

**Excelsior Springs Community Center
Group Exercise Classes
July-August Schedule**

Schedule Starts Monday, July 11, 2016						
Monday	Tuesday	Wednesday	Thursday	Friday		
8:15-8:45 am	Zumba Gold® Instructed by Elaina	AAA Strength Able-bodied Active Adults Instructed by Elaina	Zumba Gold® Instructed by Elaina	Stretch & Core Instructed by Elaina	AAA Strength Able-bodied Active Adults Instructed by Elaina	
5:45-6:30 pm		Zumba® Instructed by Theresa		Zumba® Instructed by Theresa		

See individual class prices on back.

******All checks are made payable to Excelsior Springs Parks & Recreation Dept.******

Please bring water bottle, towel and yoga mat to class unless otherwise instructed by trainer.

If you have any questions regarding the classes listed, please contact the instructor for that class:
 Elaina Lamley getphit@att.net or 816-797-7967 or Facebook Page GET PHIT, LLC
 Theresa Happy theresahappy80@gmail.com 816-536-9718
 Or call Excelsior Springs Parks & Recreation Dept. at 816-630-1040 or email questions to:
exspgsparksrec@gmail.com

Zumba on Saturday Mornings, July 9th & 23rd at 9:00 am.
NO Zumba class on Tuesday, July 19th – will be on Monday, July 18th.

Contact Theresa Happy for August, Saturday class dates.
 Please check with your instructor about class schedules during holidays or call the office before you head out for class. 630-1040



Group Exercise Class Descriptions

AAA Strength – Triple A Strength: Able-bodied Active Adults - Class sessions will focus on strengthening muscles, improving cardiovascular health, and developing better balance & coordination. Hand-held weights, balls and other various strengthening equipment will be used. A chair is provided for seated and standing support. Contact Elaina for more information. Class is FREE for ages 60 & over or people (ages 18-59) who qualify for Senior Center Services. \$5 per class or \$35 per month. Class is held on Tuesdays and Fridays.
Instructed by Elaina Lamley

Stretch & Core - This is a combination of pilates, yoga, and balance movements. This class will focus on full body strengthening while also conditioning all the muscles in the center of the body (known as the CORE). Enjoy the stretches, improve your balance, and be prepared to start feeling stronger. This is a beginner's to intermediate level class. Emphasis will be on learning the basic, simple poses and then learning how to flow through a series of movements. Perfect for all ages and anyone wanting to slowly progress in to body strengthening with slow & controlled movement. Participants must be able to get down to the floor mat & then up again. Class is FREE for ages 60 & over or people (ages 18-59) who qualify for Senior Center services. \$5 per class or \$20 per month. Class is held on Thursdays.
Instructed by Elaina Lamley

Zumba Gold® - This class is great for all fitness levels – Don't let the name fool you. Takes the popular Latin-dance workout of Zumba® and makes it accessible for seniors, beginners, or others needing modifications in their exercise routine. Zumba Gold® builds cardiovascular health by challenging the heart and working the muscles of the hips, legs, and arms with dance moves. The intention of this class is to move a little and have a lot of fun!! – even if you don't perform each move perfectly! Class is FREE for ages 60 & over or people (ages 18-59) who qualify for Senior Center services. \$5 per class or \$35 per month. Classes held on Mondays and Wednesdays.
Instructed by Elaina Lamley

Zumba® Exercise in Disguise! – Are you ready for the Latin-inspired, dance fitness class that is taking over the nation?! A ZUMBA class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique, blended balance of cardio & muscle-toning benefits. The ZUMBA program is the most effective, innovative & exhilarating workout designed for everyone. It's a blast! It's different! It's easy! It's a party-like atmosphere! It's effective! The ZUMBA Fitness-Party is indeed, great for the mind, body and soul! Contact Theresa Happy for more information. \$7 per class or \$45 per month or 5 class punch card for \$30.
Instructed by Theresa Happy

AAA Strength, Stretch & Core, and Zumba Gold® funded by Clay County Senior Services.

