

# Fitness Schedule *October 2023*

Joyce Raye Patterson 50+ Activity Center  
**100 South 10<sup>th</sup> , St. Joseph, Mo 816-271-4666**

**Hours of Operation:** Cafeteria: Lunch Tues—Fri 11-12:30 Open to all ages

Fitness Center: Mon-Thurs 8am-7:30pm

Fri 8am-5pm

Sat 8-11:30am (open Saturday evenings during dances and stamp club)

Billiards, 8-ball, Snooker,

Shuffleboard, Table

Tennis .75 cents per day

## Monday, October 2, 9, 16, 23, 30

- 8:15 am Total Body Workout w/Kay (\$3) \*
- 9:30 am Yoga w/Kat (\$4) B \* A
- 1:00 pm Fit Club w/Kelly (\$2) \* + B
- 3:00 pm Line Dance Lessons (\$2) \* A B
- 4:15 pm Beginner Low Impact Aerobics & Toning (\$2) B
- 5:15 pm Full Body Conditioning (\$4) A

## Tuesday, October 3, 10, 17, 24, 31

- 10:00 Boogie on Broadway , Does not meet on Oct 3(Free) B\*
- 1:00 pm Yoga Flow w/Kat (\$4)(No floor work—no mat needed) + B
- 2:00 pm Walk with Ease (free) B \* A
- 4:15 pm Balance & Core w/Jena (\$2) 30 min. class + B \*
- 5:15 pm Step & Body Conditioning (\$4) A

+ Seated            B Beginner  
 \* Intermediate    A Advanced



## Wednesday, October 4, 11, 18, 25,

- 8:15 am Total Body Workout w/Kay (\$3) \*
- 9:30 am Yoga w/Kat (\$4) B \* A
- 10:30 am Pilates w/Kat (\$4) \* A
- 3:00 pm Line Dance Lessons (\$2) B\*
- 4:15 pm Beginner Low Impact Aerobics & Toning (\$2) B

## Thursday, October 5, 12, 19, 26

- 1:00 pm Basic Yoga w/Kat (\$4) (No floor work—no mat needed) + B
- 3:30 pm Balance & Core w/Jena (\$2) 30 min. class + B \*
- 4:15 pm Strengthening Core Pilates (\$2) B \* A

## Friday, October 6, 13, 20, 27

- 8:15 am Total Body Workout w/Kay (\$3) \*
- 9:30 am Yoga w/Kat (\$4) B \* A

