



# EXCELSIOR SPRINGS COMMUNITY CENTER GROUP EXERCISE SCHEDULE

## SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>STRENGTH TRAINING</b> 5:15-6:00 Becky	<b>CARDIO BOOTCAMP</b> 5:15-6:00 Becky	<b>STRENGTH TRAINING</b> 5:15-6:00 Becky	<b>CARDIO BOOTCAMP</b> 5:15-6:00 Yolanda	<b>STRENGTH TRAINING</b> 5:15-6:00 Yolanda	<b>METCON</b> 8:00 Pam S
<b>ROCK N' RISE YOGA</b> 6:30-7:00 Darrien	<b>SILVER STRONG</b> Darrien 7:15	<b>ZUMBA SILVER</b> Pam V. 7:15	<b>SILVER STRONG</b> Darrien 7:15	<b>SILVER YOGA</b> Darrien 7:15	<b>WALKING WOMEN</b> 9:00 Bridgette
<b>SILVER SHADOWBOXING</b> Darrien 7:15	<b>STRETCH &amp; RESTORE</b> 8:00 Kristi	<b>SHINE DANCE FIT</b> 8:00 Starla	<b>STRETCH &amp; RESTORE</b> 8:00 Kristi	<b>PUMPED UP STRENGTH</b> 8:00 Starla	<b>ZUMBA</b> 9:00 Theresa & Pam V
<b>SHINE DANCE FIT</b> 8:00 Starla	<b>PUMPED UP STRENGTH</b> 9:00 Starla	<b>AQUA FIT</b> 8:00 Trish	<b>AQUA BALANCE, CORE &amp; MORE</b> 8:00 Trish	<b>AQUA FIT</b> 8:00 Trish	<b>AQUA ZUMBA</b> 9:30 Rhonda
<b>AQUA FIT</b> 8:00 Trish	<b>SILVER SNEAKERS CHAIR ESSENTIALS</b> 10:00 Kristi	<b>SHADOWBOXING</b> 9:00 Darrien	<b>PILATES</b> 9:00 Trish	<b>DRUM FIT</b> 9:00 Kristi	<b>VINYASA YOGA</b> 10:00 Jenn
<b>PILATES</b> 9:00 Trish	<b>AQUA HIIT</b> 10:00 Cassie	<b>AQUA DANCE FIT</b> 9:00 Starla	<b>ZUMBA FOR ALL</b> 10:00 Pam V	<b>AQUA DANCE FIT</b> 9:00 Starla	<b>AQUA FIT</b> 10:30 Rhonda
<b>AQUA DANCE FIT</b> 9:00 Starla	<b>DRUM FIT</b> 11:00-11:30 Kristi	<b>VINYASA YOGA</b> 10:00 Jenn	<b>AQUA HIIT</b> 10:00 Cassie	<b>AQUA ARTHRITIS</b> 10:00 Trish	
<b>AQUA ARTHRITIS</b> 10:00 Trish		<b>AQUA ARTHRITIS</b> 10:00 Trish	<b>PIYO</b> 11:00 Kelli	<b>AGING EFFORTLESSLY</b> 10:00 Kristi	<b>SUNDAY</b>
<b>AGING EFFORTLESSLY</b> 10:00 Kristi	<b>POWER BURN</b> 11:00 Yolanda	<b>SOULFusion</b> 11:00 Angel	<b>ANY AGE FITNESS</b> 12:00 Trish		<b>SOULFusion</b> 9:00 Angel
<b>CYCLE EXPRESS</b> 11:00 Darrien	<b>ZUMBA**</b> 6:00 Theresa	<b>CARDIO KICKBOXING</b> 5:00 Bridgette		<b>HI-LO</b> 5:00 Bridgette	
	<b>FLOW AND LET GO</b> 6:00 Hailee	<b>POUND**</b> 6:00 Theresa	<b>VINYASA YOGA</b> 5:00 Jenn	<b>FLOW FRIDAY</b> 6:00 Angel	
<b>HIIT</b> 5:00 Pam S	<b>TURN UP DANCE FITNESS</b> 7:00 Dusty	<b>PIYO</b> 6:00 Kelli	<b>CIRCUIT 30 **</b> 5:30-6:00 Yolanda	<b>TURN UP DANCE FITNESS</b> 7:00 Dusty	
<b>POUND**</b> 6:00 Theresa		<b>AQUA FIT</b> 6:30 Rhonda	<b>ZUMBA**</b> 6:00 Pam V		
<b>PIYO</b> 6:00 Bridgette		<b>AQUA ZUMBA</b> 7:30 Rhonda	<b>RESTORATIVE YOGA</b> 6:00 Hailee		
<b>STRETCH &amp; RESTORE</b> 7:00 Kristi					
<b>AQUA ZUMBA</b> 6:30 Rhonda					
<b>AQUA FIT</b> 7:30 Rhonda					



CLAY COUNTY SENIORS CLASS IN GROUP X ROOM

CLASS WILL TAKE PLACE IN THE POOL

\*\*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 Effortlessly:** A full body functional fitness workout including strength, core, balance, and cardiovascular training. Will incorporate hand-eye coordination and mind-muscle connection. For all ages and abilities.

**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.

**Aqua Balance, Core & More:** Focus on balance, core, lumbar stabilization, and more. Will utilize dumbbells, noodles and your own body weight. This is also a great option for those in recovery.

**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:** 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 H.I.I.T. class will get you moving for an effective calorie burn to some fun music!

**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.

**Cardio Bootcamp:** Full body workout incorporating cardiovascular endurance, resistance training, and HIIT

**Cardio Kickboxing:** non-contact aerobic conditioning activity that combines punches, kicks, and traditional aerobic moves with high-tempo music to give you a great workout. This class is designed to enhance cardiovascular endurance, muscular toning, and coordination.

**Circuit 30:** 30 minute high intensity class that is suitable for all fitness levels.

**Cycle Fit:** 30 to 40 minute cycle ride. HIIT rides, climbs, intervals and arms, and theme rides!

**Drum Fit:** Brings together drumsticks and an exercise ball to create one of the most fun workouts you'll ever do. Use the exercise ball and the floor as your drum, and mix in fun moves and drumming for a fun cardio workout.

**Flow Friday:** Warmup and flow with cardio and some core work mixed in.

**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!

**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! 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 used intermittently.

**METCON:** metabolic conditioning. Efficiently combine large muscle strength moves with cardio

**Pilates®:** A mind/body exercise consisting of systematic mat work and equipment-based exercises taught at different levels. The focus is on optimal musculoskeletal 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 gets 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 Burn:** A strength/resistance training workout using different types of equipment to strengthen, tone, & burn calories. It is great for ALL fitness levels modification is available.

**Pumped Up Strength:** Engage your whole body for this low impact fitness journey. Using dumbbells, resistance bands, stability balls, other equipment & your own body weight to gain strength. Designed to define, shape, and tone your body through choreographed movements.

**Restorative Yoga:** Is a practice that is all about slowing down and opening your body through passive stretching. During the long holds your muscles are allowed to relax deeply. It's a unique feeling because props, rather than your muscles, are used to support your body.

**Rock N' Rise Yoga:** Wake up your body and mind with a powerful 30 minute yoga flow followed by a guided meditation. This class flows along with instrumental rock music.

**Shadow Boxing:** Full body conditioning and strength training. This martial arts training method involves throwing punches into the air with an imaginary opponent.

**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 Shadow Boxing:** For anyone. All ages, abilities and levels. This class helps improve all over strength, hand-eye coordination, memory improves and is easy on the joints.

**Silver Sneakers Chair Yoga:** Chair based yoga with the aid of props as needed

**Silver Strong:** All ages, abilities & levels. Starts with strength followed by metabolic conditioning

**Silver Yoga:** Slow-paced style of yoga, incorporating principles of traditional Chinese medicine, with asanas that are held for longer periods of time.

**SOULFusion:** Is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and strength training exercises all set to fun music.

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

**Stretch & Restore:** Focus on tension relieving stretches and dynamic movements. Improve mobility and flexibility. A blend of relaxing restorative poses using props and cultivating connection between brain, breath, and body.

**Turn Up Dance Fitness™** A combination of HIIT, Strength, & Dance! You will push limits and barriers Empower one another through fitness. Our playlist is mostly Hip Hop & Pop with some slower R&B. NO dance experience required! This is a 60 minute workout.

**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.

**Walking Women:** is designed for mothers and caretakers of young children looking for moderate exercise while socializing. This class is ideal for pregnant women and women with stroller aged children. Put on your walking shoes and come make some new "fitness-mom-friends"!

**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. 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.