



FITNESS Classes are FREE for Members (excluding Zumba)

\$2.00 / ½ hr class non-members

\$3.00/ 1 hour class non-members

\$4.00 Zumba \* **Mondays FREE to Members**

# June Fitness

## MORNING SCHEDULE

UNLIMITED CLASS PASS:

\$25.00/month non-members

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	REC CENTER 2701 SW Parkway St. Joseph, 64503 816-271-5512		*Classes that are <b>BOLD &amp; underlined</b> will be discounted to \$2 for St. Joe Fit participants. You must have the card for the discount.			1  9-10 Yoga (Tom)
2	3  9-10- Monday Runday (Ken) 9-10- Body Fusion (Laurie) <b><u>10-11 Tabata (Danielle)</u></b>	4  9-10 Tabata (Danielle) 10-11 Tai Chi (Brenda)	5  <b><u>9-10 Core de Force/ Pound (Laurie)</u></b>  10-11 Stretch 360 (Laurie)	6  8-9 Force Flex (Laurie) 10-11 Tai Chi (Brenda)	7  <b><u>9-10 Power Fusion (Laurie)</u></b>	8  NO YOGA
9	10  9-10- Monday Runday (Ken) NO BODY FUSION <b><u>10-11 Tabata (Danielle)</u></b>	11  9-10 Tabata (Danielle) 10-11 Tai Chi (Brenda)	12  <b><u>9-10 Core de Force (Laurie)</u></b>  10-11 Stretch 360 (Laurie)	13  8-9 Beginner Step (Laurie) 10-11 Tai Chi (Brenda)	14  <b><u>9-10 Power Fusion (Laurie)</u></b>	15  9-10 Yoga (Tom)
16	17  9-10- Monday Runday (Ken) 9-10- Body Fusion (Laurie) <b><u>10-11 Tabata (Danielle)</u></b>	18  9-10 Tabata (Danielle) 10-11 Tai Chi (Brenda)	19  <b><u>9-10 Core de Force/ Pound (Laurie)</u></b>  10-11 Stretch 360 (Laurie)	20  8-9 Force Flex (Laurie) 10-11 Tai Chi (Brenda)	21  <b><u>9-10 Power Fusion (Laurie)</u></b>	22  NO YOGA
23/30	24  9-10- Monday Runday (Ken) 9-10- Body Fusion (Laurie) <b><u>10-11 Tabata (Laurie)</u></b>	25  9-10 Tabata (Laurie)  NO TAI CHI	26  <b><u>9-10 Core de Force (Laurie)</u></b>  10-11 Stretch 360 (Laurie)	27  8-9 Beginner Step (Laurie)  NO TAI CHI	28  <b><u>9-10 Power Fusion (Laurie)</u></b>	29  9-10 Yoga (Tom)



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## AFTERNOON & EVENING SCHEDULE

UNLIMITED CLASS PASS:

\$25.00/month non-members

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	REC CENTER 2701 SW Parkway St. Joseph, 64503 816-271-5512		*Classes that are <b>BOLD &amp; underlined</b> will be discounted to \$2 for St. Joe Fit participants. You must have the card for the discount.			1
2  4:00 Zumba (Kristi) \$4	3 4:00-5:00 – Strike (Laurie)  5:15-6:00- Cardio Circus – low impact (Laurie)  <b><u>5:30- Zumba (Kristi) \$4</u></b>	4 5:00-6:00 Kickboxing (Kali)  6:00-7:00 -Yoga (Tom)	5 4:00-5:00 Strike (Laurie)  <b><u>5:00-6:00 – Core de Force (Laurie)</u></b>	6 4:00 RecRun (Ken)  5:00-6:00 Tabata (Danielle)  6:00-7:00 Kickboxing (Kali)	7	8
9  4:00 Zumba (Kristi) \$4	10 NO STRIKE  5:15-6:00- Cardio Circus – low impact (Bobbi)  <b><u>5:30- Zumba (Kristi) \$4</u></b>	11 5:00-6:00 Kickboxing (Kali)  6:00-7:00 -Yoga (Tom)	12 4:00-5:00 Strike (Laurie)  <b><u>5:00-6:00 – Core de Force (Laurie)</u></b>	13 4:00 RecRun (Ken)  5:00-6:00 Tabata (Danielle)  6:00-7:00 Kickboxing (Kali)	14	15
16  NO ZUMBA	17 4:00-5:00 – Strike (Laurie)  5:15-6:00- Cardio Circus – low impact (Laurie)  <b><u>5:30- Zumba (Kristi) \$4</u></b>	18 5:00-6:00 Kickboxing (Kali)  6:00-7:00 -Yoga (Tom)	19 4:00-5:00 Strike (Laurie)  <b><u>5:00-6:00 – Core de Force (Laurie)</u></b>	20 4:00 RecRun (Ken)  5:00-6:00 Tabata (Danielle)  6:00-7:00 Kickboxing (Kali)	21	22
23/30  4:00 Zumba (Kristi) \$4	24 4:00-5:00 – Strike (Laurie)  5:15-6:00- Cardio Circus – low impact (Bobbi)  <b><u>5:30- Zumba (Kristi) \$4</u></b>	25 5:00-6:00 Kickboxing (Kali)  6:00-7:00 -Yoga (Tom)	26 4:00-5:00 Strike (Laurie)  <b><u>5:00-6:00 – Core de Force (Laurie)</u></b>	27 4:00 RecRun (Ken)  NO TABATA  NO KICKBOXING	28	29

