

# FALL SCHEDULE

## AUGUST 24 - DECEMBER 10



**[\$53] FALL SEMESTER MEMBERSHIP**  
**[\$9] ONE CLASS PASS** \*Prices do not include applicable sales tax.

### MONDAY

6:15-7:15 AM	SUNRISE YOGA	C
6:15-7:15 AM	SUNRISE CYCLE	TL
9-9:50 AM	ABS & GLUTES	A
9-9:45 AM	FUNCTIONAL FIT.	SG
10-10:30 AM	HIIT	A
11-11:50 AM	ADV. CYCLING	TL
1-2 PM	TRIPLE THREAT	A
1-1:50 PM	MAT PILATES	C
3-3:50 PM	INSANITY*	A
4-4:50 PM	VINYASA LEVEL 1	C
4:30-5:20 PM	TURBO KICK*	A
5:30-6:20 PM	ZUMBA*	A
5:30-6:20 PM	ADV. REFORMER	B
5:30-6:20 PM	MEDITATIVE YOGA	C
5:30-6:20 PM	INT. CYCLING	TL
6:30-7:20 PM	PUMP	A
6:30-7:20 PM	REF. PILATES	B
6:30-7:20 PM	ADV. MAT PILATES	C
6:30-7:20 PM	ADV. CYCLING	TL
7:30-8:20 PM	PILATES PLUS	C
7:30-8:15 PM	FUNCTIONAL FIT.	SG
7:45-8:30 PM	KNOCKOUT	A
8:45-9:15 PM	ABS & GLUTES X	A

### TUESDAY

6:15-7:15 AM	SUNRISE YOGA	C
6:15-7:15 AM	SUNRISE CYCLE	TL
8-9 AM	TRIPLE THREAT	A
8-8:50 AM	INT. CYCLING	TL
9-9:45 AM	FUNCTIONAL FIT.	SG
11-11:50 AM	CIRCUIT	A
11-11:50 AM	VINYASA LEVEL 1	C
12-12:50 PM	ABS & GLUTES	A
12-12:50 PM	PILATES PLUS	C
4-4:50 PM	PUMP	A
4-4:50 PM	REFORMER PILATES	B
4-4:50 PM	PIYO*	C
5-5:50 PM	ZUMBA*	A
5-5:50 PM	MAT PILATES	C
5-5:50 PM	ADV. CYCLING	TL
6-6:50 PM	TURBO KICK*	A
6-6:50 PM	POWER YOGA	C
6-6:50 PM	INT. CYCLING	TL
6-6:45 PM	FUNCTIONAL FIT.	SG
7-7:50 PM	INSANITY*	A
7-7:50 PM	TIGER TEASE	C
8-8:50 PM	ABS & ARMS	A
8-8:50 PM	STRESS RED. YOGA	C

### WEDNESDAY

6:15-7:15 AM	SUNRISE YOGA	C
6:15-7:15 AM	SUNRISE CYCLE	TL
9-9:50 AM	ABS & ARMS	A
9-9:45 AM	FUNCTIONAL FIT.	SG
10-10:30 AM	HIIT	A
11-11:50 AM	POWER	A
11-11:50 AM	PIYO*	C
12-12:50 PM	RESTORATIVE YOGA	C
1-2 PM	TRIPLE THREAT	A
1-1:50 PM	MAT PILATES	C
3-3:50 PM	INSANITY*	A
4-4:50 PM	VINYASA LEVEL 2	C
4-4:50 PM	INT. CYCLING	TL
4:30-5:20 PM	TURBO KICK*	A
5:30-6:20 PM	ZUMBA*	A
5:30-6:20 PM	ADV. REFORMER	B
5:30-6:20 PM	MEDITATIVE YOGA	C
5:30-7 PM	END. CYCLING	TL
6:30-7:20 PM	PUMP	A
6:30-7:20 PM	REFORMER PILATES	B
6:30-7:20 PM	ADV. MAT PILATES	C
7:30-8:20 PM	PILATES PLUS	C
7:30-8:15 PM	FUNCTIONAL FIT.	SG
7:45-8:30 PM	KNOCKOUT	A
8:45-9:15 PM	ABS & GLUTES X	A

### THURSDAY

6:15-7:15 AM	SUNRISE YOGA	C
6:15-7:15 AM	SUNRISE CYCLE	TL
8-9 AM	TRIPLE THREAT	A
8-8:50 AM	INT. CYCLING	TL
9-9:45 AM	FUNCTIONAL FIT.	SG
11-11:50 AM	VINYASA LEVEL 2	C
12-12:50 PM	PILATES PLUS	C
2-2:50 PM	POWER	A
4-4:50 PM	PUMP	A
4-4:50 PM	REFORMER PILATES	B
4-4:50 PM	PIYO*	C
5-5:50 PM	ZUMBA*	A
5-5:50 PM	MAT PILATES	C
5-5:50 PM	ADV. CYCLING	TL
6-6:50 PM	TURBO KICK*	A
6-6:50 PM	POWER YOGA	C
6-6:50 PM	INT. CYCLING	TL
6-6:45 PM	FUNCTIONAL FIT.	SG
7-7:50 PM	INSANITY*	A
7-7:50 PM	DANCE FITNESS	C
8-8:50 PM	ABS & GLUTES	A
8-8:50 PM	STRESS RED. YOGA	C

### FRI/SAT/SUN

FRIDAY		
6:15-7:15 AM	SUNRISE CYCLE	TL
6:15-7 AM	FUNCTIONAL FIT.	SG
10-10:50 AM	MAT PILATES	C
11-11:50 AM	INSANITY*	A
11-11:50 AM	ADV. CYCLING	TL
1-1:50 PM	POWER FRI. FLOW	C
3-3:50 PM	TURBO KICK*	A
3-3:50 PM	PILATES PLUS	C
4:30-5:20 PM	PUMP	A
4:30-5:20 PM	ADV. REFORMER	B
4:30-5:20 PM	ADV. CYCLING	TL
5:30-6:20 PM	ZUMBA*	A
5:30-6:20 PM	ADV. MAT PILATES	C
SATURDAY		
10:15-11:15 AM	PUMP (XTENDED)	A
10:30-11:20 AM	MAT PILATES	C
10:30-11:20 AM	INT. CYCLING	TL
11:30-12:20 PM	ZUMBA*	A
11:30-12:20 PM	STRESS RED. YOGA	C
12:30-1:20 PM	VINYASA YOGA	C
SUNDAY		
3-3:50 PM	TURBO KICK*	A
3-3:50 PM	BALLET BOOT CAMP	C
4-4:50 PM	CIRCUIT	A
4-4:45 PM	BEGINNING CYCLING	TL
5-5:45 PM	FUNCTIONAL FIT.	SG
7-8 PM	TRIPLE THREAT	A
7-7:50 PM	ADV. CYCLING	TL

**STUDIO KEY [A] :: STUDIO A [B] :: STUDIO B [C] :: STUDIO C [TL] :: TIGER LAIR [SG] :: STALCUP'S GARAGE**

#### IMPORTANT DATES

FREE WEEK // August 24-30  
 TIGERX KICKOFF // August 30  
 LABOR DAY // Sept. 7 (no classes)  
 BRING A FRIEND WEEK // Sept. 21-27  
 THANKSGIVING BREAK // Nov. 20-29 (no classes)

**[884.6555]**

**CYCLING, FUNCTIONAL FITNESS, & REFORMER CLASSES REQUIRE RESERVATIONS. CLASSES FILL QUICKLY, CALL EARLY! ALL CLASSES SUBJECT TO CHANGE OR CANCELLATION.**

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**MIZZOUREC.COM**

## CARDIO CIRCUIT

Is it a weight training or cardio day? Why not do both without sacrificing a thing?! You will get the workout you came for using various equipment such as BOSU balls, stability balls, weights, and more. Circuit will give you heart thumping cardio interspersed with weight training. Challenging core work is always included.

## FUNCTIONAL FITNESS TRAINING

This 45 minute training class is aimed at providing you with strength, stability, power, mobility, endurance, and flexibility. Each class will incorporate the use of a variety of equipment, including TRX®, Kettlebells, Med Balls, Battle Ropes, and much more to help teach all the muscles of your body to work together. These classes will challenge you head-to-toe in a small group setting. Reservations are required for class as space is limited. Reservations: Call (573) 884-6555 or stop by zouLIFE

## H.I.I.T.

High Intensity Interval Training (H.I.I.T.) produces remarkable results in both aerobic and anaerobic capacities. Push yourself during your work period, and come back with a recovery period for true interval work. Maximize your results while minimizing your time with a cardio workout designed to blast away fat and calories.

## INSANITY®

INSANITY® is a revolutionary cardio-based total body conditioning program based on the principles of MAX interval training. This class will push you past your limits with plyometric drills on top of nonstop intervals of strength, power, resistance, and ab and core training moves. You don't have to be in extreme shape- levels of each exercise are provided. Time to dig deep!

## KNOCKOUT

Get ready to kick, box, and knockout your way into fitness. This advanced cross-training workout offers aerobic kick-boxing segments interspersed with short bursts of training drills. Hand wraps are required to punch bags.

## POWER

Experience our high impact, advanced cardio-based drills, and resistance training to break a worthwhile sweat! Burn lots of calories! Determination and commitment are required and results are guaranteed.

## TRIPLE THREAT

Get the best of three worlds with Triple Threat! It combines 20 minutes of cardio, 20 minutes of strength, and 20 minutes of core work to give you the ultimate total body workout.

## TURBO KICK®

Turbo Kick® is the ultimate cardiovascular challenge that's inspired by dance, Tae Kwon Do, boxing, Tai-Chi, and funk. This class includes a blend of intense intervals, strength/endurance training, and a relaxing cool-down. Turbo Kick® requires no previous kickboxing experience or equipment.

## CYCLING

### ADVANCED CYCLING

Advanced cycling is designed for those who are comfortable with indoor cycling and are looking for more of an elite challenge. The drills are longer, harder and faster. Get ready to sweat, pedal hard and pedal fast! Previous cycling experience is essential for this class. Reservations are required as space is limited. Reservations: Call (573) 884-6555 or stop by zouLIFE

### BEGINNING CYCLING

This is your chance to hop on the bike and learn the basics of indoor cycling while completing drills and practicing the different riding positions. Reservations are required as space is limited. Reservations: Call (573) 884-6555 or stop by zouLIFE

### ENDURANCE CYCLING

Saddle up for a 90 minute ride that will travel through various roads and a variety of drills. This class is designed for those that are looking to train longer and harder for the road outside. Previous cycling experience (indoors and outdoors) is helpful when taking this class. Reservations are required as space is limited. Reservations: Call (573) 884-6555 or stop by zouLIFE

### INTERMEDIATE CYCLING

Kick your routine up a notch (or two) with this intense interval class. Previous cycling experience is preferred. Reservations are required as space is limited. Reservations: Call (573)884-6555 or stop by zouLIFE

### SUNRISE CYCLE

A mixture of intermediate and advanced cycling drills will give you the calorie burn you desire first thing in morning. Come prepared to work hard and sweat your way to great cardio fitness. Reservations are required as space is limited. Reservations: Call (573)884-6555 or stop by zouLIFE

## DANCE

### BALLET BOOT CAMP

Develop long and lean muscles like a ballet dancer! This class incorporates the principles of ballet into strength-training exercises to work all major muscle groups. Ballet Boot Camp will leave you feeling poised, graceful, and strong.

### DANCE FITNESS

Groove to the beat and burn calories at the same time. Come workout to beat dropping tunes while increasing your heart rate and having fun. Instructors will use a variety of dance moves to rev up your metabolism for a heart-pounding, sweat-producing workout. No previous dance experience is necessary.

### TIGER TEASE

The hottest way to shed pounds, but not your clothes! Slow, sexy, stylized moves are designed to target your hips, glutes, thighs and abs. So, what are you waiting for? Grab your friends and come to add some flavor into your workout!

### ZUMBA®

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape at the original dance-fitness party. Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

## PILATES

### ADVANCED MAT PILATES

This class incorporates all the principles of Pilates but, adds in more advanced variations of Pilates exercises. Activate, isolate, and stabilize deep core muscles while improving posture, flexibility, balance and overall strength. Come ready to be challenged for optimal results!

### ADVANCED REFORMER PILATES

Once you've tried our regular Reformer Pilates classes, take it a step higher with a more challenging Pilates Reformer workout! The goal is centered strength and development of coordination, flexibility, balance, and mental focus. Reservations are required for class as space is limited. Reservations: Call (573) 884-6555 or stop by zouLIFE

### BEGINNING REFORMER PILATES

This class is designed for those brand new to using the Pilates Reformer. Students will learn how to set-up and break-down equipment, personalize reformer settings, focus on breathing, body-awareness, and the core principles that constitute the Pilates repertoire. Reservations are required for class as space is limited. Reservations: Call (573) 884-6555 or stop by zouLIFE

### MAT PILATES

Come invigorate your mind, strengthen your core, and condition your body using the principles of Pilates. This mat-based class will maximize abdominal strength while increasing flexibility in the rest of the body.

### PILATES PLUS

Challenge all your muscles with this combination of traditional Pilates moves and sculpting exercises using core boards, bands, and medicine balls. Benefits include improved core strength, flexibility, balance and posture. Prior experience with Pilates is recommended.

### REFORMER PILATES

This class provides a unique opportunity to experience the sophisticated reformer in a small group setting. This class is limited to 6 participants. The Pilates Reformer builds strength, increases flexibility and agility, and develops optimal core control and a strong back. Reformer is an invigorating total body workout open to all levels of fitness. Reservations are required as space is limited. Reservations: Call (573) 884-6555 or stop by zouLIFE

## STRENGTH

### ABS & ARMS

Work your abs and your upper body muscles in this sculpting class. Focus on your abs, arms, shoulders, chest, and back for the ultimate upper body sculpting session.

### ABS & ARMS XPRESS

This class abs and upper body workout is designed to give you the burn you love in 30 minutes.

### ABS & GLUTES

Work and strengthen your lower body and core with us. Strengthen and tone all muscles of your abs, low back, glutes and legs.

### ABS & GLUTES XPRESS

This class lower body workout is designed to give you the burn you love in 30 minutes.

### PIYO®

PiYo® is a music-driven, athletic workout inspired by the mind/body practices of Pilates and yoga that also include flexibility training, strength training, conditioning, and dynamic movements. It includes modifications for the group exercise environment, yet offers exercise progressions to challenge all levels. During a PiYo® class, you will find yourself standing in a yoga pose one minute, and down on the floor in a Pilates pose the next!

## PUMP

This class will strengthen all major muscle groups by using weights, bands, bars, balls, and bodyweight resistance. Exercises can be tailored to any skill and strength level. Guaranteed to pump you up! If you are looking for a longer, more targeted workout check out our hour-long Pump class, Pump (Xtended).

## PUMP XPRESS

Short on time? No need to sacrifice your workout for time with this is a condensed 30 minute version of our Pump class.

## YOGA

### MEDITATIVE YOGA

Take your practice and focus to the next level with our meditative yoga class. This is a focused, challenging yoga practice that features meditation and breathwork as preparation for more difficult balancing and inverted poses. Relaxation phases at the beginning and end of the practice help with relaxation to restore focus and energy. Adjustments and modifications will be provided for all levels of participants.

### POWER FRIDAY FLOW

Set your intention for the weekend with our flow based yoga class. You'll concentrate on your yoga practice and focus as you connect your breath and movements together. Chart your weekly progress with a challenging consistent sequence, creating a total mind/body experience.

### POWER YOGA

Synchronize movement with breathing by linking traditional Yoga postures together into a flowing, dynamic practice. Previous yoga experience is recommended.

### RESTORATIVE YOGA

Let stress and tension melt away and connect with a deep sense of peace and relaxation. Restorative Yoga is a gentle healing form of Hatha yoga that is practiced with props to provide a supportive environment for total relaxation. Slow down your vigorous yoga practice with a calming Restorative yoga class and leave feeling like you're floating on air. All levels welcome including those working with injury, or sensitivity. Towels are highly encouraged for support for members.

### STRESS REDUCTION YOGA

Stress Reduction Yoga uses postures, breath, and meditation to slow the sympathetic nervous system's response to stress. The techniques learned in this class can be used in everyday life to reduce stress and bring attention to the present moment. Leave this class feeling calm, positive, and relaxed.

### SUNRISE YOGA

Start your day with this inspiring mind/body workout. Flowing, classic yoga poses, breathwork, and an active meditation will leave you ready to start your day.

### VINYASA YOGA LEVEL 1

Poses flow from one into the next in this yoga class designed to bring breath and movement into union. This class will create focus, power, and alignment. Level one courses are designed for those newer to the practice of yoga.

### VINYASA YOGA LEVEL 2

This class is designed for those who are familiar with yoga, and have an ongoing practice. Poses will be a little harder, and the flow may be quicker in this level. Flow from one pose into the next linking breath and movement to create energy and power.