



# EXCELSIOR SPRINGS COMMUNITY CENTER GROUP EXERCISE SCHEDULE DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>STRENGTH TRAINING</b> 5:15-6:00 Becky	<b>UPPER BODY BLAST</b> 5:15-6:00 Yolanda	<b>STRENGTH TRAINING</b> 5:15-6:00 Becky	<b>LOWER BODY BLOWOUT</b> 5:15-6:00 Yolanda	<b>STRENGTH TRAINING</b> 5:15-6:00 Yolanda	<b>METCON</b> 8:00 Pam S
<b>HIT</b> 7:15-7:45 Debbie	<b>SILVER STRONG</b> 7:15-7:45 Debbie	<b>ZUMBA SILVER</b> 7:15-7:45 Pam V	<b>SILVER STRONG</b> 7:15-7:45 Debbie	<b>STRETCH &amp; MOBILITY</b> 7:15-7:45 Debbie	<b>ZUMBA®</b> 9:00 Theresa & Pam V
<b>SHINE DANCE FIT®</b> 8:00 Starla	<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>VINYASA YOGA</b> 10:00 Jenn
<b>AQUA FIT</b> 8:00 Debbie	<b>AQUA CARDIO FIT</b> 8:00 Debbie	<b>AQUA FIT</b> 8:00 Debbie	<b>AQUA BALANCE, CORE &amp; MORE</b> 8:00 Debbie	<b>DRUM FIT</b> 9:00 Kristi	
<b>PILATES PLUS</b> 9:00 Jenn	<b>AQUA TABATA</b> 9:00 Debbie	<b>AQUA DANCE FIT</b> 9:00 Starla	<b>AQUA CARDIO FIT</b> 9:00 Debbie	<b>AQUA FUN FRIDAY</b> 8:00 Debbie	
<b>AQUA DANCE FIT</b> 9:00 Starla	<b>PUMPED UP STRENGTH®</b> 9:00 Starla	<b>PILATES PLUS</b> 9:00 Jenn	<b>FIT MIX</b> 9:00 Nicole	<b>AQUA DANCE FIT</b> 9:00 Starla	<b>SUNDAY</b>
<b>AQUA MOVE</b> 10:00 Debbie	<b>SILVER SNEAKERS CHAIR YOGA</b> 10:00 Jenn	<b>AQUA YOGA</b> 10:00 Kristi	<b>SILVER ZUMBA</b> 10:00 Pam V	<b>AQUA MOVE</b> 10:00 Debbie	<b>SOULFusion</b> 9:00 Angel
<b>AGING EFFORTLESSLY</b> 10:00 Amanda	<b>AQUA FIT</b> 10:00 Kelli	<b>VINYASA YOGA</b> 10:00 Jenn	<b>AQUA FIT</b> 10:00 Kelli	<b>AGING EFFORTLESSLY</b> 10:00 Kristi	
<b>PERFORMANCE ESSENTIALS</b> 11:00 Kristi	<b>PIYO</b> 11:00 Kelli	<b>STRENGTH CIRCUIT &amp; TABATA</b> 5:00 Kelli & Pam S	<b>PIYO</b> 11:00 Kelli	<b>PERFORMANCE ESSENTIALS</b> 11:00 Kristi	
<b>HIT</b> 5:00 Pam S	<b>POWER BURN</b> 5:00 Yolanda	<b>POUND®**</b> 6:00 Theresa	<b>ANY AGE FITNESS</b> 12:00 Kristi		
<b>POUND®**</b> 6:00 Theresa	<b>ZUMBA®**</b> 6:00 Theresa		<b>STRETCH &amp; RELEASE</b> 5:00 Jenn	<b>FLOW FRIDAY</b> 5:00 Angel	
<b>VINYASA YOGA</b> 6:00 Jenn	<b>RESTORATIVE YOGA</b> 6:00 Hailee		<b>CORE &amp; CARDIO**</b> 5:30-6:00 Yolanda	<b>TURN UP DANCE FITNESS®</b> 7:00 Dusty	
<b>AQUA FIT</b> 6:00 Pam S	<b>TURN UP &amp; TONE®</b> 7:00		<b>ZUMBA®**</b> 6:00 Pam V		



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-FRIDAY 8:00AM-12:00PM & 4:00PM-8:00PM SATURDAY 8:00AM-12:00PM

EXCELSIOR SPRINGS COMMUNITY CENTER | 500 TIGER DRIVE, EXCELSIOR SPRINGS, MO 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 Cardio Fit:** Full body workout, improving cardiovascular endurance.
- **Aqua Fit:** High energy full body workout. Come ready to move! If you were on land you'd definitely be sweating.
- **Aqua Fun Friday:** Fun music, funky moves, and fun games!!
- **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 upbeat music. No dance background necessary—just move and have fun.
- **Aqua Tabata:** Short burst of high intensity training followed by short rest periods.
- **Aqua Yoga:** Experience yoga in a new way. Challenge your balance against the water.
- **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.
- **Core & Cardio:** 30 minute class focusing on cardio endurance and building a strong core.
- **Cycle:** Join for a nice weekend ride we will have sprints and hills to keep your ride interesting.
- **Deep Water:** High Energy Exercise wearing a water belt to keep you afloat in the deep water.
- **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.
- **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
- **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.
- **Pilates Plus:** A mind-body exercise that involves a series of controlled movements that focus on strengthening the core. The "plus" refers to adding light weights and dynamic stretching from time to time.
- **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!
- **Power Burn:** A strength/resistance training workout using different types of equipment to strengthen, tone, & burn calories. ALL fitness levels
- **Pumped Up Strength®:** Full body workout, 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.
- **Shine Dance Fitness®** is a high cardio dance fitness class. Uses current music, routines are choreographed to make you feel strong, happy, & confident.
- **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
- **Stretch & Mobility:** Ease your muscles with some stretching and work on mobility.
- **SOULFusion:** Is a creative blend of yoga-inspired flows, short cardio bursts, balance sequences, and strength training exercises all set to fun music.
- **Strength Circuit & Tabata:** A dynamic combination of strength training and high-intensity intervals. This class features a mix of functional strength circuits to build muscle and Tabata-style cardio bursts for fat-burning and endurance. Perfect for all fitness levels!
- **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.