

Harrisonville Community Center

FITNESS & AQUATICS SCHEDULE

Sept. 28th - Nov. 8th 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
* <u>JAZZERCISE</u> 3PM-4PM (FS) Cost & Reg. Info On Back Page	* <u>JAZZERCISE</u> 5:30AM-6:30AM (FS) Cost & Reg. Info On Back Page	<u>BASIC WATER AEROBICS</u> 8:30AM-9:30AM (IP) (FREE/M, \$36/NM)	* <u>JAZZERCISE</u> 5:30AM-6:30AM (FS) Cost & Reg. Info On Back Page	<u>BASIC WATER AEROBICS</u> 8:30AM - 9:30AM (IP) (FREE/M, \$36/NM)	* <u>JAZZERCISE</u> 5:30AM-6:30AM (FS) Cost & Reg. Info On Back Page	* <u>JAZZERCISE</u> 8:15AM-9:15AM (FS) Cost & Reg. Info On Back Page
	<u>SILVERSNEAKERS</u> 8:30AM-9:15AM (SH) (FREE/SS, \$18/M, \$36NM)	<u>MOSSA CENTERGY</u> 9:30AM - 10:30AM (FS) (FREE/M, \$36/NM)	<u>SILVERSNEAKERS</u> 8:30AM - 9:15AM (SH) (FREE/SS, \$18/M, \$36NM)	<u>MOSSA CENTERGY</u> 9:30AM - 10:30AM (FS) (FREE/M, \$36/NM)	<u>SILVERSNEAKERS</u> 8:30AM - 9:15AM (SH) (FREE/SS, \$18/M, \$36NM)	<u>GROUP STRENGTH</u> 8:30AM-9:15AM (SH) (FREE/M, \$36/NM)
REGISTRATION BEGINS Wed. Sept. 23rd	* <u>JAZZERCISE</u> 8:15AM-9:15AM (FS) Cost & Reg. Info On Back Page	* <u>JAZZERCISE</u> 6PM-7PM (FS) Cost & Reg. Info On Back Page	* <u>JAZZERCISE</u> 8:15AM-9:15AM (FS) Cost & Reg. Info On Back Page	* <u>JAZZERCISE</u> 6PM-7PM (FS) Cost & Reg. Info On Back Page	* <u>JAZZERCISE</u> 8:15AM-9:15AM (FS) Cost & Reg. Info On Back Page	<u>AQUACISE WATER AEROBICS</u> 9AM-10AM (IP) (\$15/M, \$30/NM)
SEE BACK PAGE FOR CLASS DESCRIPTIONS	<u>GROUP STRENGTH</u> 9:30AM-10:15AM (SH) (FREE/M, \$36/NM)	<u>AQUACISE WATER AEROBICS</u> 7PM-8PM (IP) (\$15/M, \$30/NM)	<u>GROUP STRENGTH</u> 9:30AM-10:15AM (SH) (FREE/M, \$36/NM)	<u>AQUACISE WATER AEROBICS</u> 7PM-8PM (IP) (\$15/M, \$30/NM)	<u>GROUP STRENGTH</u> 9:30AM-10:15AM (SH) (FREE/M, \$36/NM)	<u>MOSSA CENTERGY</u> 9:30AM-10:30AM (FS) (FREE/M, \$36/NM)
LOCATION KEY: SH = Social Hall FS = Fitness Studio PE = Pure Energy Studio IP = Indoor Pool	<u>GENTLE YOGA</u> 10:30AM-11:15AM (FS) (FREE/M, \$36/NM)		<u>GENTLE YOGA</u> 10:30AM-11:15AM (FS) (FREE/M, \$36/NM)			<u>MARTIAL ARTS ADULT</u> 10AM-11AM (SH) (\$50 Per 6-weeks)
FREE CLASSES FOR HCC MEMBERS!	<u>GROUP STRENGTH</u> 6PM-7PM (SH) (FREE/M, \$36NM)		<u>GROUP STRENGTH</u> 6PM-7PM (SH) (FREE/M, \$36NM)		<u>GROUP STRENGTH</u> 6PM-7PM (SH) (FREE/M, \$36/NM)	<u>MARTIAL ARTS YOUTH</u> 11AM-12PM (SH) (\$50 Per 6-weeks)
	<u>ZUMBA</u> 6PM-7PM (FS) (\$18/M, \$36/NM)		<u>ZUMBA</u> 6PM-7PM (FS) (\$18/M, \$36/NM)			
	<u>MARTIAL ARTS YOUTH</u> 7PM-8PM (SH) (\$50 Per 6-weeks)		<u>MARTIAL ARTS ADULT</u> 7PM-8PM (SH) (\$50 Per 6-weeks)			

NEW CLASS & DAY OFFERING!

- 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

Register online | Phone | In-person | For More Info., email - vschroeder@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 & Karate techniques with instructor Ted Hall, who has studied & taught Martial Arts for 30+ years. *(Youth ages 5-10; Adults ages 11+)*

****No 'Drop In' Passes will be allowed****

Gentle Yoga Audrey Graeve

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

SilverSneakers Classic Vince Schroeder

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 Strength Vince Schroeder

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

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!

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!

Zumba Kahla Harding

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

MOSSA Centergy Aubrey Graeve

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

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 online | Phone | In-person | For More Info., Email - vschroeder@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!”