

2025





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>Members are encouraged to follow cleaning procedures before, during & after workouts!</div>						<div>**REMINDER **</div> <div>Please reserve your place in class by calling the Fitness Source at (573) 486-2251</div>	
	<div>Silver Sneakers® 8:30 AM (Roxanne)</div>	<div>Silver Sneakers BOOM!® 8:30 AM (Lynn)</div>	<div>Silver Sneakers® 8:30 AM (Roxanne)</div>	<div>Silver Sneakers BOOM!® 8:30 AM (Roxanne)</div>			
	<div>Simply Mobility 10:00 AM (Roxanne)</div>	<div>Just for Men 10:00 AM (Lynn)</div>	<div>Chair Yoga 10:00AM (Roxanne)</div>	<div>Just for Men 10:00 AM (Roxanne)</div>	<div>Range of Motion 10:00 AM (Lynn)</div>		
<div><u>Class Categories</u> Active Aging Cardio & Strength Mind & Body Pool</div>						<div>Ask us about</div> <div></div> <div>and </div>	
	<div>Strength in Movement 5:30 PM (seasonal) (Lynn)</div>		<div>Floor Yoga 4:30PM (60 Minutes) (Roxanne)</div>	<div>Strength in Movement 5:30 PM (seasonal) (Lynn)</div>			
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.

Strength in Movement (seasonal)

Instructor: Lynn

Level: Intermediate to Advanced

Gain strength in core muscles & density in bones through strength movements & dumbbells, occasional use of kettlebells, step boxes & a variety of training scenarios.

Dumbbells, kettlebells, step boxes, medicine balls.

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.



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Hermann Fitness Source
for class updates, weather
closings & news!