



****See Back for Coupons****

September Schedule

Group Fitness - Main Location & Martial Arts



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Group Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am		Body Pump (Rhonda)		Body Blast (Rhonda)			
5:15am	Spinning (Rick)		Spinning (Rick)		Spinning (Rick)		
5:45am		Spinning (Rick)		Spinning (Rick)			
6:45am	Yoga (Mindy)		Yoga (Mindy)				
8:30am		Zumba (Rosy)	Zumba (Rosy)	Zumba (Rosy)			
9:00am	Zumba Gold (Lynette)				Zumba Gold (Lynette)	Body Pump (Ashley)	
9:30am		Circuit/Core (Kara)		Circuit/Core (Kara)		10 am Speed & Agility	
11:00am						Zumba (Tiffanie)	
4:15pm	Gladiator (Ronnie)	Step (Michelle)	Body Pump (Jim)	Step (Michelle)	Gladiator (Ronnie)		
5:15pm	Body Pump (Ashley)	Gladiator (Ronnie)	Zumba (Julia)	Gladiator (Ronnie)	Zumba (Julia)		
6:15pm	Spinning (Heather)	Spinning (Heather)	Body Pump (Ashley)	Spinning (Heather)	Body Pump (Julia)		
7:15pm	Zumba (Michelle)		Zumba (Tiffanie)				

Body Pump/SPINNING Classes Require RSVP by calling 686-5984 or stopping by fitness desk. You may reserve up to 1 week in advance. Please arrive 10 minutes early to allow for equipment set-up time.

Zumba requires a pass card AND a PARC membership OR \$6.50 per class. Pass Cards: \$15 for 10 Classes \$25 for 20 Classes \$35 for 30 Classes

Martial Arts Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1:00pm							Karate (12+)
2:00pm							Intermediate & Advanced
5:00pm							
6:00pm		Kid' s Karate		Kid' s Karate			
7:15pm		Karate		Karate			
8:15pm		Intermediate & Advanced		Intermediate & Advanced			

All courses are uniformed, belt ranking courses. All programs taught with nonviolent, defensive based philosophy-we do not teach for "no holds barred" fighting. Children under the age of 15 need a doctor's note stating that they are physically able to participate in martial arts.

Master Instructor Chad Boxx

Chad had been teaching martial arts in Poplar Bluff area for over 23 years. He has taught martial arts at the PARC for over 17 years, and produced black belt students there who have gone on to open their own classes and schools. Chad is a former tournament champion in sparring, forms, and breaking. He is registered internationally as the 7th degree black belt.

For additional information call Chad Boxx at 573.300.6085

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