



Youth Strength & Cardio:

For 5th—8th grades. Learn how to use the Paramount equipment, free weights and cardio machines. Get a complete workout and have fun too! This class is taught by a certified trainer.

When: Tuesday & Thursday 3:45-4:15 pm

Fee: \$20members/\$30 non-members

Certified Instructor: Vicky

Fitness Equipment Orientation:

Instruction of equipment, strength training benefits and etiquette are offered. Guidelines on how to create your own program will be given, as well as how to properly use the equipment. Please inquire at the front desk for an appointment. **Free to all members.**

If a class isn't for you but you still want a good workout, register for a **Life-style Assessment**. It will evaluate your cardio respiratory fitness, body composition, flexibility, muscular strength and endurance. The test involves a step test, sit-and-reach test, half sit-up test, bench press, and skin fold measures to calculate percentage of body fat. A program will be set up for you as a result of your testing. Fee is \$25.00 (members only). Call Vicky at 660-258-2388 to set up your appointment.

NORTH CENTRAL MISSOURI

START THE NEW YEAR STRONG!



**2017 WINTER I
JANUARY 2 - FEBRUARY 11**

FOR HEALTHY LIVING






By improving the nations health and well being

FOR

Sign up for any class for full price and receive the second class for 1/2 price. This applies to MOSSA Group Power, Cycle and Fitness passes.



CYCLE (New time change for M/W evenings)
 Come spin with us! Burn 400-600 calories in just 45 minutes while improving your cardiovascular fitness, boosting your mood, and causing minimal impact to your joints. No coordination required. **Fee for Cycle is : (6 weeks)-\$30 members/\$50 for program participants.**
 Class times: **Monday & Wednesdays**-5:00-5:45 am or 5:30-6:15 pm
Tuesday & Thursdays-5:00-5:45 am or 4:30-5:15 pm

MOSSA Group Power

Group Power combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. High-rep training, athletic movements, and a periodized training approach are key components of this results-driven workout. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training.

Fee (6 week): \$30 members/ \$50 for program participants

Class times: Monday & Wednesday 5:30-6:30pm / Tuesday & Thursday 5-6:00am & 5-6:00pm

Fitness Passes/Marceline Pass: **\$30** for members \$50 for program participants

Drop In Fees: \$3 for 1 class/ \$5 for 2 classes for members

\$5 for 1 class/ \$8 for 2 classes for program participants

-scholarship participants can purchase a fitness pass at half price.

CLASS DESCRIPTIONS

Country Heat™ Dance Workout -NEW!

Turn it up to burn it off. Get Dancing. Get Fit. And get Hot.

Set to chart topping country music, the moves are so easy it is like walking, but way more fun.

Chair Yoga

All the benefits of Yoga with the support of a chair. It's a wonderful way for anyone to practice yoga. Increase mobility, loosens and limbers stiff joints, stimulates circulation, aligns and improves posture, and develops balance and coordination.

Muscular Strength and Range of Movement

SilverSneakers:®

Move through a variety of exercises to increase muscular strength and range of movement. Hand held weights, elastic tubing with handles, and a ball are offered for resistant, and a chair is used for seated and/or standing support.

Max Fit/ H.I.T. IT -NEW!

This is a 30- 45 minute high intensity interval training workout. Kickbox, athletic, power and step. Finishing with a core workout and stretching.

Workout on Weights

A total-body workout developing strength and endurance, stamina, and range of motion. This class is held upstairs in the weight room.

Zumba

The Latin dance craze that is sweeping the nation. This class combines energy and motivating music with unique moves and easy to follow combinations.

Barre Express

Develop a dancer's athletic and graceful physique with this 30 minute workout that combines Ballet Barre with Pilates and Body Sculpting.

2017 WINTER I JANUARY 2— FEBRUARY 11

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5:00–5:45 a.m. Cycle Vanessa	5:00-6:00 a.m. MOSSA Group Power Vicky	5:00–5:45 a.m. Cycle Vanessa	5:00-6:00 a.m. MOSSA Group Power Vicky
	5:00-5:45 a.m. Cycle Mary		5:00-5:45 a.m. Cycle Mary
9:00—10:00 a.m. Chair Yoga Karen	8:00-8:30 a.m. Barre Express Vicky	9:00—10:00 a.m. Chair Yoga Karen	8:00-8:30 a.m. Barre Express Vicky
	8:30-9:15 a.m. Zumba Vicky		8:30-9:15 a.m. Zumba Vicky
	9:30-10:15 a.m. SilverSneakers:® Karen		9:30-10:15 a.m. SilverSneakers:® Karen
	9:30-10:30 a.m. Workout on Weights Vicky		9:30-10:30 a.m. Workout on Weights Vicky
	3:45-4:15 p.m. Youth Fitness Vicky		3:45-4:15 p.m. Youth Fitness Vicky
4:45-5:30 p.m. Workout on Weights Cheryl		4:45-5:30 p.m. Workout on Weights Cheryl	
	4:30-5:15 p.m. Cycle Vicky		4:30-5:15 p.m. Cycle Vicky
5:00-5:30 p.m. H.I.T. IT Vanessa	5:00-6:00 p.m. MOSSA Group Power Mary	5:00-5:30 p.m. H.I.T. IT Vanessa	5:00-6:00 p.m. MOSSA Group Power Mary
5:30-6:30 p.m. MOSSA Group Power Libby		5:30-6:30 p.m. MOSSA Group Power Libby	
5:30-6:15 p.m. Cycle Savannah		5:30-6:15 p.m. Cycle Savannah	
Marceline Fitness: 6:00-6:45pm Max Fit Monica	Marceline Fitness: 6:00-6:45pm Country Heat Stephanie	Marceline Fitness: 6:00-6:45pm Max Fit Monica	Marceline Fitness: 6:00-6:45pm Country Heat Stephanie