



Kirmayer Fitness Center Group Exercise Schedule

Fall Session 1 (October 26- Dec 18, 2009)

Monday

Time	Class	Instructor	Loc/Sec
12:10-12:50	Endurance Training	Angela V	AS/01
5:00-5:55	Fluid Motion	Jan	P/01
5:15-6:00	BOSU Sculpt Intervals	Angela L	AS/01
6:00-7:00	Zumba	Casa	AS/01
5:30- 6:30	Pilates	Emily	Aux/01

Tuesday

12:00-12:45	Boot Camp	Jeff	CA/01
5:00-5:50	Cardio Core Camp	Angela	AS/01
6:00- 7:00	Hip Hop	Leo	AS/01
6:00- 7:00	Yoga Challenge	Angela D	Aux/01

Wednesday

12:10-12:50	Endurance Training	Angela V	AS/02
5:00-5:55	Power Splash	Jan	P/01
5:15-6:00	Boot Camp	Angela L	CA/03
7:00-8:00	Pilates	Emily	Aux/02

Thursday

12:00-12:45	Boot Camp	Jeff	CA/02
12:10-12:55	Pilates	Angela	AS/01
5:00- 5:45	Iron Interval	Jan	Aux/01
6:00- 7:00	Yoga Challenge	Angela D	Aux/01

Friday

12:00-12:50	Flexibility Fridays	Jeff	Aux/01
5:00-5:45	Core and More	Jan	Aux/01

Circle your class selection on the schedule

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

Name _____ Student ID # _____

Membership Status: Primary Member Sponsored Member Non-Member

Daytime phone _____ E-mail address _____

Number of classes/week _____

Office Use Only:

Method of payment: Visa / MC / Cash / Class Credit/ Check _____

Receipt # _____ Total fee: _____

Staff: _____ Date ____/____/____

Group Exercise Classes

Early Bird Prices

Oct 19-23

Student limited enrollment fees:

- 1 x/ week - \$15
- 2 x /week - \$28
- 3 x /week - \$41

**Register by
October 23 to get
the student
Special**

Regular Prices

Oct 24

Kirmayer Members:

- 1 x/week - \$17
- 2 x/week - \$32
- 3 x/week - \$47

Non-members:

- 1 x/week - \$34
- 2 x/week - \$64
- 3 x/week - \$94

Group Exercise Class Descriptions

Endurance Training, Iron Intervals and BOSU Sculpt Intervals (Body Sculpting with Step or Bosu training)

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

Fluid Motion and Power Splash (Water aerobics).

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

Boot Camp (Circuit Training)

This military style class use conventional circuit training and interval strength circuits to give you a tough and fast workout that will leave you breathless and in better physical shape. (45 min)

Cardio Core Camp

This class will offer 30 minutes of cardio training utilizing the Bosu ball followed by 15 minutes of Pilates and other core training. (45 min)

Mind Body and Dance Class Descriptions

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)

Yoga Challenge

Learn and perform yoga asana for intermediate fitness levels or yoga participants. (1 hr)

Flexibility Fridays

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

Zumba

Exercise and dance with a latin flare. You won't ever know you were exercising. (50min)

Hip Hop

Hip hop is exciting and fun! You'll learn new dance choreography with this KOOL show me some attitude exercise dance class. (50min)

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.

The student limited enrollment fee: Is a program sponsored by the Division of Student Services designed to assist student with the cost of participating in Kirmayers group exercise classes.

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



Kirmayer Fitness Center

New classes for **Fall Session 1**

BOSU Sculpt interval

Mondays 5:15-6:00

This class will give you short intense cardio using the BOSU Balance Trainer paired with weight training intervals using Barbells and Dumb Bells.

Hip Hop

Tuesday 6-7 pm

Learn various hip hop dance moves (including break dancing, popping and locking, ticking and crumping. Dance experience not required but helpful.
(60 min)

Boot Camp

Wednesday 5:00-5:45 pm

Hard core circuit training that will incorporate a variety of cardiovascular exercises combined with strength training intervals and calisthenics. (45 min)

Zumba

Monday 6:00-7:00 pm

Zumba is a pre-choreographed workout that uses a combination of Latin dance and music to create a fun and energetic workout that feels more like a party than your typical exercise class.
(50 min)

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