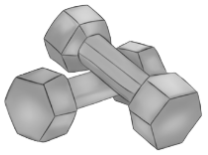




FITNESS CLASS - MORNING



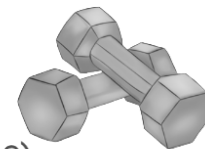
FITNESS CLASSES ARE FREE FOR MEMBERS (EXCLUDING DANCE FITNESS)

\$5.00 / CLASS NON MEMBERS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------------------------------|---------------------------------|-----------|---|--|--|
| | | | 1 | 2 9:00 Power Pilates/ Stretch (Christin) 10:00 Tai Chi (Brenda) | 3 9:00 Strength & Conditioning (Christin) | 4 9:00 TNT - Tighten and Tone (Kari) |
| 5 | 6 9:00 HIIT & Run (Ken) | 7 10:00 Tai Chi (Brenda) | 8 | 9 9:00 Cardio Core (Christin) 10:00 Tai Chi (Brenda) | 10 9:00 Strength & Conditioning (Christin) | 11 9:00 TNT - Tighten and Tone (Kari) |
| 12 | 13 9:00 HIIT & Run (Ken) | 14 10:00 Tai Chi (Brenda) | 15 | 16 9:00 Power Pilates/ Stretch (Christin) 10:00 Tai Chi (Brenda) | 17 9:00 Strength & Conditioning (Christin) | 18 9:00 TNT - Tighten and Tone (Kari) |
| 19 | 20 9:00 HIIT & Run (Ken) | 21 10:00 Tai Chi (Brenda) | 22 | 23 9:00 Cardio Core (Christin) 10:00 Tai Chi (Brenda) | 24 9:00 Strength & Conditioning (Christin) | 25 9:00 TNT - Tighten and Tone (Kari) |
| 26 | 27 9:00 HIIT & Run (Ken) | 28 10:00 Tai Chi (Brenda) | 29 | 30 9:00 Power Pilates/ Stretch (Ken) 10:00 Tai Chi (Brenda) | 31 NO Strength & Conditioning | St. Joseph REC CENTER 2701 SW Parkway St. Joseph, 64503 816-271-5512 |



FITNESS CLASS - EVENING



FITNESS CLASSES ARE FREE FOR MEMBERS (EXCLUDING DANCE FITNESS)

\$5.00 / CLASS NON MEMBERS

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--|---|--|--|--------|--|
| | | | 1 5:15 Fitness Bingo (Kari) 6:00 Yoga (Tom) | 2 5:30 Circuit Training (Kari) 6:30 Pilates (Casey) | 3 | 4 |
| 5 | 6 5:15 Muscle Monday (Kari) 6:00 Dance Fitness (Kristi) \$5 | 7 4:30 Yoga (Kelli) 6:00 Toning (Kali) | 8 5:15 Fitness Bingo (Kari) NO Yoga | 9 5:30 Circuit Training (Kari) 6:30 Pilates (Casey) | 10 | 11 |
| 12 | 13 5:15 Muscle Monday (Kali) 6:00 Dance Fitness (Kristi) \$5 | 14 4:30 Yoga (Kelli) 6:00 Toning (Kari) | 15 5:15 Fitness Bingo (Kari) 6:00 Yoga (Tom) | 16 5:30 Circuit Training (Kari) 6:30 Pilates (Casey) | 17 | 18 |
| 19 | 20 5:15 Muscle Monday (Kari) 6:00 Dance Fitness (Kristi) \$5 | 21 4:30 Yoga (Kelli) 6:00 Toning (Kali) | 22 5:15 Fitness Bingo (Kari) 6:00 Yoga (Tom) | 23 5:30 Circuit Training (Kari) 6:30 Pilates (Casey) | 24 | 25 |
| 26 | 27 5:15 Muscle Monday (Kari) 6:00 Dance Fitness (Kristi) \$5 | 28 4:30 Yoga (Kelli) 6:00 Toning (Kali) | 29 5:15 Fitness Bingo (Kari) 6:00 Yoga (Tom) | 30 5:30 Circuit Training (Kari) 6:30 Pilates (Casey) | 31 | St. Joseph REC CENTER 2701 SW Parkway St. Joseph, 64503 816-271-5512 |

