focusing on balance to strengthen the body and help with fall prevention.

Pilates®: A mind/body exercise consisting of systematic mat work and equipment-based exercises taught at different levels. The focus is on optimal musculo-skeletal performance, strength, flexibility, and endurance without risking injury or creating bulk. The 6 basic principles of Joseph Pilates will be taught which includes breathing, pelvic and rib cage placement, scapular movement and stabilization, and head and cervical placement.

PiYO: an energetic and dynamic workout that combines the flexibility of yoga and the strengthening of Pilates as well as cardio intervals. This amazing workout get your heart rate up while improving balance and core strength.

Pound®: Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.

Power Brun: A strength/resistance training workout using multiple different types of workout equipment to strengthen and tone muscle and burn calories. This class is great for ALL fitness levels, modification always available.

Reboot: A High-intensity fitness program incorporating elements from several sports and types of exercise.

Restorative Yoga: (Ages 18+) This yoga is a practice that is all about slowing down and opening your body through passive stretching. During long holds of restorative yoga, however, your muscles are allowed to relax deeply. It's a unique feeling because props, rather than your muscles, are used to support your body.

Shine Dance Fitness™ is a high cardio dance fitness class rooted in Jazz, Ballet and Hip Hop. We use current music and the routines are choreographed to make you feel strong, happy, confident and inspired. This class is guaranteed to energize your soul. All abilities welcome!

Silver Sneakers Chair/Eccentrics: a combination strength, and flexibility exercises that incorporates components of Yoga, Tai Chi and Drum exercise for a full body workout that is fun and rejuvenating.

Silver Strong: For anyone. All ages, abilities and levels. Starting class with strength training followed by some metabolic conditioning to get that heart rate up!

Pumped Up Strength: Engage your whole body for this low impact fitness journey. Using dumbbells, resistance bands, stability ball or other equipment & your own body weight to strengthen all major muscle groups. Designed to define, shape, and tone your body through choreographed combinations that build on each other.

Vinyasa Yoga: Helps build and maintain strong bones, muscles and connective tissue to maintain a high metabolism, healthy posture and an active and alive body.

Zumba®: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba Fitness classes are often called exercise in disguise. Super effective and super fun.

Zumba for All: This is a low impact, super fun dance class, geared toward those less mobile and beginners. The music is a mixture of 70's,80's and today's hits, with a few Latin songs. Its a great way to work your mind and body!

Clay County Seniors Classes:

Drum Fit—Dance to Cardio Music

Gentle Yoga—Mat based Yoga.

Silver Strong— Strength Training

Zumba Silver— Dance Fitness