

FITNESS CLASSES

JOYCE RAYE PATTERSON 50+ ACTIVITY CENTER, 100 S 10TH STREET, ST. JOSEPH, MO 64501 | (816) 271-4666

Monday	Tuesday	Wednesday	Thursday	Friday
8:15 am, \$4 –Total Body Workout w/ Kay B *	9:10 am, \$4 – Chair & Standing Praisercise w/ Tracie +B *	8:15 am, \$4 –Total Body Workout w/ Kay B *	9:10 am, \$4 –Chair & Standing Praisercise w/ Tracie +B *	8:15 am, \$4 –Total Body Workout w/Kay B *
9:30 am, \$4 – Older Adult Floor Yoga w/ Kat B * A		9:30 am, \$4 – Older Adult Floor Yoga w/ Kat B * A		9:30 am, \$4 – Older Adult Floor Yoga w/ Kat B * A
10:45 am, \$2 – Cardio Drumming w/Kat + B * A		10:30 am, \$4 – Pilates w/ Kat * A		10:30 am, \$2 - Tai Chi w/Kat + B * A
1:00 pm, \$2 – Fit Club w/ Kelly, + B	1:00 pm, \$4 – Yoga Flow w/ Kat (No floor work – no mat needed) + B	2:00 pm-Walk Club B	1:00 pm, \$4 – Basic Yoga w/ Kat (No floor work – no mat needed) + B	2:00 pm-Walk Club B
3:00 pm, \$2 – Line Dancing, B * A	2:15 pm, \$2 – Barre & Strength w/ Kat B * A		2:15 pm, \$2 – Cardio Drumming w/ Kat + B * A	
4:15 pm, \$2 – Beginner Low Impact Aerobics and Toning w/ Jena B	3:30 pm, \$2 – Balance & Core w/ Jena + B *	3:00 pm, \$2 – Beginning Line Dance Lessons B * A	3:00 pm, \$2 – Chair Aerobics w/ Jena + B	
4:45 pm, \$2- Core Strengthening w/ Jena * A	4:15 pm, \$5 – Full Body Strengthening w/Step, w/ Jena A	4:15 pm, \$2 – Beginner Low Impact Aerobics & Toning w/ Jena B	3:30 pm, \$2 – Balance and Core w/ Jena +B*	

+ = Seated

B = Beginner Level

*** = Intermediate Level**

A – Advanced Level