

OCTOBER 2020

FIT CAPE

Cape Girardeau Parks & Recreation Department's Monthly Fitness Newsletter



WHAT'S IN THIS ISSUE?

Team Meal Prep
Health & Wellness Seminar

Fall Recipes

October Group
Fitness Calendar

Riverfront Yoga Ends This Month!

BY: CHRISTINE JAEGER

Have you participated in Riverfront Yoga yet this summer?! There are only two weekends left, so don't miss your chance! Riverfront Yoga is held past the flood gates at Broadway at Water St. on Fridays at 5:30 p.m. and Saturdays at 8:15 a.m. The cost is \$4 per person or use of a discount card. Follow the Cape Riverfront Yoga Facebook page or weather details. Last class of the year is October 10!

Indoor yoga class will be taught at the Osage Centre on Saturdays beginning October 17!

OCTOBER 2020

Gluten Free Pumpkin Bread

From delish.com

Ingredients

1 c. pumpkin puree	1/4 tsp. cloves
2 c. old-fashioned rolled oats	Pinch nutmeg
2 large eggs	1/2 tsp. kosher salt
1/2 c. honey	1/2 c. pecans
1/4 c. sugar	
1 tsp. baking soda	
1 tsp. pure vanilla extract	
1/2 tsp. cinnamon	

Directions

1. Preheat oven to 350° and line an 8"-x-5" pan with parchment paper.
2. Combine pumpkin, oats, eggs, honey, baking soda, vanilla, cinnamon, cloves, nutmeg and salt in a blender. Blend until you have a smooth batter, about 1 minute.
3. Pour batter into prepared pan and sprinkle with pecans. Cover with aluminum foil and bake until a toothpick inserted into the middle of the bread comes out clean, about 35 minutes.
4. Let cool in pan for 15 minutes, then invert loaf onto a cooling rack to cool completely. Slice and serve.



Cinnamon Baked Pears

From delish.com

Ingredients

4 ripe pears
1/2 c. melted butter
1 tbsp. cinnamon sugar
1 c. old-fashioned rolled oats
1/2 c. Finely Chopped Almonds
1/3 c. brown sugar
1 tsp. ground cinnamon
kosher salt

Directions

1. Preheat oven to 400°. Halve pears and scoop out some of the center to fit the oatmeal crumble. Brush insides of pears with 2 tablespoons melted butter and sprinkle with cinnamon sugar.
2. In a medium bowl, combine oats, almonds, brown sugar, cinnamon, and a pinch of salt. Pour remaining melted butter into bowl and combine until fully coated.
3. Spoon into pear halves.
4. Bake until pears are soft, 35 to 40 minutes.
5. Top with a small scoop of vanilla ice cream and serve warm.



October 6, 2020 | Osage Centre | 5:30 p.m.

The Team Meal Prep seminar will cost \$5 per person and participants will bring home three prepped meals! Please bring three food containers. Pre-register online to reserve your space at www.cityofcape.org/fitnessprograms. The \$5 fee should be paid the night of the class.



TEAM MEAL PREP

HEALTH & WELLNESS SEMINAR - \$5 COST



CITY of CAPE GIRARDEAU
PARKS & RECREATION DEPARTMENT

FITNESS FACILITIES

OSAGE CENTRE HOURS

Monday-Thursday	5 a.m. - 8 p.m.
Friday	5 a.m. - 7 p.m.
Saturday	8 a.m. - 4 p.m.
Sunday	12 p.m. - 9 p.m.

SHAWNEE PARK CENTER HOURS

Monday-Friday	9 a.m. - 8 p.m.
Saturday	11 a.m. - 6 p.m.
Sunday	12 p.m. - 8 p.m.

CENTRAL POOL FITNESS HOURS

Monday-Friday	5 a.m. - 7 a.m. 11:30 a.m. - 1 p.m.
Saturday	9 a.m. - 11 a.m.

ADMISSION

Fitness Room	\$2 / Visit
Indoor Track	\$2 / Visit
Gym Walking	Free
Discount Card	\$16 / 10 Visits

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Fitness Room	\$2 / Visit
Gym Walking	Free
Discount Card	\$16 / 10 Visits

ADMISSION

Children	\$3.50
Adults	\$2.75
Seniors	\$3.00

FREE 'FITZONE' OUTDOOR FITNESS AREA

Located on the Cape LaCroix Trail by the Arena Park tennis & sand volleyball courts!

Connect With Us!



@fitcape

cityofcape.org/fitness

GROUP FITNESS

October

Monday

Cardio Kickboxing

5:30 - 6:15 am
Lesley

Zumba Gold

9:00 - 9:45 am
Christine

Abs & Arms

12:15 - 12:45 pm
Christine

Strength Conditioning

4:30 - 5:15 pm
Brittney

POUND

5:30 - 6:15 pm
Tera / Dana

Friday

Insanity & Core de Force

5:30 - 6:15 am
Lesley

Chair Yoga

9:00 - 9:45 am
Dale Ann

Country Fuzion

10:00 - 10:45
Robyn

Group Personal Training

12:15 - 12:45 pm
Christine

RiverFront Yoga

Last Day -10/9
5:30 - 6:30 pm
Kelly

Tuesday

Body Sculpt

5:30 - 6:15 am
Tera

Country Fuzion

9:30 - 10:15
Robyn

Gentle Yoga

10:30 - 11:15 am
Jen

Pilates

12:15 - 12:45 pm
Christine

Barre

4:30 - 5:15 pm
Emily

Cardio Drumming

5:30 - 6:15 pm
Brittney

Wednesday

Bosu Blast

5:30 - 6:15 am
Christine

Pump Lite

9:15 - 10 am
Tera

Butts & Guts

12:15 - 12:45 pm
Christine

Pump40

5:30 - 6:10 pm
Tera

Zumba

6:15 - 7:15 pm
Jaimie

Thursday

Zumba Toning/ Piloxing

5:30 - 6:15 am
Christine

Cardio Drumming

9:00 - 9:45 am
Brittney

Barre

12:15 - 12:45 pm
Christine

Barre HIIT

4:30 - 5:15 pm
Robyn

Shine Dance

5:30 - 6:15 pm
Dana

Yoga

6:30 - 7:30 pm
Dale Ann

Saturday

Yoga

Riverfront until 10/10
Moves to Osage 10/17

8:15 - 9:15 am
Kelly

Circuit

9:15 - 10:15 am
Darren / Brittney

Class Fees:

\$4.00 per class OR
Discount Card:

\$42 for 12 classes OR \$72 for 24 classes

All classes at the

Osage Centre

**Unless noted*

Riverfront: 198 N Water St

@Riverfront

573-339-6604

www.cityofcape.org/fitness
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@fitcape



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