2026

Hermann Fitness Source

~ Messmer & Eitmann Foundation ~

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Fax: (573) 486-2572
fitnesssource@messmer-eitmann.org

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
Members are encouraged to follow cleaning procedures before, during & after workouts!						**REMINDER** Please reserve your place in class by calling the Fitness Source at **(573) 486-2251**
	Silver Sneakers® 8:30 AM *(Roxanne)*	**Silver Sneakers BOOM!® 8:30 AM** *(Lynn)*	**Silver Sneakers® 8:30 AM** *(Roxanne)*	**Silver Sneakers BOOM!® 8:30 AM** *(Roxanne)*		
	Simply Mobility 10:00 AM *(30-minute class)* *(Roxanne)*	**Just for Men 10:00 AM** *(Lynn)*	**Chair Yoga 10:00AM** *(Roxanne)*	**Just for Men 10:00 AM** *(Roxanne)*	**Range of Motion 10:00 AM** *(Lynn)*	
Class Categories Active Aging Cardio & Strength Mind & Body Pool						
	Strength in Movement 5:30PM (*Lynn*) (*seasonal*)		**Floor Yoga 4:30PM** *(Roxanne)*	**Strength in Movement 5:30PM** (*Lynn*) (*seasonal*)		

Ask us about

RenewActive by UnitedHealthcare

and

SilverSneakers