

Harrisonville Community Center

FITNESS & AQUATICS SCHEDULE Aug. 7, 2017 - Sept. 17, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*SILVER SNEAKERS* 8:30 AM - 9:15 AM (SH) (FREE/SS, \$18/M, \$36/NM)</p>	<p>BASIC WATER AEROBICS 8:30 AM - 9:30 AM (IP) (FREE/M, \$36/NM)</p>	<p>SILVER SNEAKERS 8:30 AM - 9:15 AM (SH) (FREE/SS, \$18/M, \$36/NM)</p>	<p>BASIC WATER AEROBICS 8:30 AM - 9:30 AM (IP) (FREE/M, \$36/NM)</p>	<p>SILVER SNEAKERS 8:30 AM - 9:15 AM (SH) (FREE/SS, \$18/M, \$36/NM)</p>	<p>AQUACISE WATER AEROBICS 9:00 AM - 10:00 AM (IP) (\$15/M, \$30/NM)</p>
<p>*GROUP STRENGTH* 9:30 AM - 10:15 AM (SH) (FREE/M, \$36/NM)</p>	<p>GET FIT CHALLENGE 6:00 PM - 7:00 PM (SH) (\$36/M, \$60/NM)</p>	<p>GROUP STRENGTH 9:30 AM - 10:15 AM (SH) (FREE/M, \$36/NM)</p>	<p>GET FIT CHALLENGE 6:00 PM - 7:00 PM (SH) (\$36/M, \$60/NM)</p>	<p>GROUP STRENGTH 9:30 AM - 10:15 AM (SH) (FREE/M, \$36/NM)</p>	<p>MARTIAL ARTS ADULT 12:00 PM - 1:00 PM (SH) (\$50 per six-weeks)</p>
<p>*GROUP STRENGTH* 6:15 PM - 7:00 PM (SH) (FREE/M, \$18NM)</p>	<p>AQUACISE WATER AEROBICS 7:00 PM - 8:00 PM (IP) (\$15/M, \$30/NM)</p>	<p>GROUP STRENGTH 6:15 PM - 7:00 PM (SH) (FREE/M, \$18NM)</p>	<p>AQUACISE WATER AEROBICS 7:00 PM - 8:00 PM (IP) (\$15/M, \$30/NM)</p>	<p>GROUP STRENGTH 6:15 PM - 7:00 PM (SH) (FREE/M, \$18NM)</p>	<p>MARTIAL ARTS YOUTH 1:00 PM - 2:00 PM (SH) (\$50 per six-weeks)</p>
<p>*ZUMBA* 7:00 PM - 8:00 PM (FS) (\$18/M, \$36/NM)</p>		<p>ZUMBA 7:00 PM - 8:00 PM (FS) (\$18/M, \$36/NM)</p>			

LOCATION KEY:

SH = Social Hall
FS = Fitness Studio
PE = Pure Energy Studio
IP = Indoor Pool

FREE CLASSES FOR HCC MEMBERS!

REGISTRATION STARTS FRIDAY, August 4th!

SEE BACK PAGE FOR CLASS DESCRIPTIONS!

2017 Fitness Class Off Weeks

- Sept. 18th - 24th
- Dec. 18th - Jan 7th

'Get Fit' Challenge will **NOT** be held on Sept. 5th or Sept. 7th for this session. (cost of class has been prorated to reflect the days off)

No Classes will be held on Monday, September 4th due to Labor Day Holiday. These classes have been prorated.

All class prices are per 6-week session for each weekday registered (unless otherwise noted). See the Front Desk for questions on class pricing.

Register online or at the Front Desk. For more info contact glockett@harrisonville.com

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!"

Fitness Class Descriptions

Martial Arts Adult & Youth

Ted Hall

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

****No 'Drop In' Passes will be allowed in this class****

Activity # 340302-07/08

Zumba

Kahla Harding

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

Activity # 320307-03/04

Get Fit Challenge

Doretta Moles

If you want to lose weight, tone up, or just feel better then we CHALLENGE you to Get Fit! Weight and measurements will be taken at the beginning and end of this 6-week challenge.

****No 'Drop In' Passes will be allowed in this class****

Activity # 320323-03/04

Basic Water Aerobics

Heather Caruthers

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

Activity # 320204-03/04

Silver Sneakers Classic

Gideon Lockett

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

Activity # 330320-04/05/06

Group Strength

Gideon Lockett & Sheridan Settle

This class consists of basic group exercises. Format of the class will change daily based on participant and instructor preferences.

Activity # 320316-07/08/09/10/11/12

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 and get the workout that is sure to WORK you OUT!

Activity # 320205-04/05/06