

Fitness Schedule *September 2023*

Joyce Raye Patterson 50+ Activity Center
100 South 10th, 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, September 11, 18, 25

8:15 am Total Body Workout w/Kay (\$3) *

9:30 am Yoga w/Tom (\$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, September 5, 12, 19, 26

1:00 pm Yoga Flow w/Kat (\$4)(No floor work—no mat needed) + B

4:30 pm Balance & Core w/Jena (\$2) 30 min. class + B *

5:15 pm Step & Body Conditioning (\$4) A

Closed September 4th, Labor Day



+ Seated

B Beginner

* Intermediate

A Advanced

Wednesday, September 6, 13, 20, 27

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, September 7, 14, 21, 28

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, September 1, 8, 15, 22, 29

8:15 am Total Body Workout w/Kay (\$3) *

9:30 am Yoga w/Kat (\$4) B * A