

# September 2023




## Hermann Fitness Source

~ Messmer & Eitmann Foundation ~

Phone: (573) 486-2251

Fax: (573) 486-2572

[fitnesssource@messmer-eitmann.org](mailto:fitnesssource@messmer-eitmann.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>CLOSED</b>	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 &amp; cleaning procedures will be followed before, during &amp; after workouts!         </div> <div style="text-align: center;">  <p><b>MAKE YOUR RESERVATION</b></p> </div> <div style="border: 1px solid black; padding: 5px;"> <p><u>Class Categories</u>            Active Aging            Cardio &amp; Strength            Mind &amp; Body            Pool</p> </div>						<b><u>OPEN GYM</u></b>	
	<b>Silver Sneakers® 8:30 AM</b>	<b>Silver Sneakers BOOM!® 8:30 AM</b>	<b>Silver Sneakers® 8:30 AM</b>	<b>Silver Sneakers BOOM!® 8:30 AM</b>			
		<b>Just for Men 10:00 AM</b>	<b>Chair Yoga with Nobby 10:30 AM</b>	<b>Just for Men 10:00 AM</b>	<b>Range of Motion 10:00 AM</b>		
			<b>Tai Chi with Nobby 3:00 PM</b>				
	<b>Strength in Movement 5:30 PM</b>		<b>Floor Yoga with Nobby 4:30 PM (90 Minutes)</b>				
<b>MEMBERSHIPS</b>	<b>Unlimited Gym &amp; Classes</b>	<b>Gym Only</b>	<b>Classes Only</b>	<b>Single Day Pass</b>	<b>1 Week Membership</b>		
General	<b>\$44.00</b>	<b>\$34.00</b>	<b>\$34.00</b>	<b>\$7.00</b>	<b>\$15.00</b>		
Over 55	<b>\$34.00</b>	<b>\$24.00</b>	<b>\$24.00</b>				
Student	<b>\$34.00</b>	<b>\$24.00</b>	<b>\$24.00</b>				
80 and OVER	<b>FREE</b>						

### 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

Stuck in a rut? Need a new perspective? Over working your workout? Looking for balance or direction? Whatever your health & fitness goals, let's work together to streamline your plan & go get your goals together! Reservations are required for 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**.