



GRANDVIEW PARKS & RECREATION FITNESS SCHEDULE

THE VIEW

► March/April 2020

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

5:10AM - 6:00AM Heather
CARDIO INTERVAL TRAINING

7:00AM - 7:50AM Flo
ARMCORE MADNESS

8:00AM - 8:50AM Michael
YOGA

8:00AM - 8:50AM Flo
AQUA FIT

8:00AM - 8:50AM Cooper
WOMEN ON WEIGHTS \$25

9:00AM - 9:50AM Flo
ZUMBA TONING

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

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

4:15PM - 5:05PM Kristi
YOGA

5:30PM - 6:20PM Tiffany
WERQ

6:30PM - 7:20PM Khara
PILOXING

8:00AM - 8:50AM Flo
AQUA ZUMBA

9:00AM - 9:50AM Flo
ZUMBA GOLD

10:00AM - 10:50AM Michael
YOGA

11:00AM - 11:50AM Michael
CHAIR YOGA

11:30AM - 12:20PM Flo
SILVERSNEAKERS SPLASH

5:00PM - 5:50PM Sharon
GROUP STRENGTH

6:00PM - 6:50PM Eden
YOGA

6:00PM - 6:50PM Flo
H2OHIIT

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

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

5:10AM - 6:00AM Heather
CARDIO INTERVAL TRAINING

7:00AM - 7:50AM Flo
ARMCORE MADNESS

8:00AM - 8:50AM Michael
YOGA

8:00AM - 8:50AM Flo
AQUA FIT

9:00AM - 9:50AM Flo
ZUMBA

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

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

4:45PM - 5:35PM Heather
YOGA

5:00PM - 5:30PM Emily
IRISH DANCE PRE-BEGINNER \$30

5:00PM - 6:00PM Emily
IRISH DANCE BEGINNER \$56

5:45PM - 6:15PM Myron
STRENGTH EXPRESS

6:00PM - 7:00PM Emily
IRISH DANCE INTERMEDIATE \$56

6:30PM - 7:20PM Erica
ZUMBA

7:00PM - 8:00PM Emily
IRISH DANCE ADULT \$56

8:00AM - 8:50AM Flo
AQUA ZUMBA

9:00AM - 9:50AM Flo
ZUMBA GOLD

10:00AM - 10:50AM Michael
YOGA

11:30AM - 12:20PM Flo
SILVERSNEAKERS SPLASH

5:00PM - 6:50PM Sharon
GROUP STRENGTH

6:00PM - 6:50PM Kirsten
WERQ

6:00PM - 6:50PM Flo
H2OHIIT

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

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

7:00AM - 7:50AM Flo
ARMCORE MADNESS

8:00AM - 8:50AM Cooper
WOMEN ON WEIGHTS \$25

8:00AM - 8:50AM Flo
AQUA FIT

9:00AM - 9:50AM Flo
ZUMBA

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

8:30AM - 9:50AM Flo
ZUMBA*

* 1ST AND 3RD SATURDAYS ONLY

9:00AM - 9:50AM Kirsten
WERQ*

* 2ND, 4th, & 5TH SATURDAYS ONLY

10:00AM - 10:45AM Tiffany
TIPPY TOE DANCE \$20

10:45AM - 11:45AM Tiffany
YOUTH DANCE \$30

11:45AM - 12:45PM Tiffany
TEEN DANCE \$30

1:00PM - 1:50PM Leann
STEP

FACILITY HOURS

Mon - Fri 5:00 AM to 9:00 PM
Saturday 8:00 AM to 8:00 PM
Sunday 10:00 AM to 6:00 PM
816 - 316 - 4888 grandview.org

FIT N' FUN STUDIO

AQUATICS

PREMIUM CLASSES
Cost per month

POOL HOURS

Mon - Fri 5:30AM to 1:00PM
& 4:00PM to 8:30PM
Saturday 8:30AM to 7:30PM
Sunday 10:30AM to 5:30PM



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 whole 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.
- PILOXING** 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.
- GROUP STRENGTH** focuses on muscle strength, muscle shape, and muscle endurance. We work every muscle in the body with dumbbells, barbells, kettlebells, and bands.
- FIT 360** everything needed to boost fitness. This class uses weights, bikes, cardio drills, ropes, slam balls and more to push abilities in every direction. HIIT & Boot Camp rolled into one.
- CHAIR 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.
- WERQ** is a wildly addictive dance fitness class based on pop and hip hop music. No dance experience necessary.
- STRENGTH EXPRESS** is a quick weight routine that will tone every muscle in the body.
- STEP** With a raised platform, you step up, around, and down from the platform in different patterns to boost your heart rate and breathing, and strengthen your muscles.
- IRISH DANCE** is the perfect mix of artistic expression and athleticism. Ages 3 & 4 \$30/mo. Ages 5-15 \$56/mo. Adults \$56/mo
- WOMEN ON WEIGHTS** a group training class taught in the free-weight area. We'll shape and tone every muscle in a comprehensive free-weight routine. \$25/mo. Limit 5 participants
- YOUTH DANCE** jam-packed with beginning techniques in Ballet, Tap, Hip Hop, & Jazz taught by former professional NFL cheerleader. Bring comfortable clothes. Youth & Teen \$30/mo, Tot \$20/mo.
- 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 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.
- H2OHIIT** water interval training using aquabells, aqua belts, and water resistance to boost strength and cardiovascular endurance.

FACILITY HOURS

Mon – Fri 5:00 AM to 9:00 PM
 Saturday 8:00 AM to 8:00 PM
 Sunday 10:00 AM to 6:00 PM

-  **FIT N' FUN STUDIO**
-  **AQUATICS**
-  **PREMIUM CLASSES**

ROCK WALL HOURS

Mon – Fri 5:00PM to 8:30PM
 Saturday 12:00PM to 4:00PM
 Sunday CLOSED
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