Fitness & Wellness

For more information, please call 816-439-4376

Complimentary Fitness Schedule for Aug.—Dec. 2015

THIS SCHEDULE IS SUBJECT TO CHANGE

LIBERTY COMMUNITY CENTER - GYM							
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:40-6:35 am		Boot Camp		Boot Camp			
5:45-6:40 am	Core Training		Core Training		Core Training		
8:00-8:55 am		Aerobic Dance		Aerobic Dance			
8:25-9:20 am	Strength Endurance Training		Strength Endurance Training		Strength Endurance Training		
9:00-9:55 am		Zumba Gold® Toning				Zumba®	
9:45-10:30 am	Senior Fitness		Senior Fitness		Senior Fitness		
10:00-10:55 am		Babies-N-Buggies Boot Camp II		Babies-N-Buggies Boot Camp II			
11:00-11:53 am	Cardio Strength & Conditioning	Babies-N-Buggies Boot Camp I	Cardio Strength & Conditioning	Babies-N-Buggies Boot Camp I	Cardio Strength & Conditioning		
4:35-5:30 pm	Insanity	Zumba®	Insanity	Zumba®			
5:35-6:30 pm	Burn, Build & Tone		Burn, Build & Tone				
6:35-7:30 pm	MCT	Zumba®	MCT	Zumba®			
LIBERTY COMMUNITY CENTER - RED ROOM							
5:40-6:35 am			PiYo				
5:45-6:40 am	Power Yoga						
8:30-9:25 am	Pilates Plus		Pilates Plus		Pilates Plus		
9:00-9:55 am				Hatha Yoga			
9:45-10:30 am	Silver Sneakers® Yoga		Silver Sneakers® Yoga		Silver Sneakers® Yoga		
10:15-11:00 am		Silver Sneakers® Classic		Silver Sneakers® Classic			
LIBERTY COMMUNITY CENTER - POOL							
5:40-6:35 am	Water Resistance		Water Resistance		Water Resistance		
9:00-9:55 am	Aquacize	H2O	Aquacize	H2O	Aquacize	Water Works	
10:00-10:50 am	Water Aerobics	Water Arthritis	Water Aerobics	Water Arthritis	Water Aerobics		
11:00-11:50 am	Aqua Arthritis	Water Aerobics	Aqua Arthritis	Water Aerobics	Aqua Arthritis		
5:05-5:55 pm							
6:00-6:50 pm	Water Aerobics	Water Works	Water Aerobics	Water Works			

CLASS KEY: Group Exercise | Mind/Body | Zumba® | Aqua Fitness | Silver Sneakers®