

# 2024





## Hermann Fitness Source

~ Messmer & Eitmann Foundation ~

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
CLOSED	5:00am-7:00pm	5:00am-7:00pm	5:00am-7:00pm	5:00am-7:00pm	5:00am-5:00pm	8:00am-12:00pm	
<div style="border: 1px solid black; padding: 5px;"> <p>Members are encouraged to follow cleaning procedures before, during &amp; after workouts!</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>						<p><b>**REMINDER**</b>            Please reserve your place in class by calling the Fitness Source at  <b>(573) 486-2251</b></p> <p><b>Ask us about</b>              and  </p>	
	<b>Silver Sneakers®</b> 8:30 AM	<b>Silver Sneakers BOOM!®</b> 8:30 AM	<b>Silver Sneakers®</b> 8:30 AM	<b>Silver Sneakers BOOM!®</b> 8:30 AM			
		<b>Just for Men</b> 10:00 AM	<b>Chair Yoga with Nobby</b> 10:30 AM	<b>Just for Men</b> 10:00 AM	<b>Range of Motion</b> 10:00 AM		
			<b>Tai Chi Basic with Nobby</b> 2:00 PM				
			<b>Tai Chi with Nobby</b> 3:00 PM				
			<b>Floor Yoga with Nobby</b> 4:30 PM <i>(90 Minutes)</i>				
<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	\$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	<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**

**Instructor: Roxanne**

**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.

### **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.

### **Silver Sneakers®**

**Instructor: Roxanne**

**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!®**

**Instructor: Roxanne**

**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.

We're on Facebook!  
Go to  
Hermann Fitness  
Source & you'll find  
class updates & news!  
We have a website! Go  
to Messmer-Eitmann  
Foundation  
for information on  
Miss Clara's menus &  
more!

### **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 Basic with Nobby**

**Instructor: Nobby**

**Level: Beginner**

This Tai Chi class prepares you for the next level of Tai Chi instruction. Slow, gentle no-impact exercise builds strength, balance, flexibility, coordination.

### **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, a 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.