



# GROUP EXERCISE SCHEDULE

JULY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<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 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> 6:15-6:45 Darrien	<b>SILVER STRONG</b> Darrien 7:15	<b>ROCK N' RISE YOGA</b> 6:15-6:45 Darrien	<b>SILVER STRONG</b> Darrien 7:15	<b>ROCK N' CORE PILATES</b> 6:15-6:45 Darrien	<b>ZUMBA®</b> 9:00 Theresa & Pam V
<b>SILVER HIIT</b> Darrien 7:15	<b>STRETCH &amp; RESTORE</b> 8:00 Kristi	<b>ZUMBA SILVER</b> Pam V. 7:15	<b>STRETCH &amp; RESTORE</b> 8:00 Kristi	<b>SILVER YOGA</b> Darrien 7:15	<b>VINYASA YOGA</b> 10:00 Jenn
<b>SHINE DANCE FIT®</b> 8:00 Starla	<b>PUMPED UP STRENGTH®</b> 9:00 Starla	<b>SHINE DANCE FIT®</b> 8:00 Starla	<b>AQUA BALANCE, CORE &amp; MORE</b> 8:00 Darrien	<b>PUMPED UP STRENGTH®</b> 8:00 Starla	
<b>AQUA FIT</b> 8:00 Darrien	<b>SILVER SNEAKERS CHAIR YOGA</b> 10:00 Jenn	<b>AQUA FIT</b> 8:00 Darrien	<b>FIT MIX</b> 9:00 Pam S	<b>DRUM FIT</b> 9:00 Kristi	<b>SUNDAY</b>
<b>C.O.R.E. &amp; STRETCH</b> 9:00 Jenn	<b>AQUA FIT</b> 10:00 Kelli	<b>CROSS TRAINING</b> 9:00 Darrien	<b>ZUMBA FOR ALL</b> 10:00 Pam V	<b>AQUA DANCE FIT</b> 9:00 Starla	<b>SOULFusion</b> 9:00 Angel
<b>AQUA DANCE FIT</b> 9:00 Starla	<b>PIYo</b> 11:00 Kelli	<b>MIGHTY MOMS</b> 9:00* Amanda	<b>AQUA FIT</b> 10:00 Kelli	<b>AQUA MOVE</b> 10:00 Darrien	
<b>AQUA MOVE</b> 10:00 Darrien	<b>POWER BURN</b> 5:00 Yolanda	<b>AQUA MOVE</b> 9:00 Starla	<b>PIYo</b> 11:00 Kelli	<b>AGING EFFORTLESSLY</b> 10:00 Amanda	
<b>AGING EFFORTLESSLY</b> 10:00 Jenn	<b>ZUMBA®***</b> 6:00 Theresa	<b>VINYASA YOGA</b> 10:00 Jenn	<b>ANY AGE FITNESS</b> 12:00 Darrien	<b>PERFORMANCE ESSENTIALS</b> 11:00 Darrien	
<b>PERFORMANCE ESSENTIALS</b> 11:00 Darrien	<b>RESTORATIVE YOGA</b> 6:00 Hailee	<b>SOULFusion</b> 11:00 Angel	<b>STRETCH &amp; RELEASE</b> 5:00 Jenn	<b>STEP &amp; SCULPT</b> 5:00 Bridgette	
<b>HIIT</b> 5:00 Pam S	<b>TURN UP &amp; TONE®</b> 7:00 Dusty	<b>CARDIO KICKBOXING</b> 5:00 Bridgette	<b>CIRCUIT 30 **</b> 5:30-6:00 Yolanda	<b>FLOW FRIDAY</b> 6:00 Angel	
<b>POUND®***</b> 6:00 Theresa		<b>POUND®***</b> 6:00 Theresa	<b>ZUMBA®**</b> 6:00 Pam V	<b>TURN UP DANCE FITNESS®</b> 7:00 Dusty	
<b>PIYo</b> 6:00 Bridgette		<b>CYCLE</b> 6:00 Darrien	<b>AQUA MOVE</b> 6:00 Darrien		
<b>AQUA FIT</b> 6:00 Pam S					



NO REGULAR CLASS ON  
**4<sup>th</sup> of July**  
JOIN US FOR POP UPS!

CLAY COUNTY SENIORS CLASS IN GROUP X ROOM

CLASS WILL TAKE PLACE IN THE POOL

\*\*CLASS WILL BE IN THE GYMNASIUM CLASS RECOMMENDED 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 Fit:** High energy full body workout. Come ready to move! If you were on land you'd definitely be sweating.
- **Aqua Move:** is a fun, low impact, high energy, full body workout in the water that is joint friendly. All ages, abilities, and fitness levels are welcome.
- **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.
- **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.
- **C.O.R.E & Stretch:** Core Strengthening (Control Optimization Resistance & Engagement) with dynamic stretching.
- **Circuit 30:** 30 minute high intensity class that is suitable for all fitness levels.
- **Cross Training:** Vary your fitness program by combining different types of exercise activities including strength training and cardio
- **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.
- **Fit Mix:** Designed to sculpt your body and strengthen your core. Using balls, bands, weights, and sliders, this comprehensive workout targets all major muscle groups. A fun and challenging way to tone up and boost your core power!
- **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 always offered.
- **HIIT:** High intensity interval training—A cardiovascular exercise strategy alternating short periods of intense anaerobic exercise with less intense recovery
- **METCON:** metabolic conditioning. Efficiently combine large muscle strength moves with cardio
- **Mighty Moms:** Combining bootcamp-style workouts with the convenience of bringing your stroller, this class offers a perfect blend of cardio, strength, and core exercises. Get fit, bond with other moms, and enjoy the fresh air while keeping your little one close. All fitness levels are welcome. This class will take place outdoors when weather permits and will move to the gymnasium when needed.
- **Performance Essentials:** Will build upon the foundational principles of "Aging Effortlessly" this advanced session will incorporate exercise balls, weights, and floor work. The class will continue to focus on strength, flexibility, balance, and agility.
- **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.
- **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 HIIT:** For anyone. All ages, abilities and levels. This class helps improve all over strength and hand-eye coordination
- **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.
- **Step & Sculpt:** A heart-pumping step aerobics routines combined with strength training intervals with free weights along with resistance bands to give you a complete cardio and weights workout.
- **STRETCH & RELEASE:** Gentle vinyasa flow to release the tensions of the week.
- **Turn Up & Tone™** Stays true to the Turn Up™ experience while adding another layer of strength training as a major focus.
- **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.
- **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 Silver:** This is a low impact, super fun dance class, geared toward those less mobile and beginners.