

Group Fitness Classes: January 1 - March 31

Aerobics Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday
5:30 AM	 Sarah	 Kim	 Monica	 Sarah	 Kim	8:00 AM	 Instructor varies
7:30 AM		Awesome Abs Mike		Awesome Abs Sarah		9:00 AM	Cardio Class Instructor/Class varies
8:15 AM		Young at Heart Elaine		Young at Heart Elaine			
8:30 AM	Simply Stretch Sarah		Simply Stretch Damon		Simply Stretch Sarah		Sunday
9:00 AM	Tai Chi Damon	Low & Light Aerobics Kay	Tai Chi Damon	Low & Light Aerobics Kay	Low & Light Aerobics Sarah	12:10 PM	Cardio Mix Kim
10:00 AM	Low & Light Aerobics Lil	<i>PiYo</i> Mike	Tone & Balance Kay/Sarah/Wes		<i>PiYo</i> Mike	1:15 PM	<i>PiYo</i> Monica
12:10 PM	 Kay/Sarah	Circuit Training Larsen/Wes	 Cindy/Sarah	 Sarah	 Sarah		
12:50 PM		Pilates Kay		<i>PiYo</i> Sarah		IN THE EVENT JEFFERSON CITY PUBLIC SCHOOLS ARE CLOSED DUE TO INCLEMENT WEATHER, MORNING GROUP EXERCISE CLASSES WILL BE CANCELLED. CLASSES FROM 12PM ON WILL GO ON AS SCHEDULED.	
4:00 PM	 Kay		Step Circuit Lil		 Lil		
4:30 PM		 Cindy		 Cindy			
4:50 PM	<i>PiYo</i> Mike/Monica		Pilates Kay			 Sam B. Cook CAPITAL REGION HEALTHPLEX <i>University of Missouri Health Care</i>	
5:30 PM	Step Circuit Tena	 Cindy	 Kim	 Cindy			
6:30 PM	 Monica		Awesome Abs Kim				
						632-5634 • www.crmc.org	



A rapid fat-burning class that uses barbells to give you the fastest way to tone and condition muscles! After an exhaustive study, BODYPUMP was verified by The University of Auckland as providing the fastest body fat loss of any fitness class.



A fast paced, explosive step workout that will leave you upbeat and ready for more! Burn up to 620 calories in this 55 minute medium to high intensity workout! Get ready to come alive!

AWESOME ABS

A 30-minute class targeting the abdominal and back to strengthen and tone your entire mid-section.

CARDIO MIX

This high-energy, fat-burning workout incorporates traditional high and low impact moves mixed with total body toning. On Saturday's the instructor varies and may use any variety of cardio conditioning. (45-60 min)

CIRCUIT TRAINING

This 40 minute class is filled with fast moving and continuous flow of cardio and strength training.

LOW & LIGHT AEROBICS

A class of upper and lower body strength training, cardiovascular conditioning, and flexibility exercises. A fun and motivating - low intensity class great for beginners, seniors, and exercisers of all fitness levels! (45 min.)

PILATES

This progressive class will teach you exercises to strengthen the "Powerhouse" or core muscles. We focus on alignment, balance and control while performing dynamic stability exercises. (40 min.)

LES MILLS

FITNESS IS A BATTLE
WELCOME TO THE FRONT LINE



lesmills.com



Piyo is a hybrid, athletic workout combining the mind/body practices of yoga and Pilates, as well as the principles of sports stretch, strength training, conditioning, and dynamic movement. It includes modifications to fit all fitness levels. (40 - 60 min)

SIMPLY STRETCH

A slow-paced class for stretching and core stabilization that involves controlled movements focusing on alignment, functional strength and flexibility training. (30 min.)

STEP CIRCUIT

Intervals of step cardio combined with resistance training for an all-over great workout. (40 - 60 min.)

TAI CHI

This progressive class focuses on mind and body coordination while emphasizing balance, flexibility and strength through fluid movements.


TONE & BALANCE

This class is designed to improve overall strength, balance, and flexibility. Class also includes stretches for each muscle group after it is worked. Abdominal exercises and additional total body stretching will end the class. Suitable for all fitness levels. (45 min.)

YOUNG AT HEART

Everyone is welcome, although the 50+ member is the target age group. Low-impact and low-intensity workout that includes a warm-up, stretching, muscle conditioning and track walking followed by a cool-down and stretching. A great group setting that offers support and motivation. (60 min.)

Yellow Light This symbol outside the aerobics studios indicates the class is at risk of cancellation or is being changed to a different time slot.



ALL CLASSES ARE INCLUDED IN A HEALTHPLEX MEMBERSHIP AT NO ADDITIONAL CHARGE!

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