



SHAWNEE MISSION
SCHOOL DISTRICT

FITNESS CENTER

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:30- 9:30am PiYo <i>Desiree</i>	
	4:45- 5:35pm Zumba <i>Aimee</i>	4:45- 5:45pm Indoor Cycling <i>Desiree</i>	4:30- 5:30pm Yoga* <i>Chris</i>			
5:00- 6:00pm Yoga* <i>Chris</i>						

Fitness Center Hours:

Monday- Thursday 5:30am-7:00pm

Friday: 5:30am- 6:00pm

Saturday: 7:00am-12:00pm

Sunday: CLOSED

* = bring a yoga mat if you have one!

*****Fitness Center Membership packet and orientation is required for participation in group classes*****

Class Descriptions

Yoga: Come join us for a basic yoga class. In this class, you will synchronize your movement with breath as you practice and master classic yoga postures. You will build strength, flexibility, and become more aware of both your body and mind through attention to breath. Variations for poses will always be provided, **making this class suitable for all yogis:** from the beginner just getting started, to the experienced practitioner looking to refine their practice.

Zumba: You don't need a dance background to love this class! Zumba routines use a variety of dance styles set to current dance hits. Enjoy exercising and having fun while breaking a sweat, burning calories and registering 5,000-6,000 steps on your *FitBit!*

Indoor Cycling: This traditional "spin" class is a great cardiovascular workout. Pedal through hill climbs, sprints, and many other challenging drills and exercises, simulating a ride on the road! All levels are welcome. Remember to bring a towel and water bottle!

PiYo: This class combines Pilates, Yoga, and strength training for a fast-paced, low-impact workout! Build strength, flexibility, and endurance during this dynamic class.

Prenatal Yoga: provides Moms-to-Be with the physical and mental tools needed to assist in the work of labor. This class focuses on providing a well-rounded combination of strengthening, endurance, and flexibility work. In addition, classes provide opportunities to focus on breathing exercises that increase body and mental awareness and it is a chance to connect with other Moms-to-Be in the SMSD.

