



Kirmayer Fitness Center Group Exercise Schedule

Summer Session 6 July 14-August 15

Monday			
Time	Class	Instructor	Loc/Sec
12:10-12:50	Weight Training	Angela	AS/001
5:00-5:55	Fluid Motion	Jan	P/001
5:30- 6:30	Pure Pilates	Emily	Aux/001
Tuesday			
Time	Class	Instructor	Loc
12:10-12:50	Lunch Fitness Sampler	Angela	AS/002
12:00-12:45	F M Bootcamp	Jeff	CA/001
6:00- 6:45	Step Combo	Sarah	AS/001
6:00- 7:00	*Basic Yoga	Angela D	Aux/001
Wednesday			
Time	Class	Instructor	Loc
12:10-12:50	Weight Training	Angela	AS/002
5:00-5:55	Power Splash	Jan	P/001
5:00- 5:45	BOSU Challenge	Jeff	Aux/001
6:00- 7:00	*Hip Hop	Lillia	AS/001
Thursday			
Time	Class	Instructor	Loc
12:00-12:45	FM Bootcamp	Jeff/Angela	CA/002
5:00- 5:45	Iron Interval	Jan	Aux/001
Friday			
Time	Class	Instructor	Loc
12:00-12:50	Flexibility Fridays	Jeff	Aux/001
5:00-5:45	Core and More	Jan	Aux/001

Circle your class selection on the schedule

Name _____ Department _____

Membership Status: Primary Member Sponsored Member Non-Member

Daytime phone _____ E-mail address _____

Number of classes/week _____

Group Exercise Classes

Early Bird Prices July 2-July 12

Kirmayer Members:

1 x/week - \$10
2 x/week - \$18
3 x/week - \$26

Non-members:

1 x/week - \$20
2 x/week - \$36
3 x/week - \$52

Regular Prices July 14

Kirmayer Members:

1 x/week - \$12
2 x/week - \$22
3 x/week - \$32

Non-members:

1 x/week - \$24
2 x/week - \$44
3 x/week - \$64

*Yoga and Dance

Early Bird Prices

Kirmayer Members:

1 x/week - \$20
2 x/week - \$38

Non-members:

1 x/week - \$44
2 x/week - \$84

Regular Prices

Kirmayer Members:

1 x/week - \$24
2 x/week - \$46

Non-members:

1 x/week - \$50
2 x/week - \$96

Office Use Only:

Method of payment: Visa / MC / Cash / Class Credit Receipt # _____ Total fee: _____

Staff: _____ Date ____/____/____

Group Exercise Class Descriptions

Weight Training and Iron Intervals

Tone your upper and lower body with a heart pumping, muscle burning non-stop workout. (45 min)

Fluid Motion and Power Splash (Water exercise class)

Get off the floor and into the pool! Improve strength and endurance while relieving joint stress! (55 min)

Free Motion Boot Camp

This circuit class that will leave you breathless and in great physical shape. (45 min)

Pure Pilates (Mat version) and Core and More

Core conditioning incorporating Yoga and Pilates based moves and techniques.

Learn exercises to increase muscle strength and balance. Develop core control and flexibility. (45 min)

Step Combo

An intense total body cardio blast with step intervals, kickboxing and toning (50 min)

BOSU Challenge

A class formatted to target total body muscular functioning by using the BOSU Balance Trainer and hand held weights. (45 min)

Flexibility Fridays

A blend of Tia Chi, Yoga and Sports Stretching that will help you relieve stress and improve your flexibility. (45 min)

Fitness Lunch Sampler (New)

Get a combination of Sports Conditioning, Outdoor walking tour and Country line dancing. This class will utilize the nice days for the outdoor walks (45 min)

*Yoga and Dance Class Descriptions

Basic Yoga

Perform yoga asana for beginners and intermediate participants. (1 hr)

Hip Hop (New)

Exercise and dance with attitude in this new funky workout experience. (1 hr)

Class Location Aux= Auxiliary room, AS = Aerobic Studio, P=Pool, CA= Circuit Area

Class Policies

Cancellations: KFC reserves the right to cancel a class due to low enrollment. Participants registered in a class that has been cancelled, can elect to transfer to another class on the schedule, utilize the credit for the upcoming session or receive a full refund. Inclement weather cancellations will be sent out via e-mail. You may also contact the courtesy desk at 913-588-1532 for last minute verification of cancellations.

Making up a class: We have a very lenient make up policy. Register for classes that you are most likely to attend. If you are unable to attend as scheduled, you are free to take any other group exercise class on the schedule in the same price category. Class make ups must be within the same session.

Refunds: Refunds are only given to those who are unable to attend or complete 50% or more of the scheduled session due to medical issues or relocation outside of the greater Kansas City area. Classes are not prorated if you decide to start once the session has begun.

Please contact **Jeff Sygman Program Coordinator / Fitness Specialist** at 913-588-7702 should you have further questions about fitness programs available at Kirmayer Fitness Center



New Classes for Summer Session 5

Team Fitness Series

The team fitness series will give you a different class each week with one or more different instructors. Get a taste of some of the classes you haven't had a chance to try.

Monday evenings 5:30 -6:15

Week 1 Sports Conditioning

Week 2 Stability Ball Circuit

Week 3 Kick Boxing Duo

Week 4 Free Motion Boot Camp

Week 5 BOSU Fitness Party

Fitness Lunch Sampler

The fitness lunch sampler is a class with a different format each week. Angela Van Sciver will give you a variety of workouts each Tuesday at 12:10 pm that will put the fun back into your lunch hour.

Tuesday Afternoon at 12:10-12:50 pm

Some of the *classes include:*

Outdoor Walking Tour

Sports Conditioning

Country Line dancing

Hip Hop

Hip hop is back! Let Lillia energize you with her fun and funky dance moves. Bring all your attitude to this dance exercise class.

Wednesday evenings 6-7pm