

Center Group Fitness

These group exercise classes are included with membership at the Center! Visit www.centerofclayton.com for details/ reservations. Prices based on a 5 class session. Shorter sessions will be prorated. No classes 4/9 & 5/29. Ages 14+



Sessions begin: March 1, April 1, & May 1

Member/Resident Registration begins: 18th of the preceding month

Open registration begins: 25th of the preceding month

GROUP FITNESS STUDIO

★ NEW CLASSES!

Cost: Mem FREE | Res \$50 | Gen \$75
Drop-In: Mem FREE | Res \$15 | Gen \$20

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 a.m.	Cardio Pump (Reann)	Golden Groove (Joy)	Cardio Pump (Gina)	Golden Groove (Joy)	Cardio Pump (Gina)	Zumba (Erika)	
9:30 a.m.	Pump (Reann)		Pump (Gina)	Hoop Fit (Leslie)	Pump (Gina)	Cardio Pump (Reann)	
5:30/5:45 p.m.		TBC (5:30 p.m.) (Maria) ★		TBC (5:45 p.m.) (Laura)			
6:30 p.m.	Zumba (Priscilla)						

MIND BODY STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 a.m.					Zumba (Debbie) ★		

CARDIO PUMP

Strength intervals mixed with short burst cardio intervals will build endurance and muscle strength.

PUMP

Low-impact, full body workout that strengthens, tones, and defines every major muscle group.

TOTAL BODY CONDITIONING

TBC is an excellent, full-body workout that includes various types of cardio and strength training exercises.

ZUMBA®

Varied aerobic interval fitness program featuring fun, rhythmic, and easy-to-follow routines! No experience, no problem!

HOOP FIT

Tones muscles, increases stamina, aides in weight loss. improves coordination, increases flexibility, and reduces stress.

GOLDEN GROOVE (FORMERLY SLIMNASTICS)

Low-intensity, low-impact class combines cardio conditioning with strength and flexibility exercises.

COMPETITION POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 a.m.	Shallow & Deep (Jeanne)	Water Aerobics (Cindy)	Water Aerobics (Cindy)	Water Aerobics (Peggy)	Shallow & Deep (TBD)

LEISURE POOL

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:30 a.m.		Water Works! (Carol)	Senior Water Exercise (Jill)	Water Works! (Carol)	
11:00 a.m.	Senior Water Exercise (TBD)				Senior Water Exercise (Joan)
6:00 p.m.	River Workout (Peggy)				

WATER WORKS!

This no/low-compact movement is great for muscles and joints.

WATER AEROBICS

A fast-paced aerobic workout helps increase cardio performance and build endurance.

SHALLOW & DEEP WATER COMBO

Aerobic workout with resistance and strengthening exercises.

SENIOR WATER EXERCISE

Improve overall balance, muscle strength, cardio efficiency, and endurance in this moderately-paced aerobic workout.

RIVER WORKOUT

Class includes exercises with and against the current of the river. Swimming is not required, but comfort in deep water is essential.

Specialty Fitness

Specialty fitness class sessions now begin at the start of every month. Prices based on a 5 class session. Shorter sessions will be prorated. No classes 4/9 & 5/29. **Ages 14+**

Sessions begin: March 1, April 1, & May 1

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Open registration begins: 25th of the preceding month

Register at www.claytonmo.gov/programs or in person at the Center of Clayton.

**New Sessions,
New Classes,
New Opportunities!**

MIND BODY STUDIO

★ **NEW CLASSES!**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.		Indoor Cycling (Margaret)		Indoor Cycling (Leslie)			
8:30 a.m.	Indoor Cycling (Leslie)		Indoor Cycling (Michelle)				
9:00 a.m.						Yoga Open Levels (Anya)	Indoor Cycling (Paul)
10:30 a.m.		Yoga Basics (Lisa)		Yoga Basics (Anya)			
12:30 p.m.					Vinyasa Yoga (Jessica) ★		
5:30 p.m.			Yoga Open Levels (Maria) ★				
5:45 p.m.		Indoor Cycling (Leslie)		Indoor Cycling (Kim)			

GROUP FITNESS STUDIO

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 p.m.		Gentle Yoga (Jessica)					

YOGA BASICS

Appropriate for beginners or those desiring a slower, gentler pace. Classes cover use of breath, simple alignment principles, and instruction on the classic foundational postures.

Location: Mind Body Studio
Cost: Mem \$25 | Res \$75 | Gen \$100
Drop-In: Mem \$10 | Res \$ 20 | Gen \$25

GENTLE YOGA

A mindful flow of gentle postures to stretch and strengthen with extended time for meditation, breathwork, and relaxation. Great for beginners and experienced practitioners alike.

Location: Group Fitness Studio
Cost: Mem \$25 | Res \$75 | Gen \$100
Drop-In: Mem \$10 | Res \$ 20 | Gen \$25

YOGA OPEN LEVELS

Class is for those with previous yoga experience or beginners in good physical condition. Principles of breath and alignment are employed to increase strength, flexibility, and awareness.

Location: Mind Body Studio
Cost: Mem \$25 | Res \$75 | Gen \$100
Drop-In: Mem \$10 | Res \$ 20 | Gen \$25

VINYASA YOGA ★

Flowing sequence of poses synchronized with breath. Participants will move from one pose to next, incorporating breath, awareness and alignment principles.

Location: Mind Body Studio
Cost: Mem \$25 | Res \$75 | Gen \$100
Drop-In: Mem \$10 | Res \$ 20 | Gen \$25

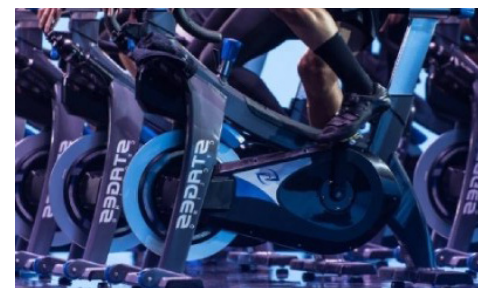


Photo credit: STAGES Cycling

INDOOR CYCLING

Indoor cycling offers cardiovascular conditioning, endurance building and lower body strength training.

Location: Mind Body Studio
Cost: Mem \$15 | Res \$50 | Gen \$75
Drop-In: Mem \$8 | Res \$ 15 | Gen \$20

Specialty Fitness

YOUTH ACTIVITY CENTER

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 a.m.		TRX (Michelle)		TRX (Michelle)	

TRX®

TRX Suspension Training® is a revolutionary total-body fitness program that uses gravity against the individual's own body weight to simultaneously develop strength, balance, flexibility, and core stability. This fast-paced class uses the TRX as well as sometimes incorporating other floor based cardio exercises to encourage heart rate elevation. Students with shoulder injuries should consult instructor to discuss beforehand.

Location: Youth Activity Center

Cost: Mem \$25 | Res \$75 | Gen \$100

Drop-In: Mem \$10 | Res \$ 20 | Gen \$25



Training

Group Training class sessions now begin at the start of every month. Prices based on a five-class session. Shorter sessions will be prorated. Register at www.claytonmo.gov/programs or in person at the Center of Clayton. **Ages 14+**

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SYNRGY XL 360 GROUP TRAINING

Synrgy 360 Group Training is a 50-minute, full-body workout that combines cardio and strength training to provide maximum results. The small group aspect offers camaraderie while getting expert instruction and coaching from our Certified Personal Trainers! Class has a maximum of 10 participants, so our trainers can focus on each individual's needs, proper technique and encouragement.

Location: Fitness Center

Option: Tue. 6:00-6:50 p.m.

Cost: Mem \$40 | Res \$100 | Gen \$125

Drop-In: Mem \$15 | Res \$ 25 | Gen \$30

SHARK FITNESS BOOT CAMP

No Nonsense. No Excuses. Just Results! That sums up the approach taken in class for the last 20+ years. Despite the group setting, this class challenges participants individually and provides an environment that allows each person to give their best and expect significant results. Classes consist of resistance training, calisthenics, short runs, and drills designed to work every muscle in 60 minutes. Participants in boot camp are from every walk of life and fitness level, but have one thing in common - they get results. Bring a water bottle and a good work ethic.



Location: Center of Clayton & Shaw Park

Option: Tue & Thu 6:00 a.m. - 7:00 a.m.

Cost: March Mem \$117 | Res & Gen \$126

April Mem \$104 | Res & Gen \$112

May Mem \$117 | Res & Gen \$126



Towel Service is back at the Center of Clayton. Both hand and bath towels will be available for use. Hand towels can be retrieved at the fitness center staff desk. Bath towels can be retrieved at the Center's check-in station and on the pool deck by the lifeguard station. Used towels are to be returned in the bins located in locker rooms, fitness center, and check-in station.

Personal Training

FITSTART STARTER PACK

This 3-session starter package includes fitness assessment and two training sessions. Offered only to new personal training customers. One package per client.
Member/Non-Member: \$175

INDIVIDUAL PACKAGES

Packages offer you savings on the number of sessions that fit your schedule: Health and Exercise History consultation and Fitness Assessment can be included in all packages!

	5 Sessions	10 Sessions	20 Sessions
Member	\$350	\$650	\$1,200
Non-Member	\$375	\$700	\$1,300



Center of Clayton

TRAINING-FOR-TWO

Training-for-Two saves you 25% off normal package price. Partners can train together for 1, 5, or 10 sessions. Prices are per participant. Prior to starting Training-For-Two packages, each participant must go through an initial hour-long one-on-one consultation and assessment with their trainer, which can be purchased at our 1-session rate of \$75 for members and \$80 for non-members. After the assessment, the following packages can be purchased.

	5 Sessions	10 Sessions
Member	\$250	\$450
Non-Member	\$275	\$500

TEAM TRAINING

Team Training provides 3-6 partners a deep discount on personal training! Prices are per participant. Prior to starting Team Training, each participant must go through an initial hour-long one-on-one consultation and assessment with their trainer, which can be purchased at our 1-session rate of \$75 for members and \$80 for non-members. After the assessment, sessions can be purchased.

	5 Sessions	10 Sessions
Member	\$170	\$320
Non-Member	\$200	\$380

Trainer Spotlight

Hannah Frazee



Hannah has a BA in exercise science from the University of Iowa. She is a registered exercise physiologist through the American College of Sports Medicine (ACSM). She has additional training in integrating movement into eating disorder recovery and has completed the Safe Exercise at Every Stage (SEES) training.

Education & Certifications

Bachelor of Exercise Science
 Master of Social Work Student
 ACSM Exercise Physiologist (EP-C)

Availability

Mornings, some days, evenings, and some weekends

Renew Active

by  UnitedHealthcare

**Stay fit.
 Stay focused.
 Stay you.**

**Join now to enter into our
 monthly raffle drawing!**

UHCRenewActive.com