

## CLASS DESCRIPTION

Strength Training – in classroom form we work together using dumbbells and lite barbells, and other props to strengthen the entire body.

PiYo – is a pilates/yoga stretch class. Using our bodies and lite props we will work on full body strengthening, as well as CORE conditioning. Our CORE is made up of all the muscles in the center of our bodies. After each exercise we then stretch out the muscle group by doing yoga poses.

Cardio and Tone – using lite weights, we will continuously move to keep our heart rates up while doing lite toning!

Busy Body's Boot Camp-Maximize your efforts in a minimal amount of time. Boot Camp Basics is for all fitness levels. Busy Body's Boot Camp is designed to rev up your cardio, increase your energy and endurance level while burning stored fat. We will utilize the newly remodeled Park and Recreations Exercise Room as well as the beautiful Excelsior Springs Parks and Trails.

All classes are 45 minutes.  
Please bring your own mat, water bottle and towel.  
Must be 14 years of age or older to join these classes.  
Novice or Avid Exercisers are all welcome!!

Any questions please email Donna at [donna.newcomb@gmail.com](mailto:donna.newcomb@gmail.com)  
or Elaina Lamley [getphit@att.net](mailto:getphit@att.net)

**Excelsior Springs Parks and Recreation**

**Exercise Class Registration Form**

**Elaina Lamley, Instructor**

Name \_\_\_\_\_ Date \_\_\_\_\_

Phone # \_\_\_\_\_ Email \_\_\_\_\_

Month of Enrollment \_\_\_\_\_

**Please Check Class(es) Attending**

Cardio and Tone                      4:30-5:15 p.m. Tues & Thurs(\$44)

Busy Bodies Bootcamp            9:00-9:45 a.m. Tues & Thurs(\$44)

**Special Combination Package (\$55)**  
(For one fee you can participate in any or all of the above classes)

Walk-ins (\$7.00)

\_\_\_\_\_ Total Amt Paid                      \_\_\_\_\_ Check # or Cash

Received by \_\_\_\_\_

ESPRD - 816-630-1040

**Excelsior Springs Parks and Recreation**

**Exercise Class Registration Form**

**Donna Newcomb, Instructor**

Name \_\_\_\_\_ Date \_\_\_\_\_

Phone # \_\_\_\_\_ Email Address \_\_\_\_\_

Month of Enrollment \_\_\_\_\_

**Please Check class(es) attending**

Strength Training                      7:30-8:15 a.m. Mon & Wed (\$44)

Strength Training                      5:30-6:15 p.m. Mon & Wed (\$44)

PiYo    8:30-9:15 a.m. Mon & Wed (\$44)

PiYo    6:30-7:15 p.m. Mon & Wed (\$44)

**Special Combination Package (\$55)**

(For one fee you can participate in any or all of the above classes)

Walk-in (\$7.00)

\_\_\_\_\_ Total Amount Paid                      \_\_\_\_\_ Check # or Cash

Received by \_\_\_\_\_

ESPRD - 816-630-1040