

Kirkwood Parks and Recreation Fitness Programs



Kirkwood Community Center
111 S. Geyer, Kirkwood, MO 63122
www.kirkwoodmo.org
314-822-5855



Chair Yoga

A gentle form of yoga for all ages and stages of life. This class will use a chair for additional support. Joy, our certified instructor, will work your joints and muscles to increase flexibility, strength, balance and circulation.

Thursdays 9:30-10:30 a.m.

Session 1: Sept. 23-Oct. 28; Session 2: Nov. 4-Dec. 16; Session 3: Jan. 6-Feb. 10

Residents: \$48; Non-Residents: \$54 per session

Boot Camp

Modeled on the military's boot camp where the instructors encourage--not humiliate. Class is about 25-40 min. of calisthenics followed by a class run. It is intense, but geared for all fitness levels, from couch potato to tri-athlete! Participants can expect to rapidly slim down, tone up and build endurance. The end of the program is marked with a celebration for those who have stuck it out.

Mon.-Thurs. 5:45-6:45 a.m.

Session I: September 6 – October 14

Session II: October 25 – December 2

Session III: December 6 – 16 *FREE

INTERIM SESSION

Session IV: January 3 – February 10

Session V: February 21 – March 31

Resident: \$129 Non-Resident: \$149 per session

Senior Fitness

Ages 55+

Gather your friends or make new ones when you join us for this 10 week, low-impact aerobics class.

Resident: \$35 Non-Resident: \$50 (per session).

Mon., Wed. & Fri. 8-8:45 a.m.

Session 1: 8/9-10/15 Session 2: 10/18-12/22

Session 3: 12/27- 3/4

Kirkwood Community Center, 111 S. Geyer Rd.

Taekwondo for Kids

Ages 5-7

Fast-paced activities designed to be fun while teaching the major fundamental skills and disciplines of the martial arts. Sessions are 12 weeks. Additional fees for uniforms(\$20-\$25 depending on size) and annual AAU membership (\$12) payable to instructor. For more information, call Willow Martial Arts at 636-296-3748.

Wed. Sept. 22 and Jan. 5 5:30-6:30 p.m.

Thurs. Sept. 23 and Jan. 6 5:30-6:30 p.m.

Resident: \$24 Non-Resident: \$36 per session

Taekwondo

Ages 8-Adult

Learn self-defense, self-confidence and self-control in a friendly atmosphere in this 12-week class. Additional fees for uniforms (\$20-\$25 depending on size) and annual AAU membership

(\$12) payable to instructor. For more information, call

Willow Martial

Arts at 636-296-3748.

Beginners: Wed. 6:45-8:15 p.m.

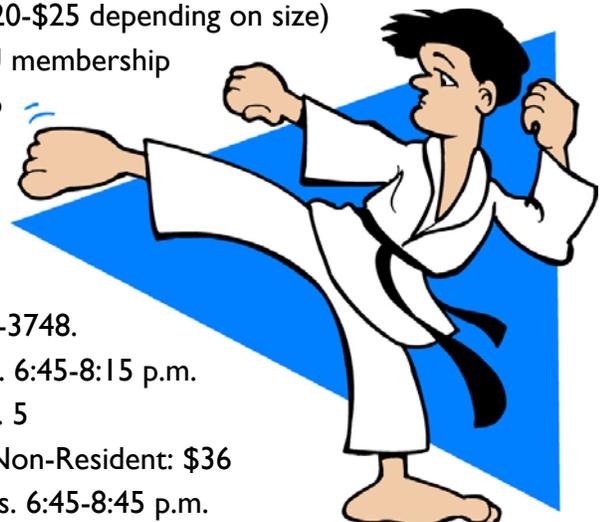
Sept. 22 and Jan. 5

Resident: \$24 Non-Resident: \$36

Advanced: Thurs. 6:45-8:45 p.m.

Sept. 23 and Jan. 6

R \$32 NR \$48



Kids' Dance Classes

Dance To Your Own Tune: For Pre-Schoolers

Ages 3.5 to 5 Classes move through an imaginative dance adventure, capturing and nurturing young children's instinctive joy of movement and freedom of expression. Class themes, such as visiting The Enchanted Land or discovering the secrets of Mystery Island, encourage class participation, focus, confidence and exploration. This playful approach to learning dance promotes creativity, physical fitness, spatial awareness and increased listening skills. Sessions and price listed below.

Tues. 4:45-5:25 p.m.

Pre-Ballet

Ages 4.5 to 6 A fun, structured class introducing the basics of classical ballet: Correct posture, weight placement, coordination, spatial awareness, sense of rhythm and the concept of parallel vs. turned out legs. Children also learn to perform a sequence of simple steps to depict a story. If your child is not quite 5 years old when the session starts, it is recommended that he or she take one session of "Dance To Your Own Tune." Sessions and price listed below.

Tues. 5:30-6:15 p.m.

Ballet I

Ages 7 to 10 With Classical Ballet at its core, classes focus on correct posture and balletic stance, building strength and flexibility, and learning ballet vocabulary. Free Movement and Character dance steps are included to supplement and enhance the training of classical ballet. Students will gain self-confidence through learning and performing appropriate steps and sequences. Barre work is introduced at this level.

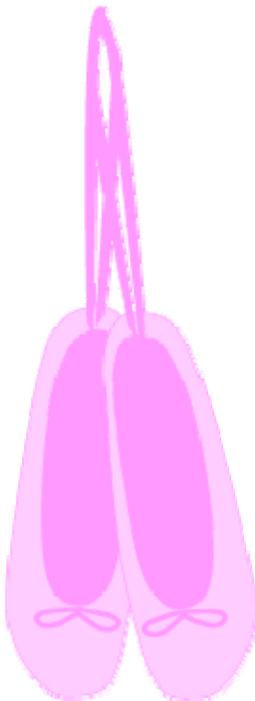
Tues. 6:15-7:15 p.m.

Session 1: Sept. 28-Nov. 2

Session 2: Nov. 9-Dec. 14

Session 3: Jan. 11-Feb. 15

Residents: \$48 Non-Residents: \$54



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