

Spring 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; margin-bottom: 10px;"> Members are encouraged to follow cleaning procedures before, during & after workouts! </div> <div style="border: 1px solid black; padding: 5px;"> <u>Class Categories</u> Active Aging Cardio & Strength Mind & Body Pool </div>		Silver Sneakers® 8:30 AM	Silver Sneakers BOOM!® 8:30 AM	Silver Sneakers® 8:30 AM	Silver Sneakers BOOM!® 8:30 AM	<p>**REMINDER** Please reserve your place in class by calling the Fitness Source at (573) 486-2251.</p> <p>Ask us about  and </p>	
			Just for Men 10:00 AM	Chair Yoga with Nobby 10:30 AM	Just for Men 10:00 AM		Range of Motion 10:00 AM
				Tai Chi Basic with Nobby 2:00 PM			
				Tai Chi with Nobby 3:00 PM			
		Strength in Movement 5:30 PM		Floor Yoga with Nobby 4:30 PM (90 Minutes)	Strength in Movement 5:30 PM		
MEMBERSHIPS	Unlimited Gym & Classes		Gym Only	Classes Only		Single Day Pass	
General	\$44.00		\$34.00	\$34.00		\$7.00	
Over 55	\$34.00		\$24.00	\$24.00			
Student	\$34.00		\$24.00	\$24.00			
80 and OVER	FREE						

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

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 personal 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®

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.

Floor Yoga with Nobby

Instructor: Nobby

Level: Beginner to Advance

Guided stretching, strengthening & balance with a gentle approach. All levels of experience. Mat-based.

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.

Strength in Movement

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, weight plates.