

Harrisonville Community Center

FITNESS & AQUATICS SCHEDULE March 29th - May 9th 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* <u>JAZZERCISE (FS)</u> 3PM-4PM Reg. Info On Back	* <u>JAZZERCISE (FS)</u> 5:30AM-6:30AM Reg. Info On Back	<u>HIIT (SH)</u> 5:10AM-6:10AM (FREE/M, \$36/NM)	* <u>JAZZERCISE (FS)</u> 5:30AM-6:30AM Reg. Info On Back	<u>HIIT (SH)</u> 5:10AM-6:10AM (FREE/M, \$36/NM)	* <u>JAZZERCISE (FS)</u> 5:30AM-6:30AM Reg. Info On Back	<u>YOGA (FS)</u> 7:15AM-8AM Fitness on Demand
REGISTRATION BEGINS Thur., Mar. 25th SEE BACK PAGE FOR CLASS DESCRIPTIONS LOCATION KEY: SH = Social Hall FS = Fitness Studio PE = Pure Energy Studio IP = Indoor Pool	* <u>JAZZERCISE (FS)</u> 8:15AM-9:15AM Reg. Info On Back	<u>YOGA (FS)</u> 6:30AM-7AM Fitness on Demand	* <u>JAZZERCISE (FS)</u> 8:15AM-9:15AM Reg. Info On Back	<u>YOGA (FS)</u> 6:30AM-7AM Fitness on Demand	* <u>JAZZERCISE (FS)</u> 8:15AM-9:15AM Reg. Info On Back	* <u>JAZZERCISE (FS)</u> 8:15AM-9:15AM Reg. Info On Back
	<u>SILVERSNEAKERS (SH)</u> 8:30AM-9:15AM (FREE/SS, \$18/M \$36NM)	<u>Cycling (FS)</u> 7:15AM-8AM Fitness on Demand	<u>SILVERSNEAKERS (SH)</u> 8:30AM-9:15AM (FREE/SS, \$18/M \$36NM)	<u>Cycling (FS)</u> 7:15AM-8AM Fitness on Demand	<u>SILVERSNEAKERS (SH)</u> 8:30AM-9:15AM (FREE/SS, \$18/M \$36NM)	<u>AQUACISE WATER AEROBICS (IP)</u> 9AM-10AM (FREE/M, \$36/NM)
	<u>GROUP ACTIVE (SH)</u> 9:30AM-10:30AM (FREE/M, \$36/NM)	<u>BASIC WATER AEROBICS (IP)</u> 8:30AM-9:30AM (FREE/M, \$36/NM)	<u>GROUP ACTIVE (SH)</u> 9:30AM-10:30AM (FREE/M, \$36/NM)	<u>BASIC WATER AEROBICS (IP)</u> 8:30AM-9:30AM (FREE/M, \$36/NM)	<u>GROUP ACTIVE (SH)</u> 9:30AM-10:30AM (FREE/M, \$36/NM)	<u>GROUP CENTERGY (FS)</u> 9:30AM-10:30AM (FS) (FREE/M, \$36/NM)
	<u>GENTLE YOGA (FS)</u> 10:45AM-11:30AM (FREE/M, \$36/NM)	<u>GROUP CENTERGY (FS)</u> 9:30AM-10:30AM (FREE/M, \$36/NM)	<u>GENTLE YOGA (FS)</u> 10:45AM-11:30AM (FREE/M, \$36/NM)	<u>GROUP CENTERGY (FS)</u> 9:30AM-10:30AM (FREE/M, \$36/NM)	<u>PILATES (FS)</u> 12:15PM-12:45PM & 12:45-1:15PM Fitness on Demand	<u>SPINNING (FS)</u> 10:45-11:30am (FREE/M, \$36/NM)
	<u>PILATES (FS)</u> 12:15PM-12:45PM & 12:45-1:15PM Fitness on Demand	<u>KICKBOX FAST FIX (SH)</u> 12:15PM-12:45PM & 12:45-1:15PM Fitness on Demand	<u>PILATES (FS)</u> 12:15PM-12:45PM & 12:45-1:15PM Fitness on Demand	<u>KICKBOX FAST FIX (SH)</u> 12:15PM-12:45PM & 12:45-1:15PM Fitness on Demand	<u>TOTAL BODY WORKOUT (SH)</u> 12:15PM-12:45PM & 12:45-1:15PM Fitness on Demand	<u>MARTIAL ARTS ADULT (SH)</u> 10AM-11AM (\$50 Per 6-weeks)
	<u>TOTAL BODY WORKOUT (SH)</u> 12:15PM-12:45PM & 12:45-1:15PM Fitness on Demand	<u>CYCLING (FS)</u> 12:15PM-12:45PM & 12:45-1:15PM Fitness on Demand	<u>TOTAL BODY WORKOUT (SH)</u> 12:15PM-12:45PM & 12:45-1:15PM Fitness on Demand	<u>TOTAL BODY WORKOUT (SH)</u> 12:15PM-12:45PM & 12:45-1:15PM Fitness on Demand	<u>CYCLING (FS)</u> 12:15PM-12:45PM & 12:45-1:15PM Fitness on Demand	<u>MARTIAL ARTS YOUTH (SH)</u> 11AM-12PM (\$50 Per 6-weeks)
	<u>STRENGTH & BODY CIRCUIT (SH)</u> 6PM-7PM (FREE/M, \$36NM)	* <u>JAZZERCISE (FS)</u> 6PM-7PM Reg. Info On Back	<u>STRENGTH & BODY CIRCUIT (SH)</u> 6PM-7PM (FREE/M, \$36NM)	* <u>JAZZERCISE (FS)</u> 6PM-7PM Reg. Info On Back	<u>STRENGTH & BODY CIRCUIT (SH)</u> 6PM-7PM (FREE/M, \$36NM)	"GREEN BLOCKS" CLASSES FREE TO HCC MEMBERS! <i>(Registration Required)</i>
	<u>ZUMBA (FS)</u> 6PM-7PM (\$18/M, \$36/NM)	<u>HIIT (SH)</u> 6PM-7PM (FREE/M, \$36/NM)	<u>ZUMBA (FS)</u> 6PM-7PM (\$18/M, \$36/NM)	<u>HIIT (SH)</u> 6PM-7PM (FREE/M, \$36/NM)	<u>YOGA (FS)</u> 7:10PM-7:45PM Fitness on Demand	All class prices are per 6-week session for each weekday, morning, & afternoon sessions registered (unless otherwise noted). See the Front Desk for questions on class pricing
	<u>YOGA (FS)</u> 7:10PM-7:45PM Fitness on Demand	<u>AQUACISE WATER AEROBICS (IP)</u> 6:30PM-7:30PM (FREE/M, \$36/NM)	<u>YOGA (FS)</u> 7:10PM-7:45PM Fitness on Demand	<u>AQUACISE WATER AEROBICS (IP)</u> 6:30PM-7:30PM (FREE/M, \$36/NM)	"YELLOW BLOCKS" 'FITNESS ON DEMAND' FREE TO HCC MEMBERS IN-FACILITY ONLY! <i>(No Registration Required For In-Facility Use)</i>	
	<u>MARTIAL ARTS YOUTH (SH)</u> 7PM-8PM (\$50 Per 6-weeks)	<u>KICKBOX FAST FIX (SH)</u> 7:15PM-7:45PM Fitness on Demand	<u>MARTIAL ARTS ADULT (SH)</u> 7PM-8PM (\$50 Per 6-weeks)	<u>KICKBOX FAST FIX (SH)</u> 7:15PM-7:45PM Fitness on Demand	FOD IN-HOME USE REQUIRES REGISTRATION! \$10 MEMBER FEE / \$20 NON-MEMBER FEE *COST PER EACH 6-WEEK SESSION* <i>E-Mail is a Requirement for FOD In-home Use</i>	
<u>MARTIAL ARTS YOUTH (SH)</u> 7PM-8PM (\$50 Per 6-weeks)	<u>SPINNING (FS)</u> 7:15PM-8PM (FREE/M, \$36/NM)	<u>YOGA (FS)</u> 7:10PM-7:45PM Fitness on Demand	<u>PILATES (FS)</u> 8:15PM-8:45pm Fitness on Demand			
<u>MARTIAL ARTS YOUTH (SH)</u> 7PM-8PM (\$50 Per 6-weeks)	<u>PILATES (FS)</u> 8:15PM-8:45pm Fitness on Demand					

****ATTENTION****

Due to Good Friday, April 2nd, classes held on that date will be prorated or cancelled due to the holiday.

ZUMBA Class has been prorated due to not holding classes on the dates of - April 12th, & April 14th

GROUP CENTERGY & ACTIVE Classes have been prorated due to not holding classes on the dates of - April 1st, 2nd, & 3rd

Fitness Class Descriptions

Martial Arts Adult & Youth

Ted Hall

No 'Drop In' Passes will be allowed

Learn a variety of Martial Arts & Karate techniques with instructor Ted Hall, who has studied & taught Martial Arts for 30+ years.
(Youth ages 5-10; Adults ages 11+)

SilverSneakers Classic

Rachel Jones

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement & activities for daily living.

Group Active

Aubrey Graeve

This class is a diverse 1-hour workout that improves cardiovascular fitness, builds total body strength, & enhances Movement Health for daily life. Inspiring music & professional coaching will ensure you succeed with a wide variety of innovative & athletic exercises that incorporates dumbbells, body weight, & The Step.
Activate Your Life!

Spinning

Brenda Thomas

Want to burn fat and build strength? Come try our new Spin class and challenge yourself through varying high intensity Spin bike workouts!

Aquacise Water Aerobics

Theresa Bauer

Is Basic Water Aerobics just not giving you the workout that you need? Come try our Aquacise Water Aerobics Class & get the workout that is sure to WORK you OUT!

Group Centergy

Aubrey Graeve

Group Centergy (MOSSA), incorporates Yoga & Pilates fundamentals with athletic training for balance, mobility, flexibility, & the core. Emotive music drives the experience as you breathe & sweat through this full body fitness journey.

Strength & Body Circuit

Alisa Wade

Strength & Body Circuit is designed for a Total Body Fitness Workout! This class will focus on building your core strength, increase stability, improve balance, help with coordination & posture. This class has been designed for all fitness levels & age groups.

Basic Water Aerobics

Heather Caruthers

Come get a great flexibility & strength training workout in our warm indoor pool. A terrific workout for those wanting to maintain motion, strength & flexibility.

Gentle Yoga

Aubrey Graeve

Gentle Yoga is a slow paced, well supported, & nurturing class. Focus will be on Balance, Range of Motion, & Flexibility.

(HIT)

Rachel Jones

High Intensity Interval Training; variety of exercises integrating weights, & calisthenics. You will burn calories, & be provided with a full-body anaerobic & aerobic workout!
Modifications made for all levels.

- Tuesday Focus: Glutes / Abs
- Thursday Focus: Upper Body / Abs

Zumba

Kahla Harding

Zumba is a fusion of Latin & International music combined with dance fitness moves to create a dynamic & effective cardiovascular & toning workout.

Fitness On Demand (FOD)

FOD is a global leader in the collection, curation and provision of high-quality, premium digital fitness content from some of the world's leading names and experts in personalized fitness.

This system provides true premium workouts and on-demand content options wherever users need it: in studio, around the facility or *at home.

***FOD IN-HOME USE REQUIRES REGISTRATION! \$10 MEMBER FEE / \$20 NON-MEMBER FEE**
***COST PER EACH 6-WEEK SESSION | E-Mail is a Requirement for FOD In-home Use**

Jazzercise

Register & Pay Directly Through Jazzercise

<https://www.jazzercise.com/location/jazzercise-harrisonville-community-center-20348>

OR:

Jazzerciseharrisonville@gmail.com

Jazzercise is a high intensity dance party that fuses Cardio, Strength, Pilates, Hip Hop, Yoga, & Kickboxing for a pulse pounding, beat pumping, body-lasting fitness workout!

Register On-line | Phone | In-person | For More Info. Contact The Front Desk, 816.380.8980, ext. 6

HARRISONVILLE COMMUNITY CENTER

2400 Jefferson Pkwy Harrisonville, MO 64701
www.HPARKS.com | (816) 380.8980

“Let us be the best part of your day and first choice for Health, Fitness & Fun!”