

October

GROUP FITNESS

Mondays

Cardio Kickboxing

5:30 - 6:15 am
Lesley

Zumba Gold

9:00 - 9:45 am
Christine

Gentle Yoga

10:00 - 10:45 am
Tori

Abs & Arms

12:15 - 12:45 pm
Christine

Strength Conditioning

4:30 - 5:15 pm
Brittney

Tuesdays

Body Sculpt

5:30 - 6:15 am
Tera

Country Fuzion

9:00 - 9:45 am
Robyn

Pilates

12:15 - 12:45 pm
Emily C

Barre

4:30 - 5:15 pm
Emily

Cardio Drumming

5:30 - 6:15 pm
Brittney

Wednesdays

BOSU Blast

5:30 - 6:15 am
Christine

Pump Lite

9:15 - 10 am
Tera

Butts & Guts

12:15 - 12:45 pm
Christine

Pump40

5:30 - 6:10 pm
Tera

Zumba

6:15 - 7:15 pm
Jaimie

Thursdays

PILOXING/ Zumba

5:30 - 6:15 am
Christine

Cardio Drumming

9:00 - 9:45 am
Brittney

Barre

12:15 - 12:45 pm
Christine

Shine Dance

5:30 - 6:15 pm
Dana

Vinyasa Flow Yoga

6:30 - 7:30 pm
Meghan

Fridays

Insanity & Core de Force

5:30 - 6:15 am
Lesley

Chair Yoga

9:00 - 9:45 am
Dale Ann

Country Fuzion

10:00 - 10:45
Robyn

Group Personal Training

12:15 - 12:45 pm
Christine

Saturdays

Riverfront Yoga

Class @ Riverfront Park until cold*

8:15 - 9:15 am
Olivia

Circuit

9:30 - 10:30 am
Cole & Nathan

**All classes at the
Osage Centre**

Class Fees:

\$4.00 per class OR
Discount Card:
\$42 for 12 classes OR
\$72 for 24 classes



CITY of CAPE
GIRARDEAU
PARKS & RECREATION DEPARTMENT

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GROUP FITNESS

CLASS DESCRIPTIONS

Abs & Arms ✧

This 30 min express class is great for your lunch break or the busy bee who needs a great workout in a flash! In this workout, you'll focus on toning all parts of your arms and core! Each week is different to keep your muscles guessing!

Barre ✧

Transform your physique with this safe & effective trio of yoga, ballet and Pilates. Easy on the joints while developing long and lean muscles. Zero in on those spots for abs, arms, butt and legs. Segments of fat burning exercises are followed by super stretching to lengthen your frame.

Cardio Drumming ✧

Cardio drumming uses, drumsticks, fitness balls and buckets to get you moving to the beat while playing on the 'drums'! Your favorite songs turn into a whole new fitness experience! No experience necessary!

Circuit

This class gives you a all in one! Never expect the same workout with a mixture of cardio, strength, endurance and more! Since each exercise is geared towards you, it's a great class for all levels!

Country Fuzion ✧

Country Fuzion is a fun mix of low impact aerobics and country line dancing! No experienced needed for this fun twist of a workout! Get ready to move to your favorite songs!

INSANITY / Core De Force

INSANITY® is a revolutionary cardio-based total body conditioning program. This class will push you past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves. You don't have to be in extreme shape— levels of each exercise are provided. Time to dig deep!

Low Impact Aerobics ✧

This class offers positive support, safe low-impact aerobics, music and fun. You will boost your mood, burn fat, build stronger bones, improve your stamina, as well as your heart and brain health. The last Wednesday we will offer optional step!

Pilates ✧

This mind/body class is designed to focus on core strength and coordination while learning the correct breathing patterns and body alignment. Pilates creates great benefits from better posture to toning of the muscles.

POUND

This class transforms Drumming into an energizing workout combining cardio, conditioning, and strength training with yoga and Pilates inspired movements. Designed for all fitness levels! Let's ROCK OUT!

Strength Conditioning & Body Sculpt & Pump 40 ✧

This class focuses on strengthening the muscles. As we age, our muscle tend to get weaker and this class helps do just that! All levels welcome! Kettlebells mixes cardio with strength to give an overall great workout!

BOSU Blast

BOSU Blast keeps your mind busy and your heart pumping. This class is great for beginners to advanced as you learn the moves throughout the time.

Yoga/ Chair Yoga ✧

Various techniques will be used in this class with emphasis on flowing postures and breath awareness. Through basic yoga poses, participants will also work towards relaxation, mental clarity, and tuning in to their bodies.

Zumba, Zumba Gold ✧

A dance based fitness class; inspired by traditional Latin-based music including, salsa, samba and meringue. It has people of all ages falling in love with its infectious music, easy-to-follow dance moves and body beautifying benefits. Gold is lower impact & great for beginners! Dance Jam is a fun twist to Dancing Fitness with your favorite music.

✧ = Great for Beginners/ Lower Impact