

2026



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
Members are encouraged to follow cleaning procedures before, during & after workouts! Class Categories Active Aging Cardio & Strength Mind & Body Pool						**REMINDER ** Please reserve your place in class by calling the Fitness Source at (573) 486-2251 Ask us about RenewActive™ by UnitedHealthcare and  SilverSneakers
	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 (Roxanne)	Just for Men 10:00 AM (Lynn)	Chair Yoga 10:00 AM (Roxanne)	Just for Men 10:00 AM (Roxanne)	Range of Motion 10:00 AM (Lynn)	
			Floor Yoga 12:45 PM (Roxanne)			
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				

Just for Men

Instructor: Lynn & 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

Let's streamline your health & fitness goals & go get those goals together! Reservations 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 required.

Silver Sneakers®

Instructor: Lynn & 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: Lynn & 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.

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.

Simply Mobility

Instructor: Roxanne

Level: Fall Prevention, Balance Recovery

Specifically for those looking to maintain mobility, balance & flexibility. Movement based in Parkinson's Disease, Arthritis, Cancer & Diabetes research. This is a 30-minute chair-based class.

Chair Yoga

Instructor: Roxanne

Level: Beginner

Chair-based yoga class for range of motion or balance insecurities. Practice yoga poses & stretches in a seated or supported standing position allowing for yoga exploration from a chair.

Floor Yoga

Instructor: Roxanne

Level: Beginner to Advance

Guided stretching, strengthening & balance. Vinyasa & hatha based with meditations following our final poses. All levels of experience are welcome. Mat-based.

Your Senior Health Fitness Source!

How can we help you, keep
you strong?

We're on Facebook!
Go to
Hermann Fitness Source
for class updates, weather
closings & news!