

November 2016 Group Exercise Schedule

Updated as of 10/26/2016

S	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
Warrensburg Parks and Recreation ~ 445 E. Gay St. ~ (660) 747-7178~ www.warrensburg.com						
		1 5:45am Warrior Club Trae 8:00am Chair Yoga Pat 9:00am SS Classic Corina 9:00am Aquacise Teena 4:30pm Aqua Zumba Corina 5:15pm Spinning Sherri 7:00pm ZumbaToning Teresa	2 5:45am Warrior Club Teresa 9:00am Aquacise Teena 9:30am 50+ Fitness Teresa 9:30am START Sherrie B. 10:00am HydroExercise-Kelly 5:00pm WOD Trae 6:00pm Power Yoga Moll	3 5:45am Warrior Club Teresa 8:00am SS Yoga Corina 9:00am SS Classic Corina 9:00am Aquacise Teena 10:00am Power Yoga Andrea 4:00pm Yoga Beth 5:15pm Spinning Sherri 7:00pm Zumba Toning Teresa	4 5:45am Warrior Club Trae 9:00am Aquacise Teena 9:30am Zumba Gold Mollie 9:30am START MJ	5 8:00am Trae WOD 9:00am Trae YogaFlow Suzy
6	7 5:45am Warrior Club Victoria 9:00am Aquacise Teena 9:30am 50+ Fitness Teresa 9:30am START Claudia 10:00am HydroExercise Kelly 5:00pm Iron Yoga Molly 6:00pm Yin Yoga Molly	8 5:45am Warrior Club Trae 8:00am Chair Yoga Pat 9:00am SS Classic Corina 9:00am Aquacise Teena 4:30pm Aqua Zumba Corina 5:15pm Spinning Sherri 7:00pm ZumbaToning Teresa	9 5:45am Warrior Club Teresa 9:00am Aquacise Teena 9:30am 50+ Fitness Teresa 9:30am START Sherrie B. 10:00am HydroExercise-Kelly 5:00pm WOD Trae 6:00pm Power Yoga Molly	10 5:45am Warrior Club Teresa 8:00am SS Yoga Corina 9:00am SS Classic Corina 9:00am Aquacise Teena 10:00amPower Yoga Andrea 4:00pm Yoga Beth 5:15pm Spinning Sherri 7:00pm ZumbaToning- Teresa	11 5:45am Warrior Club Trae 9:00am Aquacise Teena 9:30am Zumba Gold Mollie 9:30am START Sherrie	12 8:00am Trae WOD 9:00am Trae YogaFlow Suzy
13	14 5:45am Warrior Club Victoria 9:00am Aquacise Teena 9:30am 50+ Fitness Teresa 9:30am START Sherrie B. 10:00am HydroExercise Kelly 5:00pm Iron Yoga Molly 6:00pm Yin Yoga Molly	15 5:45am Warrior Club Trae 8:00am Chair Yoga Pat 9:00am SS Classic Corina 9:00am Aquacise Teena 4:30pm Aqua Zumba Corina 5:15pm Spinning Sherri 7:00pm ZumbaToning Teresa	16 5:45am Warrior Club Teresa 9:00am Aquacise Teena 9:30am 50+ Fitness Teresa 9:30am START Sherrie B. 10:00am HydroExercise-Kelly 5:00pm WOD Trae 6:00pm Power Yoga Molly	17 5:45am Warrior Club Teresa 8:00am SS Yoga Corina 9:00am SS Classic Corina 9:00am Aquacise Teena 10:00amPower Yoga Andrea 4:00pm Yoga Beth 5:15pm Spinning Sherri	18 5:45am Warrior Club Trae 9:00am Aquacise Teena 9:30am Zumba Gold Mollie 9:30am START MJ	19 8:00am Trae WOD 9:00am Trae YogaFlow Andrea
20	21 5:45am Warrior Club Victoria 9:00am Aquacise Teena 9:30am 50+ Fitness Victoria 9:30am START MJ 10:00am HydroExercise Kelly 5:00pm Iron Yoga Andrea 6:00pm Yin Yoga Andrea	22 5:45am Warrior Club Trae 8:00am Chair Yoga Pat 9:00am SS Classic Corina 9:00am Aquacise Teena 4:30pm Aqua Zumba Corina 5:15pm Spinning Sherri No Zumba Today	23 5:45am Warrior Club Trae 9:00am Aquacise Teena 9:30am 50+ Fitness Victoria 9:30am START Sherrie B. 10:00am HydroExercise-Kelly WCC Closed at 5pm for Holiday	24 Happy Thanksgiving 	25 5:45am Warrior Club Trae 9:00am Aquacise Teena 9:30am Zumba Gold Mollie 9:30am START Sherrie B.	26 8:00am Trae WOD 9:00am Trae YogaFlow Suzy
27	28 5:45am Warrior Club Victoria 9:00am Aquacise Teena 9:30am 50+ Fitness Teresa 9:30am START Sherrie B. 10:00am HydroExercise Kelly 5:00pm Iron Yoga Molly 6:00pm Yin Yoga Molly	29 5:45am Warrior Club Trae 8:00am Chair Yoga Pat 9:00am SS Classic Corina 9:00am Aquacise Sue 4:30pm Aqua Zumba Corina 5:15pm Spinning Sherri 7:00pm ZumbaToning Teresa	30 5:45am Warrior Club Teresa 9:00am Aquacise Teena 9:30am 50+ Fitness Teresa 9:30am START Sherrie B. 10:00am HydroExercise-Kelly 5:00pm WOD Trae 6:00pm Power Yoga Molly	Silver Sneakers Eligible AND Gold Plus Class (age 50 and up) \$3.00/class or \$15/10 class punch pass Class Fees: \$4.00/class or \$30/30 days Punch Pass (20 visits) \$50.00 Schedule Subject to Change Stay up to date on our FB page: Warrensburg Parks and Rec		

Group Exercise Class Descriptions

Classes are held in the Warrensburg Community Center's Aerobics Room unless otherwise stated.

Schedule is subject to change. Most classes are 45-55 minutes. Class sizes are limited.

What's New!

Iron Yoga: A unique practice that uses poses combined with upper body weight training. This is a great way to safely build your strength with a balance of yoga postures to help warm and open the body. This class will improve lean muscle mass, flexibility and range of motion.

WOD: (Workout of the Day) Develop your strength and push your body to the limits. Weights, KB's, Barbells, etc., will be used to max out your WOD!

Spinning: Indoor cycling provides a fun and challenging cardiovascular workout for all ages & fitness levels. Experience a full ride of hills, sprints and endurance intervals with energizing music and motivational instruction. Come spin your way to a healthier you!

Warrior Club: Challenge yourself with this fast-paced, calorie-blasting workout, using the cross training style approach. Whether a seasoned veteran looking for a new challenge or a beginner looking to take that first step, the Warrior club provides modifications for each participant to keep the challenges coming. Join the WWC with others just like you! We will see you every morning at the WCC gymnasium!

Yin Yoga: This style of yoga is great for everyone! All positions are done from the floor at 70% of your maximum edge. While deep breathing in these postures for up to 3 minutes at your edge, your body can safely open. Some benefits of yin yoga are; increased circulation, improved flexibility, greater joint mobility, fascial release and balancing your internal organs. Leave class with a renewed sense of calm and wellbeing.

Power Yoga - This class is great for strengthening not only your body, but your mind as well. Through guided meditations and mindful movement of breath and body, you will leave class feeling empowered, centered and ready to take on your day!

Yoga Flow: Experience the importance of breath work, relaxation, and core-enhancing healing poses. Improve strength, flexibility, balance, and increase energy levels. This class is for both men and women of all ages.

Zumba Toning: Keep the classic fun Latin moves of Zumba and mix in muscle conditioning, strength building and toning for an all over sculpting body workout. We incorporate into the class light weights and help you focus on specific muscle groups, so that you and your muscles stay engaged.

Aqua Zumba: A water-based workout that integrates the Zumba formula and philosophy into traditional aqua fitness. Don't be fooled, this is not your normal aqua class. The movements are challenging and you can really feel the muscles working against the resistance of the water. Latin dance rhythms are incorporated into this class.

Silver Sneakers Qualified Classes

Check with your health insurance provider or the Warrensburg Community Center front desk to find if you are eligible.

START-Senior Toning and Resistance Training: START uses gentle activities to increase joint flexibility, range of motion & to maintain muscle strength. Men & women are encouraged to attend.

Silver Sneakers Classic: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

Silver Sneakers Circuit: Combines fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching, and relaxation exercises.

50 + Fitness: This group exercise class helps individuals maintain strength, flexibility, mobility, endurance and cardiovascular ability. Participants use weights, resistance bands, weight machines and more. This is the most intense of the Silver Plus classes.

Silver Sneakers Yoga/Chair Yoga: In this class you will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Zumba Gold: Zumba Gold is like the Zumba class which is an exhilarating dance-fitness sensation with easy to follow dance moves to upbeat world rhythms. This Gold class is suited for beginners and older adults with less intense, lower impact dance moves that can have you dancing the day away!

Aquacise, HydroExercise, Silver Sneakers Cardio

Gold Plus Classes (age 50 and older)

\$3.00 per class or \$15.00 for 10 Class Punch Pass

50 + Fitness, START, Silver Sneakers Classic, Silver Sneakers Cardio, Silver Sneakers Yoga, Silver Sneakers Circuit, and Chair Yoga, Aquacise, Hydro Exercise, and Zumba Gold

Water Aerobic Classes

Held in Warrensburg Community Center Lap Pool

Aquacise: This water fitness class is designed as a high intensity water aerobics class. Water resistance provides muscular strengthening and endurance as well as a great cardiovascular workout. You may want to wear water shoes.

Hydro Exercise: This class is great for those who want a gentle workout that includes stretching and toning. Your body will be 50%-90% in the pool. All abilities are welcome!