



start
today!

senior FITNESS

The City of Cape Girardeau offers many fitness opportunities for seniors! Programs include **STAND STRONG** personal training, **MOBILITY EXPRESS: FLEXIBILITY TRAINING**, and group fitness classes like **CARDIO DRUMMING**, **STRETCH 'N STRENGTHEN**, **ZUMBA**, & more! Check out a complete listing and description of offerings on the back. Prices range from \$3.50 per group fitness class, to packaged pricing for personal training options. Call Christine at 573.339.6604 for more information, or visit www.cityofcape.org/fitness. Start your fitness journey today!



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PERSONAL TRAINING

Stand Strong (55 yrs and older)

Falls leading to fractured bones is the leading cause of mortality in people ages 65 years and older. We cannot control everything that happens in our lives, however; you can take action to reduce your risk and improve your health. Pricing: 30 minute session - \$20 or \$160/10 sessions.

Mobility Express: Flexibility Training

Mobility and flexibility is a critical component of physical performance and is equally important for your overall health. Simply “stretching” may not be enough or as effective as the techniques trainers can offer. In a series of 15-minute sessions, our trainers employ a variety of partner-assisted stretching and foam rolling techniques to maximize your results. Benefits may include: Reduced arthritic symptoms, improved posture and range of motion, decreased deterioration of joints, reduced risk of pain (low back, joints, muscles), improved muscle coordination, and overall movement. Pricing: Four, 15-minute sessions: \$10/ session (\$40 package)

GROUP FITNESS CLASSES

All group fitness classes are \$3.50/class. Or you can purchase a punch card with 12 classes for \$36.00, or 24 classes for \$60.00. Check online at cityofcape.org/fitness for this month's group fitness class schedule.

Abs & Arms

This 30 min express class is great for your lunch break or the busy bee who needs a great workout in a flash! In this workout, you'll focus on toning all parts of your arms and core! Each week is different to keep your muscles guessing!

Cardio Drumming

Cardio drumming uses, drumsticks, fitness balls and buckets to get you moving to the beat while playing on the 'drums'! Your favorite songs turn into a whole new fitness experience! No experience necessary!

Pilates/PiYo

This mind/body class is designed to focus on core strength and coordination while learning the correct breathing patterns and body alignment. Pilates creates great benefits from better posture to toning of the muscles. PiYo will keep you moving and mix Yoga in for more muscle building!

Strength Conditioning & Kettlebells

This class focuses on strengthening the muscles. As we age, our muscle tend to get weaker and this class helps do just that! All levels welcome! Kettlebells mixes cardio with strength to give an overall great workout!

Stretch 'n Strengthen

This low impact class combines strengthening your muscles and follows with a relaxing stretching session to make activities for your daily lifestyle easier day by day. Expect to work with anything from fitness bands, hand weights, to stability balls to keep things challenging and fun!

Yoga & Tai Chi

Various techniques will be used in this class with emphasis on flowing postures and breath awareness. Through basic yoga poses, participants will also work towards relaxation, mental clarity, and tuning in to their bodies.

Zumba & Zumba Gold

A dance based fitness class; inspired by traditional Latin-based music including, salsa, samba and meringue. It has people of all ages falling in love with its infectious music, easy-to-follow dance moves and body beautifying benefits. Gold is lower impact & great for beginners!