

GROUP EXERCISE DESCRIPTIONS

LIBERTY COMMUNITY CENTER



CLASSES CONTINUE
ON THE BACK! →

Land Classes »

Boot Camp: Boot Camp is a fast-paced, full-body workout combining strength and cardio using dumbbells, bands, kettlebells, bodyweight, and more. Each class varies with intervals, reps, and movement-based drills—sometimes outdoors when weather allows. Expect challenging, energizing training for all fitness levels.

Burn, Build & Tone: This ultimate cross training class explores various styles of exercises integrated into a full-body workout. Your body will constantly be adjusting to the new style, which will add variety to your workouts.

Cardio Drumming: This is a low-impact cardiovascular class that integrates fun choreography with a ball and drumsticks that is sure to get your heart-rate up and strengthen your upper body while improving your hand-eye coordination and motor skills. This class is for all fitness levels and is sure to be a good time.

Cardio & More: This exciting cardio-based class combines cardio bursts with strength training and core exercises designed to target specific muscle groups. You'll improve muscle endurance and tone the core while keeping your heart rate up—sometimes outdoors when weather allows. All moves can be modified to meet your current fitness level.

Chair Yoga: This class blends seated yoga and standing poses using a chair for support, making it accessible for all levels. Gentle movements focus on increasing flexibility, balance, and range of motion. Equipment such as light weights, balls, elastic bands, and straps may be incorporated to enhance strength, coordination, and overall well-being.

Chair Zumba®: This class is perfect for older adults looking for a fun cardiovascular workout that focuses on balance, coordination and range of motion. Chair Zumba® provides easy to follow choreography from the comfort of your chair.

Core & More: This exciting core-based class combines cardio bursts strength training designed to target specific muscle groups. You'll tone the core, improve muscle endurance and burn calories. All moves can be modified to meet your current fitness level.

Fit360: Fit360 is a transformative fitness experience that brings together all the key elements of a well-rounded workout. This class shifts seamlessly between resistance training, bodyweight strength exercises, cardio bursts, core-focused movements, and functional flexibility to deliver a total-body workout like no other. Designed for all fitness levels for a safe, effective, and challenging workout for everyone.

Foundational Yoga: A class for all levels designed to strengthen, balance and stretch your body. Each class will focus on breath and will feature the postures that create the foundation of a strong yoga practice as well as a few challenges along the way.

Integrated Vinyasa™ Flow: This dynamic yoga practice seamlessly integrates movement and breath, combining physical poses with breath and energy awareness. It blends effort with ease and structure with creativity, helping you build stability, grace, and resilience both on and off the mat.

Midday Muscle Express: A full-body, strength-focused express class built for a midday boost. Emphasis is placed on proper form, progressive overload, and functional movement, with brief cardio intervals to support conditioning and recovery—so you can build strength and get back to your day feeling energized.

Pilates Plus: This non-cardio class incorporates Pilates and ballet-based exercise movements to strengthen, sculpt and lengthen muscles. This program builds core strength and flexibility.

Power 30: Jump-start your week with just 30 focused minutes of high-intensity interval training. This fast-paced class uses a variety of fitness equipment in quick bursts to elevate your heart rate, fire up your muscles, and boost your energy for the day ahead. With modifications for every fitness level, Power 30 is your go-to Monday morning workout—quick, effective, and empowering.

S.E.T. Strength Endurance Training: A full-body workout that alternates strength training and endurance drills with cardio conditioning. A variety of traditional exercise equipment including hand weights, resistance balls and step platforms will be used to achieve full maximum results.

Silver Sneakers® Classic: Have fun and move to the music through 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. A chair is available if needed for seated or standing support.

Silver Sneakers® Yoga: SilverSneakers® Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

Slow Flow Yoga: A gentle yoga class focused on nurturing the mind-body connection while promoting stability and strength throughout the body by combining mindful breathing with dynamic, deliberate movements, creating a restorative experience.

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Land Classes Continued »

Strengthen & Lengthen: This mat-based class fuses yoga, Pilates and functional exercises. This combination targets improved balance, flexibility and strength throughout your core, upper and lower body.

Strength & Power: This class uses a combination of strength and cardio exercises through dynamic interval training and will challenge your endurance while building strength, balance and stability through compound movements, maximizing your results.

Step & Strength: A full-body fusion class designed to alternate step aerobics and resistance training. A variety of traditional exercise equipment including hand weights, resistance bands, and step platforms will be used to achieve results.

Strength & Stretch: This dynamic exercise class combines the power of strength training with the restorative benefits of stretching to create a balanced and effective full-body workout. Participants will engage in resistance-based exercises to build muscular strength and endurance, followed by guided stretching routines designed to improve flexibility, mobility, and recovery.

Total Body Strength: Train your entire body, improve your strength, boost your cardio and tone your core. This class uses resistance training to target all of your muscles in a fun, yet strategic way. Designed with an up-lifting atmosphere for individuals of all fitness levels.

Total Body Training: Designed to train your whole body including back, arms, shoulders and abs as well as lower body work including hips and glutes! Not a muscle is missed in the early morning workout.

Transformation Station: This high energy class is designed to transform your body. Designed using a variety of disciplines to create a fun and high-energy workout that changes every day! This circuit-based class can be tailored for all fitness levels.

Vinyasa Flow Yoga: Get your flow on and have fun in this class as you move through basic standing, balancing, and floor poses. This class is appropriate for all fitness levels and gives you the opportunity to challenge yourself and learn new poses.

Vinyasa Yoga: This class is designed to transition from one pose to the next in a sequence of fluid movement that increases flexibility, balance and strength. Modifications available for all levels.

WARRIOR Strength™: WARRIOR Strength™ is functional fitness for every level and everyone who wants to sweat and feel their muscles burn! WARRIOR Strength has two sections that focus on HIIT and weight training. This format delivers playlists that rock, and engaging formulas for a total endorphin rush!

Zumba®: Transform your body through simple dance moves to a slimmer, fitter new "you." This cardiovascular class is an intense calorie burner that helps develop a stronger core all in one program. No dance experience necessary.

Zumba + Toning®: Zumba® Toning blends the party you love with targeted toning and sculpting. Using Zumba Toning Sticks or light weights, this class adds resistance to keep muscles engaged and focused on definition.

Water Classes »

Aqua Arthritis: This program is designed for those with arthritis or similar conditions. Class format consists of upper, mid and lower body exercises geared to stretch and strengthen all major muscle groups. This class focuses on joint wellness, range-of motion and increased flexibility.

Aquacize: This class incorporates total body low-impact aerobic movements that build cardiovascular endurance, flexibility and muscle. Exercises are performed in shallow and (optional) deep water.

Aqua Zumba®: Perfect for those looking to make a splash by adding low-impact, high-energy aquatic exercises to their fitness routine. This class offers the benefits and movements of Zumba with less impact on joints.

H2O: This class builds body strength using water based equipment and resistance. Tone your abs, arms and legs during this full-body workout.

Sculpt & Burn: This workout is designed to target those tricky areas—hips, belly, thighs, legs, and arms—while also focusing on core strength and balance. You'll alternate between steady sculpting exercises and high-intensity bursts that will elevate your heart rate and ramp up your metabolism.

Water Aerobics: This class offers a complete workout using water resistance. Movements includes cardio and strength in a way that is easy on the joints. Class is conducted in four to five feet of water.



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