

2023



Hermann Fitness Source

~ Messmer & Eitmann Foundation ~

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
CLOSED	5:00a-7:00p	5:00a-7:00p	5:00a-7:00p	5:00a-7:00p	5:00a-5:00p	8:00a-12:00 p	
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;"> Social distancing & cleaning procedures will be followed before, during & after workouts! </div> <div style="text-align: center;">  <p>MAKE YOUR RESERVATION</p> </div> <div style="border: 1px solid black; padding: 5px;"> <p><u>Class Categories</u></p> <ul style="list-style-type: none"> Active Aging Cardio & Strength Mind & Body Pool </div>						<p><u>OPEN GYM</u></p>	
	<p>Silver Sneakers® 8:30 AM</p>	<p>Silver Sneakers BOOM!® 8:30 AM</p>	<p>Silver Sneakers® 8:30 AM</p>	<p>Silver Sneakers BOOM!® 8:30 AM</p>			
		<p>Just for Men 10:00 AM</p>	<p>Chair Yoga with Nobby 10:30 AM</p>	<p>Just for Men 10:00 AM</p>	<p>Range of Motion 10:00 AM</p>		
			<p>Tai Chi with Nobby 3:00 PM</p>				
	<p>Strength in Movement 5:30 PM</p>		<p>Floor Yoga with Nobby 4:30 PM <i>(90 Minutes)</i></p>	<p>Strength in Movement 5:30 PM</p>			
MEMBERSHIPS	Unlimited Gym & Classes	Gym Only	Classes Only	Single Day Pass	1 Week Membership		
General	\$44.00	\$34.00	\$34.00	\$7.00	\$15.00		
Over 55	\$34.00	\$24.00	\$24.00				
Student	\$34.00	\$24.00	\$24.00				
80 and OVER	FREE						

Range of Motion

Instructor: Lynn

Level: All

Setting the groundwork for a more mobile lifestyle. Movement to increase joint flexibility, range of motion, balance, cardiovascular improvements strength, & endurance. Resistance bands, chairs, balls, light handheld weights.

Just for Men

Instructors: Roxanne & Lynn

Level: Beginner to Intermediate

Chair-based class for senior men. Build strength, improve cardiovascular health, balance & flexibility in range of motion. Chairs, handheld weights, resistance bands.

Personal Training

Need a new perspective for your workout? Let's work together to streamline your health & fitness goals & go get those goals together! Reservations are required for this hands-on time with our trainer.

Silver Sneakers®

Instructors: Roxanne & Lynn

Level: Beginner to Intermediate

Increase muscular strength, range of motion, & daily living skills to keep you moving comfortably. Chairs, handheld weights, elastic tubing, & balls.

Silver Sneakers BOOM!®

Instructors: Roxanne & Lynn

Level: Beginner to Intermediate

Focus on different muscle groups to keep you active. Using the 3 components of health & wellness – Movement, Muscle, & Mind. Various equipment.

Equipment Tutorials

Make an appointment today and we'll walk through your top 5 choices of gym equipment. Together we can make a plan to guide you to success! Reservations are required.

Strength in Movement

Instructor: Lynn

Level: Intermediate to Advanced

Take your workout to the next level. Gain strength in core muscles & density in bones through strength movements & dumbbells, occasional use of kettlebells, step boxes & a variety of training scenarios. A warmup & you're on your way! Dumbbells, kettlebells, step boxes, medicine balls, weight plates.

Chair Yoga with Nobby

Instructor: Nobby

Level: Beginner to Advance

Chair-based therapeutic yoga class for people with limited range of motion, physical injuries, or limitations, &/or neurological disorders. Practice yoga poses & stretches in a seated or supported standing position which allows for less stress in sustained positions.

Tai Chi with Nobby

Instructor: Nobby

Level: Beginner to Advance

Tai Chi is an ancient Chinese exercise that combines relaxed, slow graceful movement with calm, mental attention. Slow, gentle no-impact exercise builds strength, balance, flexibility, coordination.

Floor Yoga with Nobby

Instructor: Nobby
Level: Beginner to Advance

Guided stretching, strengthening & balance with a gentle approach. All levels of experience. Mat-based.

RenewActive™
by UnitedHealthcare

SilverSneakers®

****REMINDER ****

Please reserve your spot by calling the Fitness Source at **(573) 486-2251**.