



GRANDVIEW PARKS & RECREATION CLASS DESCRIPTIONS



CARDIO INTERVAL TRAINING	focuses on aerobic moves to build cardio endurance, muscle endurance, and bone density mixed with a little bodyweight resistance exercise to add variety.
ARMCORE MADNESS	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.
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-impct version of our popular Zumba class.
CIZE LIVE	is a dance workout for everyone with a hip hop focus. Each class starts with the beginner basics and build towards more challenging sequences.
INTERVAL TRAINING	includes a combination of cardio activity, full-body strength work and core conditioning. Various weight equipment will be used.
PILOXING	as a fusion class combining Pilates, ballet, and boxing . This max calorie burning workout will strengthen the respiratory system and improve your head-to-toe strength.
BALLET BOOT CAMP	combines Pilates and Yoga to improve strength, flexibility, balance, and give you a fit look. This class is perfect for teens and adults at all fitness levels.
SPIN	provides an intense workout while still catering to participants of all fitness levels. Fun and challenging routines on stationary bikes to simulate riding experiences to improve strength/endurance.
KETTLEBELL TRAINING	our kettlebell class offers a different kind of training using dynamic moves targeting endurance, strength, balance, agility and cardio endurance. We'll use kettlebell lifts, swings, and moves to tone and strengthen every muscle in the body.
AB BLAST	works all major core muscles with a variety of exercises. Go beyond planks, crunches, and back extensions to build a strong and toned core.
HIIT	includes the best cardio drills, strength building weight routines, and body weight exercises. This is an intense class but all participants will be able to go at their own pace.
YOUTH DANCE	jam-packed with beginning techniques in Ballet & Jazz taught by professional NFL cheerleader. Bring comfortable clothes. \$50 for 8 week session.
JUDO	modern martial art where the objective is to throw or take —down 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.
SILVERSNEAKERS CLASSIC	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	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	uses water resistance movements to improve cardiovascular fitness, muscular endurance, range-of-motion and flexibility. No swimming ability required.
AQUA ZUMBA	brings the international rhythms and dances of regular Zumba to an aquatic environment without losing that traditional Zumba style!
DYNAMIC AQUA FITNESS	combination of deep and shallow water workouts to improve cardiovascular fitness and endurance, muscle tone, joint mobility, and mind-body coordination.

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

ROCK WALL HOURS

Mon – Fri 5:00 PM to 10:00PM
 Saturday 12:00PM to 4:00 PM

816 - 316 -4888 — grandviewparks.org



GRANDVIEW PARKS & RECREATION FITNESS SCHEDULE

THE VIEW

▶ REVISED DATE 1.1.17

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*

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

* 1ST AND 3RD SATURDAYS ONLY

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 Kortney
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 - 1:00PM Melanie
YOGA

11:00AM - 11:50AM Flo
SILVERSNEAKERS CLASSIC

9:00AM - 9:50AM Michael
DYNAMIC AQUA FITNESS

12:10PM - 1:00PM Melanie
YOGA

9:00AM - 9:50AM Michael
DYNAMIC AQUA FITNESS

5:00PM - 5:50PM Regina
ZUMBA

5:00PM - 5:50PM Kortney
SPIN

10:00AM - 10:50AM Kortney
SPIN

5:00PM - 5:50PM Kortney
BALLET BOOT CAMP

10:00AM - 10:50AM Kortney
SPIN

6:00PM - 6:50PM Myron
INTERVAL TRAINING

11:00AM - 11:50AM Mel
SILVER SNEAKERS CLASSIC

6:00PM - 6:50PM Myron
INTERVAL TRAINING

11:00AM - 11:50AM Flo
SILVER SNEAKERS CIRCUIT

6:00PM - 6:50PM Flo
SLIM, TRIM, & TONE

4:15PM - 5:05PM Kristi
YOGA

6:00PM - 6:50PM Flo
AQUA ZUMBA

4:45PM - 5:35PM Heather
YOGA

7:00PM - 7:45PM Mike
YOUTH JUDO \$20

5:30PM - 6:20PM Tiffany W.
SIZE LIVE

7:00PM - 7:45PM Mike
YOUTH JUDO \$20

5:45PM - 6:15PM Michael
AB BLAST

7:30PM - 9:00PM Mike
ADULT JUDO \$20

6:30PM - 7:20PM Khara
PILOXING

7:30PM - 9:00PM Mike
ADULT JUDO \$20

6:30PM - 7:20PM Khara
PILOXING

7:30PM - 8:20PM Michael
KETTLEBELL TRAINING

7:30PM - 8:20PM Rebekah
HIIT

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 10:00 PM
Saturday 12:00 PM to 4:00 PM

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