



GRANDVIEW PARKS & RECREATION FITNESS SCHEDULE

THE VIEW

▶ REVISED DATE 5.5.16

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5:10AM - 6:00AM Heather CARDIO INTERVAL TRAINING	6:00AM - 6:50AM SPIN Kortney	5:10AM - 6:00AM Heather CARDIO INTERVAL TRAINING	6:00AM - 6:50AM SPIN Kortney	7:00AM - 7:50AM Flo ARMCORE MADNESS	8:30AM - 9:50AM Flo ZUMBA* * 1ST AND 3RD SATURDAYS ONLY
7:00AM - 7:50AM Flo ARMCORE MADNESS	8:00AM - 8:50AM Flo AQUA ZUMBA	7:00AM - 7:50AM Flo ARMCORE MADNESS	8:00AM - 8:50AM Flo AQUA ZUMBA	8:00AM - 8:50AM Flo AQUA FIT	9:00AM - 11:00AM \$10 YOUTH WEIGHT TRAINING *2ND SATURDAY Heather
8:00AM - 8:50AM Melanie YOGA	9:00AM - 9:50AM Flo ZUMBA GOLD	8:00AM - 8:50AM Melanie YOGA	9:00AM - 9:50AM Flo ZUMBA GOLD	9:00AM - 9:50AM DYNAMIC AQUA FITNESS	10:00AM - 12:00PM \$60 YOUTH DANCE Tiffany
8:00AM - 8:50AM Flo AQUA FIT	11:00AM - 11:50AM Mel SILVERSNEAKERS YOGA	8:00AM - 8:50AM Flo AQUA FIT	11:30AM - 12:20PM Flo SILVERSNEAKERS SPLASH	9:00AM - 9:50AM Flo ZUMBA	12:00PM - 1:30PM Mike JUDO \$20
9:00AM - 9:50AM Flo ZUMBA TONING	11:30AM - 12:20PM Flo SILVERSNEAKERS SPLASH	9:00AM - 9:50AM Flo ZUMBA	12:10PM - 1:10PM Melanie YOGA	11:00AM - 11:50AM Flo SILVERSNEAKERS CLASSIC	
9:00AM - 9:50AM DYNAMIC AQUA FITNESS	12:10PM - 1:00PM Melanie YOGA	9:00AM - 9:50AM DYNAMIC AQUA FITNESS	6:00PM - 6:50PM Myron INTERVAL TRAINING	5:00PM - 5:50PM Kortney SPIN	
10:00AM - 10:50AM Kortney SPIN	5:00PM - 5:50PM Tiffany SIZE LIVE	10:00AM - 10:50AM Kortney SPIN	6:00PM - 6:50PM Flo SLIM, TRIM & TONE		
11:00AM - 11:50AM Mel SILVER SNEAKERS CLASSIC	6:00PM - 6:50PM Myron INTERVAL TRAINING	11:00AM - 11:50AM Flo SILVER SNEAKERS CIRCUIT	7:00PM - 7:45PM Mike YOUTH JUDO \$20		
5:15PM - 6:05PM Khara PILOXING	6:00PM - 6:50PM Flo SLIM, TRIM & TONE	4:45PM - 5:35PM Heather YOGA	7:30PM - 9:00PM Mike ADULT JUDO \$20		
6:15PM - 7:15PM Tiffany W. BUTI YOGA	7:00PM - 7:45PM Mike YOUTH JUDO \$20	6:15PM - 7:05PM Khara PILOXING			
	7:30PM - 9:00PM Mike ADULT JUDO \$20	7:00PM - 8:30PM Mike BALLROOM DANCE \$20			

FACILITY HOURS

Mon – Fri 5:00 AM to 10:00 PM
Saturday 8:00 AM to 8:00 PM
Sunday 10:00 AM to 8:00 PM

- FIT N' FUN STUDIO
- SILVER SNEAKERS
- AQUATICS
- \$ PREMIUM CLASSES
Cost per month

ROCK WALL HOURS

Mon – Fri 5:00 PM to 9:45 PM
Saturday 12:00 PM to 4:00 PM

816 - 316 -4888 — grandviewparks.org



GRANDVIEW PARKS & RECREATION CLASS DESCRIPTIONS

SPIN	Spinning will enhance your speed, strength and stamina, improve your overall physical health and increase your caloric burn. This 50 minute workout allows you to adjust the intensity according to your fitness level.
PILOXING	Piloxing is a cardio fusion combining dance, boxing, and standing pilates. This intense cardio workout uses science based research and fitness principles to engineer a calorie burning exercise routine that will strengthen the respiratory system, boost your full body stamina, and improve your head to toe strength.
CARDIO INTERVAL TRAINING	A fiercely energetic and empowering cardio workout program that will burn calories and increase your fitness levels. Minimal to no equipment.
ARM CORE MADNESS	This class is devoted to strengthening and toning the upper body. Resistance bands, dumbbells, and straight bars will be used. Designed for novice and experienced participants.
YOGA	Increase circulation, build strength, boost endurance and improve balance while enhancing inner peace. Requires being able to sit on the floor. No weights will be used.
CIZE LIVE	CIZE Live is a fun Beach Body workout with a hip hop dance focus. Appropriate for all skill levels, this workout will start with basics and progress into a high energy dance workout.
ZUMBA / ZUMBA TONING*	Latin rhythms combined with cardiovascular exercise creates a beloved aerobic routine that is high energy, and a lot of fun! *Just like normal Zumba, but with the addition of weighted toning sticks.
ZUMBA GOLD	Low-impact version of our popular Zumba class.
INTERVAL TRAINING	This class includes a combination of cardio activity, full-body strength work and core conditioning. Various weight equipment will be used.
BUTI YOGA	Combines power yoga, tribal dance and plyometrics to create a high-intensity workout that transforms the body from the inside out.
YOUTH DANCE	This dance class is jam-packed with beginning techniques in Ballet & Jazz taught by professional NFL cheerleader. Bring comfortable clothes. \$50 for 8 week session.
BALLROOM DANCE	A new dance will be taught each month. Dances will include, but aren't limited to: East Coast Swing, West Coast Swing, Mamba, Waltz and many more. \$20 for the month includes 4 classes. Ages 16 and up.
JUDO	A modern martial art where the objective is to throw or takedown an opponent to the ground, immobilize an opponent with a pin, or force an opponent to submit. Strikes and thrusts by hands and feet will also be taught. Ages 6 and up.
KARATE	Tsuruoka Karate-Do is a traditional Okinawan martial art. Training in Karate will teach you respect, discipline and fitness that can be used in all aspects of life. Instructor Tyler Murphy holds the rank of Nidan with 13 years of training. Ages 6 and up.
YOUTH WEIGHT TRAINING	This intense 4-week comprehensive group training class consists of strength training, aerobics, core strength and balancing conditioning. All fitness levels welcome.
SILVERSNEAKERS CLASSIC	A variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. Full body workout. Mostly seated.
SILVERSNEAKERS YOGA	Improve your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement.
SILVERSNEAKERS SPLASH	Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required.
SILVERSNEAKERS CIRCUIT	Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball are alternated with non-impact aerobics which requires standing. A chair is offered for support, stretching, and relaxation exercises.
AQUA FIT	This water workout uses water resistance movements to improve cardiovascular fitness, muscular endurance, range-of-motion and flexibility. No swimming ability required.
AQUA ZUMBA	With Aqua Zumba, the international rhythms and dances of regular Zumba are adapted to an aquatic environment without losing that traditional Zumba style!
DYNAMIC AQUA FITNESS	A combination of deep and shallow water workouts to improve cardiovascular fitness and endurance, muscle tone, joint mobility, and mind-body coordination.
SLIM, TRIM & TONE	Slim, Trim & Tone is a mild intensity aquatic workout that uses both shallow and deep water routines to tone abs, thighs, and underarms.