



FOR MORE INFORMATION CALL: 816.380.8980 | OR VISIT: WWW.HARRISONVILLEPARKS.COM

FITNESS & AQUATICS

Schedule

MORNINGS

EVENINGS

MON

MAT PILATES | 7AM
GENTLE YOGA | 8AM
SILVERSNEAKERS | 8AM
TOTAL TONING | 9:30AM

HIIT IT HARD | 5:30PM
ZUMBA | 6PM
SWIM LESSONS | 6 & 6:30PM

TUE

BASIC WATER AEROBICS | 8:30AM
SILVERSNEAKERS CIRCUIT | 8:30AM
VINYASA YOGA | 9AM
TOTAL TONING | 9:30AM
BEGINNER PICKLEBALL | 10AM
SILVERSNEAKERS YOGA | 10AM

SWIM LESSONS | 6 & 6:30PM
AQUACISE | 6:30PM

WED

MAT PILATES | 7AM
GENTLE YOGA | 8AM
SILVERSNEAKERS | 8AM
TOTAL TONING | 9:30AM

HIIT IT HARD | 5:30PM
ZUMBA | 6PM
SWIM LESSONS | 6 & 6:30PM

THU

BASIC WATER AEROBICS | 8:30AM
SILVERSNEAKERS CIRCUIT | 8:30AM
VINYASA YOGA | 9AM
TOTAL TONING | 9:30AM
SILVERSNEAKERS YOGA | 10AM

SWIM LESSONS | 6 & 6:30PM
AQUACISE | 6:30PM

FRI

MAT PILATES | 7AM
MIX YOGA | 8AM
SILVERSNEAKERS | 8AM

SAT

AQUACISE | 8:30AM

ALL CLASSES ARE INCLUDED WITH MEMBERSHIPS AND DAY PASSES.
JUST COMING TO CLASS? NON-MEMBERS \$6 DROP-IN RATE.



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FITNESS CLASS DESCRIPTIONS

SEE THE FRONT DESK FOR QUESTIONS ON CLASSES.

BASIC WATER AEROBICS

GREAT FLEXIBILITY & STRENGTH TRAINING WORKOUT FOR THOSE WANTING TO MAINTAIN MOTION, STRENGTH & FLEXIBILITY.

INSTRUCTOR: HEATHER CARUTHERS

POOL: TUES/THURS 8:30AM

MAT PILATES

MAT PILATES IS A STRENGTHENING & LENGTHENING FORM OF EXERCISE THAT FOCUSES ON YOUR CORE MUSCLES.

INSTRUCTOR: MACKENZIE HEENEY

FITNESS STUDIO: MON/WED/FRI 7AM

GENTLE YOGA

A RESTFUL PRACTICE THAT HOLDS LONGER POSES USING PROPS. EMPHASIZES DEEP RELAXATION & MEDITATION.

INSTRUCTOR: MACKENZIE HEENEY

FITNESS STUDIO: MON/WED/FRI 8AM

VINYASA YOGA

STRINGING POSES TOGETHER THROUGH MOVEMENT & BREATH. INCREASE FLEXIBILITY, STRENGTH, STABILITY & CALMNESS.

INSTRUCTOR: MACKENZIE HEENEY

FITNESS STUDIO: TUES/THURS 9AM

INTRO TO PICKLEBALL

BEGINNER-FRIENDLY CLASS THAT COVERS RULES, SCORING, TECHNIQUES & GAMEPLAY.

INSTRUCTOR: RON SMITH

GYM: TUES 10AM

SILVERSNEAKERS YOGA

SEATED AND STANDING YOGA POSES TO INCREASE FLEXIBILITY, BALANCE & RANGE OF MOTION.

INSTRUCTOR: BRENDA THOMAS

FITNESS STUDIO: T/TH 10AM

PICKLEBALL OPEN PLAY

MON/WED | 11AM-1PM | 7-9PM

THURS | 9:30-11:30AM

SUN | 1-5PM

MEMBERS FREE | NON-MEMBERS DAY PASS

GYM: COURT B

SILVERSNEAKERS CIRCUIT

UPPER-BODY WORK WITH LOW-IMPACT CARDIO. HELPS BUILD POWER & ENDURANCE THROUGH STRENGTH TRAINING.

INSTRUCTOR: BRENDA THOMAS

SOCIAL HALL: TUES/THURS 8:30AM

SILVERSNEAKERS

FUN EXERCISES DESIGNED TO INCREASE MUSCULAR STRENGTH, RANGE OF MOVEMENT & ACTIVITIES FOR DAILY LIVING.

INSTRUCTOR: BRENDA THOMAS

SOCIAL HALL: MON/WED/FRI 8AM

AQUACISE

BASIC WATER AEROBICS ISN'T ENOUGH OF A WORKOUT? TRY AQUACISE & GET THE WORKOUT THAT IS SURE TO WORK YOU OUT!

INSTRUCTOR: THERESA BAUER

POOL: TUES/THURS 6:30PM, SAT 8:30AM

HIIT IT HARD

A DYNAMIC BLEND OF STRENGTH TRAINING, CARDIO, AND HIGH INTENSITY INTERVALS.

INSTRUCTOR: BRENDA THOMAS

SOCIAL HALL: MON/WED 5:30PM

TOTAL TONING

TOTAL BODY TONING, WITH DAILY FOCUSES MON-ARMS, TUES-LEGS, WED-CORE, THURS-CARDIO

INSTRUCTOR: RACHELLE MOORE

SOCIAL HALL: MON-THURS 9:30AM

ZUMBA

LATIN & INTERNATIONAL MUSIC COMBINED WITH DANCE MOVES.

INSTRUCTOR: KAHLA HARDING

FITNESS STUDIO: MON/WED 6PM

\$55

LEARN TO SWIM GROUP LESSONS

IMPROVE YOUR SWIMMING SKILLS WITH OUR EXPERIENCED INSTRUCTORS GUIDING YOU STEP BY STEP.

POOL: MON/WED, TUES/THURS, 6/6:30PM