



# Group Exercise Class Descriptions

**20/20/20** – Three workouts in one! The 20/20/20 class is designed to give you the ultimate challenge and total body workout. Sweat through 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of stretching and core work. Are you ready for the challenge?

**Cross –Training Light** – A perfect blend of low impact cardio mixed with a variety of strength training exercises. If you are looking for a low intensity complete workout then this is the class for you.

**Basic Step** – Step your way into shape with the classic, high-energy, moderate-impact workout. Still popular after all these years, step aerobics can help you trim, tone and tighten. Creative choreography and upbeat music is sure to put a spring in your step. The hour will be over before you know it!

**Kickboxing** – Kick up a sweat with this high-energy workout! Kickboxing combines boxing moves and kicks for a fast –paced, total body workout. Use upper cuts and jabs to increase your heart rate and tone your body.

**Cycling** – Do you love to ride your bike? Imagine taking on steep inclines and rolling terrain – all without ever leaving the Fitness Center! This non-impact cycling workout is one of the most efficient ways to reach your fitness goals. You don't even need to bring your own bike.

**Boot Camp** – Sports conditioning with focus on strength, agility and speed. A high intensity circuit training class with old school fitness exercises including crunches, push-ups and jumping jacks. Come and challenge your strength and endurance!

**Zumba** – Are you ready for a “feel happy” workout that is both for the body and mind? If so, then Zumba is for you! A fusion of Latin and International music and dance combinations will have you moving to a blend of fast and slow rhythms that tone and sculpt the body. Add a little Latin flavor to your workout!

**Pilates** – A unique exercise system designed to improve muscle tone, posture and flexibility. This class focuses on core strength (stomach/back) and long and lean muscle development. Great for all fitness levels!

**Yoga** – Relax while strengthening your body during this beginner/intermediate yoga class. Each class includes instruction in basic yoga and breathing techniques. Standing, seated and balancing postures, followed by deep relaxation will help to calm your mind while developing muscular strength and improving posture and flexibility.

**Yogalates** – This combination class of pilates and yoga brings together the core muscle methods of pilates and soulful goodness of yoga. Yogalates is designed to increase flexibility, help you relax and strengthen core muscles.

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Classes are subject to change.

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**Active Mature Adults (AMA) – Low impact classes designed for the 55+ age group**

**Yoga Stretch** – This class will move your whole body through series of movements and poses to help increase flexibility, balance and range of movement. Restorative breathing exercises along with final relaxation will promote stress reduction and mental clarity. Chair support is offered to safely perform a variety of postures.

**Muscular Strength and Range of Motion** – Resistance training class designed to increase muscular strength and range of movement. Hand-held weights, elastic tubing, along with other various exercise equipment will be used. A chair will be provided for seated or standing support.

**Walk, Talk and Tone** – Lace up your walking shoes and get ready to walk your way to a healthier you! This class will improve your overall fitness through walking, basic strength training and social interaction.

**Get Fit While You Sit** – While seated in a chair, you will use arm and/or leg movements to increase and improve flexibility, range of motion, strength and overall fitness. This is a beginner level class for participants with limited range of motion.

**Attention Clay County residents who are 60+ years of age.**

Clay County Senior Services will provide class subsidies to Clay County Residents age 60 and older for exercise classes through the City of Gladstone Parks and Recreation department. This includes both land and water classes. Clay County Senior Services will pay up to \$30 per person, per quarter, not to exceed \$120 a year. Funds will be available until the max amount is met per quarter. This is a first come, first serve basis.

**Registration Information**

- Cost will be \$2.50 per class for members, \$3.50 for non-members.  
- example: 7 class session = \$ 17.50 members / \$24.50 non-member
- A complete schedule will be available online in February.

**Classes are subject to change.**



# Water Exercise Class Descriptions

**Aqua Fit** – This is a great shallow water workout that includes callisthenic style movements with variations of upper and lower body resistive moves. Each instructor uses his/her own creativity to keep the pace moving and the activity interesting. As participants you determine your own intensity by deciding how hard to manipulate the water.

**Deep Water Power Hour** – Prepare yourself for the ultimate no impact workout! Suspended completely in deep water through the use of special aquatic fitness belts, individuals can exercise carefree of stress and pressure on their shins, joints, and knees. Water jogging and aerobics provide a great cardiovascular workout and a total body muscle toning condition. This program will take place in the diving well.

**Water Arthritis** – Water arthritis is a specially modified class for those who have arthritis or other related conditions and cannot participate in regular exercise classes. A variety of exercises will be presented to emphasize joint wellness, range of motion, increased flexibility, and preventative muscle loss. This program will be conducted in the leisure pool where the temperature is kept between 83-84 degrees.

**Aqua Body Works** – The complete water workout! This high energy, low impact workout class combines a strong cardio segment for approximately 25-35 minutes followed by a strength training segment using resistant equipment and finishing with stretching to improve flexibility. This program will take place in the leisure pool where the water temperature is kept between 83-84 degrees.

**Early Morning Power Hour** – No impact is the key to this surprisingly intense workout. This high intensity, total body conditioning class is held in deep water. This class contains cardiovascular exercises and strengthening using floatation belts and water resistant equipment. This is a great program with little or no stress on the body. This program will be held in the diving well.

**Swimming skills recommended but not required for all water group exercise classes.  
Buoyancy and resistance equipment supplied for all classes.**

**The Gladstone Community Center will offer morning, evening, and Saturday swim lessons. Private and Semi-Private lessons will also be available for those who would like one-on-one instruction to better serve their swimming needs.**

**Classes are subject to change.**

**[www.gladstone.mo.us](http://www.gladstone.mo.us)**