

JRP Fitness Schedule *February 2024*

100 South 10th , St. Joseph, Mo 816-271-4666

Hours of Operation:

Cafeteria: Lunch: Tuesday—Friday, 11-12:30. Open to all ages.

Fitness Center: Monday-Thursday, 8am-7:30pm. Friday, 8am-5pm. Saturday, 8-11:30am (open Saturday evenings during dances and stamp club).

Monday, February 5, 12, 26

8:15 am Total Body Workout w/Kay (\$3) *

9:30 am Yoga w/Kat (\$4) B * A

1:00 pm Fit Club w/Kelly (\$2) * + B

3:00 pm Line Dance Lessons (\$2) * A B

4:15 pm Beginner Low Impact Aerobics & Toning (\$2) B

5:00 pm Standing and Floor Core Strengthening (\$3) * A

Tuesday, February 6, 13, 20, 27

8:15-9:0 am Chair Zumba with Traci (\$4) (1st class free) + B

9:15-10:00 am Zumba Gold with Traci (\$4) (1st class free) B *

1:00 pm Yoga Flow w/Kat (\$4) (No floor work—no mat needed) + B

4:15 pm Balance & Core w/Jena (\$2) 30 min. class + B *

5:15 pm Step & Body Conditioning (\$4) A

+ Seated B Beginner

* Intermediate A Advanced

Wednesday, February 7, 14, 21, 28

8:15 am Total Body Workout w/Kay (\$3) *

9:30 am Yoga w/Kat (\$4) B * A

10:30 am Pilates w/Kat (\$4) * A

3:00 pm Line Dance Lessons (\$2) B*

4:15 pm Beginner Low Impact Aerobics & Toning (\$2) B

Thursday, February 1, 8, 15, 22, 29

1:00 pm Basic Yoga w/Kat (\$4) (No floor work—no mat needed) + B

3:00 pm Chair aerobics with Jena (\$2) + B

3:30 pm Balance & Core w/Jena (\$2) 30 min. class + B *

4:15 pm Strengthening Core Pilates (\$2) B * A

Friday, February 2, 9, 16, 23

8:15 am Total Body Workout w/Kay (\$3) *

9:30 am Yoga w/Kat (\$4) B * A