



# EXCELSIOR SPRINGS COMMUNITY CENTER GROUP EXERCISE SCHEDULE

SEP-NOV 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>MUSCLE UP STRENGTH TRAINING</b> 5:15-6 AM Becky	<b>HIIT</b> 5:15-6 AM Becky	<b>MUSCLE UP STRENGTH TRAINING</b> 5:15-6 AM Becky	<b>BOOTCAMP</b> 5:15-6 AM Yolanda	<b>MAX MOBILITY</b> <small>NEW</small> Darrien 5:30-6 AM	<b>PUMP N' CORE</b> 8:00 Pam S
<b>SILVER STRONG</b> Darrien 7:15	<b>DRUM FIT</b> Kristi 7:15	<b>ZUMBA SILVER</b> Pam V. 7:15	<b>GENTLE YOGA</b> Kristi 7:15	<b>SILVER STRONG</b> Darrien 7:15	<b>CYCLE FIT *</b> 9:00 Darrien
<b>SHINE DANCE FIT</b> 8:00 Starla	<b>RESTORATIVE YOGA</b> 8:00 Kristi	<b>SHINE DANCE FIT</b> 8:00 Starla	<b>RESTORATIVE YOGA</b> 8:00 Kristi	<b>SHINE DANCE FIT</b> 8:00 Starla	<b>ZUMBA</b> 9:00 Theresa & Pam V
<b>AQUA FIT</b> 8:00 Trish	<b>PUMPED UP STRENGTH</b> 9:00 Starla	<b>AQUA FIT</b> 8:00 Trish	<b>AQUA NOODLE NEW TIME</b> 8:00 Trish	<b>AQUA FIT</b> 8:00 Trish	<b>AQUA ZUMBA</b> 9:30 Rhonda
<b>PILATES</b> 9:00 Trish	<b>SILVER SNEAKERS CHAIR ESSENTIALS</b> 10:00 Kristi	<b>REBOOT</b> 9:00 Darrien	<b>PILATES</b> 9:00 Trish	<b>DRUM FIT</b> <small>NEW</small> 9:00 Kristi	<b>VINYASA YOGA</b> 10:00 Jenn
<b>AQUA DANCE FIT</b> 9:00 Starla	<b>POWERFUL FITNESS YOGA</b> 11:00 Kat	<b>AQUA DANCE FIT</b> 9:00 Starla	<b>SILVER STRENGTH &amp; TONE</b> 10:00 Darrien	<b>AQUA DANCE FIT</b> 9:00 Starla	<b>AQUA FIT</b> 10:30 Rhonda
<b>AQUA ARTHRITIS</b> 10:00 Trish	<b>POWER BURN</b> 5:00 Yolanda	<b>VINYASA YOGA</b> 10:00 Jenn	<b>POWER UP!</b> 11:00 Pam V	<b>AQUA ARTHRITIS</b> 10:00 Trish	
<b>AGING BACKWARD</b> 10:00 Kristi	<b>ZUMBA**</b> 6:00 Theresa	<b>AQUA ARTHRITIS</b> 10:00 Trish	<b>ANY AGE FITNESS</b> 12:00 Trish	<b>MINDFUL MOVEMENTS</b> 10:00 Kristi	<b>SUNDAY</b>
	<b>FLOW AND LET GO</b> 6:00 Hailee	<b>BARRE 360</b> <small>NEW</small> 11:00 Dria		<b>REBOOT **</b> <small>NEW</small> 5:30 Darrien	<b>BOOTCAMP</b> 9:00 Yolanda
<b>HIIT</b> 5:00 Pam S		<b>FLOW AND LET GO</b> 5:00 Hailee	<b>VINYASA YOGA</b> 5:00 Jenn	<b>STEP &amp; SCULPT</b> 6:00 Bridgette	
<b>POUND**</b> 6:00 Theresa		<b>POUND**</b> 6:00 Theresa	<b>CIRCUIT 30 **</b> <small>NEW</small> 5:30-6:00 Yolanda		
<b>PIYO</b> 6:00 Bridgette		<b>PIYO</b> 6:00 Bridgette	<b>ZUMBA**</b> 6:00 Pam V		
<b>AQUA ZUMBA</b> 6:30 Rhonda		<b>AQUA FIT</b> 6:30 Rhonda	<b>RESTORE, STRETCH &amp; ROLL</b> 6:00 Kristi		
<b>AQUA FIT</b> 7:30 Rhonda		<b>STEP &amp; SCULPT</b> 7:00 Bridgette			
		<b>AQUA ZUMBA</b> 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 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:** Get a full body burn while toning small muscle groups using low impact moves.

**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.

**Full Body Fit:** Want an effective full body workout? Join in on this fun strength training class that utilizes dumbbells & your own bodyweight. Targets your core, upper & lower body. Get great results & motivation to take on any day! All fitness levels welcome.

**Cardio Drum**—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.

**Max Mobility:** All about dedicating time to care for your body and soft tissue and promote better movement and improve functional range of motion.

**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:** is a low-impact exercise that doesn't involve jumping, which lowers your risk of soft-tissue injuries such as sprains, strains, and bruises

**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.

**Powerful Fitness Yoga:** Come flow with Kat and experience how yoga can get you in the best shape of your life. This class features advanced flowing balances, core work, full body toning, and deep stretching. This is a wonderful way to find the present moment and connect with your breath as you let go of expectations and embrace a challenge. Previous yoga experience a plus. Put in the work, and enjoy the energy!

**Power Up!:** Low Intensity total body strength training workout that utilizes Barbells and weights to strengthen the whole body. Modifications are made to make this a great workout functional for everyone from beginner to seasoned enthusiast.

**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.

**Pump 'N Core:** A barbell workout using high rep sets that will train all your major muscle groups while focusing on proper form. You will improve overall strength and endurance. Body resistance core exercises will be integrated throughout the session.

**Reboot:** This class will be a mixture of exercise therapy/mobility, learn strength training techniques with a touch of cross training to make your muscles grow and get stronger.

**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/Essentrics:** 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 Strength & Tone:** This class is designed to encourage, educate and empower seniors with challenging movements such as HIIT and TABATA to help get the heart rate going and the muscles growing.

**Step & Sculpt:** Simple, heart-pumping step aerobics routines combine with portions of strength training intervals to give you a complete cardio and weights workout. This is an excellent class to improve your coordination, cardiovascular endurance, and muscle tone.

**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.

Clay County Seniors Classes:  
**Drum Fit**—Dance to Cardio Music  
**Gentle Yoga**—Mat based Yoga.  
**Silver Strong**— Strength Training  
**Zumba Silver**— Dance Fitness