

# Harrisonville Community Center

## FITNESS & AQUATICS SCHEDULE Nov. 4th - Dec. 22nd 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SILVERSNEAKERS</b> 8:30AM - 9:15AM (SH) (FREE/SS, \$18/M, \$36NM)	<b>BASIC WATER AEROBICS</b> 8:30AM - 9:30AM (IP) (FREE/M, \$36/NM)	<b>SILVERSNEAKERS</b> 8:30AM - 9:15AM (SH) (FREE/SS, \$18/M, \$36NM)	<b>BASIC WATER AEROBICS</b> 8:30AM - 9:30AM (IP) (FREE/M, \$36/NM)	<b>SILVERSNEAKERS</b> 8:30AM - 9:15AM (SH) (FREE/SS, \$18/M, \$36NM)	<b>AQUACISE WATER AEROBICS</b> 9AM - 10AM (IP) (\$15/M, \$30/NM)
<b>GROUP STRENGTH</b> 9:30AM - 10:15AM (SH) (FREE/M, \$36/NM)		<b>GROUP STRENGTH</b> 9:30AM - 10:15AM (SH) (FREE/M, \$36/NM)		<b>GROUP STRENGTH</b> 9:30AM - 10:15AM (SH) (FREE/M, \$36/NM)	<b>MARTIAL ARTS ADULT</b> 10AM - 11AM (SH) (\$50 Per 6-weeks)
<b>HARDCORE &amp; STRETCH</b> 10:30AM - 11:30AM (SH) (FREE/M, \$36/NM)	<b>BOOT CAMP</b> 6PM - 6:45PM (SH) (\$18/M, \$36 /NM)	<b>HARDCORE &amp; STRETCH</b> 10:30AM - 11:30AM (SH) (FREE/M, \$36/NM)	<b>BOOT CAMP</b> 6PM - 6:45PM (SH) (\$18/M, \$36 /NM)	<b>HARDCORE &amp; STRETCH</b> 10:30AM - 11:30AM (SH) (FREE/M, \$36/NM)	<b>MARTIAL ARTS YOUTH</b> 11AM - 12PM (SH) (\$50 Per 6-weeks)
	<b>AQUACISE WATER AEROBICS</b> 7PM - 8PM (IP) (\$15/M, \$30/NM)		<b>AQUACISE WATER AEROBICS</b> 7PM - 8PM (IP) (\$15/M, \$30/NM)		
<b>GROUP STRENGTH</b> 6PM - 7PM (SH) (FREE/M, \$36NM)	<b>SPINNING CLASS</b> 7PM - 8PM (FS) (FREE/M, \$36/NM)	<b>GROUP STRENGTH</b> 6PM - 7PM (SH) (FREE/M, \$36NM)	<b>SPINNING CLASS</b> 7PM - 8PM (FS) (FREE/M, \$36/NM)	<b>GROUP STRENGTH</b> 6PM - 7PM (SH) (FREE/M, \$36/NM)	
<b>ZUMBA</b> 6:30PM - 7:30PM (FS) (\$18/M, \$36/NM)		<b>ZUMBA</b> 6:30PM - 7:30PM (FS) (\$18/M, \$36/NM)		<b>HARDCORE &amp; STRETCH</b> 7PM - 8PM (SH) (FREE/M, \$36/NM)	
<b>HARDCORE &amp; STRETCH</b> 7PM - 8PM (SH) (FREE/M, \$36/NM)		<b>HARDCORE &amp; STRETCH</b> 7PM - 8PM (SH) (FREE/M, \$36/NM)			
<b>MARTIAL ARTS YOUTH</b> 7PM - 8PM (PE) (\$50 Per 6-weeks)		<b>MARTIAL ARTS YOUTH</b> 7PM - 8PM (PE) (\$50 Per 6-weeks)			

### LOCATION KEY:

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

### FREE CLASSES FOR HCC MEMBERS!

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

REGISTRATION BEGINS  
Wed., Oct. 30th

SEE BACK PAGE FOR CLASS DESCRIPTIONS!

Register online, by phone, in person or for more info. email, [vschroeder@harrisonville.com](mailto:vschroeder@harrisonville.com)

## HARRISONVILLE COMMUNITY CENTER

2400 Jefferson Pkwy Harrisonville, MO 64701  
[www.HPARKS.com](http://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\***

**Activity # 240302-05/06/07**

## **SilverSneakers Classic** Andy Laughlin

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

## **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!

## **Zumba** Kahla Harding

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

## **Boot Camp** Andy Laughlin

Fitness Boot Camp is designed for a Total Body Fitness Workout! This class will focus on building your core strength, increase stability, improve balance, help with coordination & posture. This class has been designed for all fitness levels & age Groups.

Class will host both indoor & outdoor sessions.

## **Group Strength** Andy Laughlin

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

## **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!

## **Spinning** Andy Laughlin

Want to burn fat and build strength? Come try our new Spin class and challenge yourself through varying high intensity Spin bike workouts!

## **Hard Core & Stretch** Andy Laughlin

HardCore & Stretch has been combined into one giant class! Build strength in your core using different resistance methods, and improve your flexibility with dynamic, static, & PNF stretching!