

# THE HEIGHTS Group Fitness Pass

For one fee you can have access to over 50 land/water classes per week. Whether you're looking to dance some pounds away, get a refreshing water workout, develop healthy eating habits, sculpt strong muscles, or challenge your fitness level, our Group Fitness Pass has something for you! Participants are encouraged to bring their own fitness mat. Not valid for The Next Level or Weights for Women. These passes are non-transferable, non-refundable and valid only at THE HEIGHTS. Ages 16+

1 Month	R&M \$48; NR \$62	3 Months	R&M \$122; NR \$172
6 Months	R&M \$224; NR \$326	9 Months	R&M \$314; NR \$460
1 Year	R&M \$392; NR \$578		
20-Visit Value Card	R&M \$135; NR \$169	Daily Pass	R&M \$9; NR \$12

CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION No classes 6/8, 6/9, 8/27-9/3

## MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga & Core 6-6:55 a.m.	Zumba 8:30-9:25 a.m.	Yoga & Core 6-6:55 a.m.	Zumba 8:30-9:25 a.m.	Yoga & Core 6-6:55 a.m.	T3 8-9 a.m.	Yoga 10-11:15 a.m.
30 Minute HIIT 8:30-9 a.m.	Be Fit 9-9:55 a.m.	Nutrition for Life 8:30-9 a.m.	Be Fit 9-9:55 a.m.	30 Minute HIIT 8:30-9 a.m.	Barre Balance 8:30-9:25 a.m.	
Splash & Dash 8:30-9:45 a.m.	HEIGHTS Pump 9:30-10:25 a.m.	Splash & Dash 8:30-9:45 a.m.	HEIGHTS Pump 9:30-10:25 a.m.	Splash & Dash 8:30-9:45 a.m.	Hydro Fit 9-10 a.m.	
Fitness Fusion 9-9:55 a.m.	Fitness Yoga 9:30-10:40 a.m.	Yoga Flow 9-9:55 a.m.	Fitness Yoga 9:30-10:40 a.m.	Fitness Fusion 9-9:55 a.m.	Yoga 9:30-10:45 a.m.	
NIA 10-10:55 a.m.	Insanity Boot Camp 5:45-6:45 p.m.	Cardio Sculpt 9-9:55 a.m.	Aqua Zumba 10-11 a.m.	Zumba 9:30-10:25 a.m.		
Into the Deep 10-10:45 a.m. 6/11-8/8	SPINNING 6-6:55 p.m.	Core Awareness 10-10:45 a.m.	Barre Balance 10:50-11:45 a.m.	Into the Deep 10-10:45 a.m. 6/11-8/8		
Circuit Training 5:30-6:25 p.m.	Hydro Fit 6-7 p.m.	NIA 10-10:55 a.m.	Insanity Boot Camp 5:45-6:45 p.m.			
Body Sculpt 6-6:55 p.m.	H-2-0 Whoa! 7-8 p.m.	Into the Deep 10-10:45 a.m. 6/11-8/8	SPINNING 6-6:55 p.m.			
Into the Deep 7:15-8 p.m. 6/11-8/8		Circuit Training 5:30-6:25 p.m.	Hydro Fit 6-7 p.m.			
		FitBall 6-6:55 p.m.	H-2-0 Whoa! 7-8 p.m.			
		Into the Deep 7:15-8 p.m. 6/11-8/8				

- Land Class
- Water Class
- MFAC Class

Please contact Jon Gutmann with any questions at (314) 655-3651 or at [jgutmann@richmondheights.org](mailto:jgutmann@richmondheights.org).

# Group Fitness Pass

**Foundation:** Classes are great for beginners and participants just recovering from injury.

**Intermediate:** Classes designed for those that are looking to take their fitness to the next level.

**Advanced:** Classes are implemented to challenge and test your overall fitness level.

## SPINNING

Uniquely tailored to suit a wide range of abilities and fitness goals, the spinning program delivers a personalized workout, incredible calorie burn and personal challenge—all at a self-directed pace.  
T/H 6-6:55 p.m.

## NIA: Dance Fusion

Nia blends dance arts, martial arts and healing arts with an approach that will stimulate you to revolutionize the way you feel about fitness, focusing on how your body feels. Nia will pump your heart, spark your spirit, motivate your mind, enhance your balance and tone your muscles with expressive movement.  
M/W 10-10:55 a.m.

## Rise and Shine Yoga & Core

Begin your day with a sense of freshness and revitalization as you stretch, lengthen, and relieve your muscles and body from any aches and pains. This class utilizes a variety of stretching techniques, combined with core strengthening exercises.  
M/W/F 6-6:55 a.m.

## Fitness Yoga

Fitness yoga is a vinyasa yoga flow class that will strengthen the body, release tension and establish a healing mind-body connection. While previous yoga experience is not a requirement, some level of fitness is preferable because of the flowing movements.  
T/H 9:30-10:40 a.m.

## Yoga

Enhance your core strength, posture and flexibility as you learn some new poses and review some familiar ones. Some prior yoga experience is preferred.

A 9:30-10:45 a.m.  
S 10-11:15 a.m.

## FitBall

This fun, innovative class uses a stability ball to enhance strength, posture, flexibility and balance. It's a total body workout using handheld weights and your own body weight.  
W 6-6:55 p.m.

## Insanity Boot Camp

Interval training, combining cardio and plyometric drills with Intervals of strength, power, resistance and core training to enhance your overall fitness.  
T/H 5:45-6:45 p.m.

## THE HEIGHTS Pump

THE HEIGHTS Pump is designed to sculpt and tone your whole body and work your major muscle groups.  
T/H 9:30-10:25 a.m.

## Zumba

Zumba is an exhilarating, cardio-dance fitness class with an emphasis on Latin and International rhythms (including Merengue, Salsa, Cumbia, Reggaeton, Calypso and Bhangra.) Zumba features easy-to-follow steps, so no dance background is necessary.  
T/H 8:30-9:25 a.m.  
F 9:30-10:25 a.m.

## Sleek Physique:

### Barre Balance

Lean, strong, great posture and sculpted from head to toe. This class combines yoga, Pilates, light weights and barre work. Lengthen and strengthen your body for an entirely new experience.

H 10:50-11:45 a.m.  
A 8:30-9:25 a.m.

### Nutrition for Life

What you eat has a significant impact on your health and wellness, but where to begin? Let our registered dietitian take your health and wellness to the next level. This educational class adds a diverse component to the group fitness pass with new, fresh and innovative topics discussed each week.  
W 8:30-9 a.m.

### T3

Treadmill Trim and Tone, a dynamic cardio-based class that will focus on heart rate variations to improve your overall fitness level. Entire class will take place on the fitness center's treadmills with a variation of different speeds, inclines and the utilization of different weights and resistance bands.  
A 8-9 a.m.

### Cardio Sculpt

Fun, challenging, and multi-muscle engagement is the main focus of this class to trim, strengthen and tone every muscle group.  
W 9-9:55 a.m.

### 30 Minute HIIT

**High Intensity Interval Training** class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high-intensity cardio bursts designed to tone your body and improve your endurance. Modifications for all fitness levels are provided.  
M/F 8:30-9 a.m.

### Body Sculpt

An effective way to build muscle, increases your bone strength, improve your balance and stability, and advance your endurance. This class is designed to get a total body workout.  
M 6-6:55 p.m.

### Circuit Training (HIIT)

A form of total body conditioning or resistance training using high-intensity aerobics. It targets strength building and muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.  
M/W 5:30-6:25 p.m.

### Fitness Fusion

Enhance your overall fitness with this multi-functional class that emphasizes the improvements of strength, balance and stability. Benefits include increased flexibility, core strength, muscle strength and endurance, and overall better condition of your entire body!  
M/F 9-9:55 a.m.

### Yoga Flow: Morning Mindful Movement

Enhance your flexibility, mobility, range of motion and overall sense of well-being in a supportive yoga class community.  
W 9-9:55 a.m.

## Splash & Dash

What better way to start your day than with a morning workout in the water! Gather your friends and jump in.  
M/W/F 8:30-9:45 a.m.

## Be Fit

Looking to work hard and gain the motivation to get fit? This water fitness class will work you to the bone to create stronger, defined arms, firmer buns, leaner legs and fabulous tummies!  
T/H 9:05-9:55 a.m.

## Hydro Fit

Your body requires cardiovascular, strengthening and flexibility work to some degree every day. Designed to satisfy all three areas in just one hour. You will build muscle strength, muscle tone and endurance with zero impact on your joints.  
T/H 6-7 p.m.  
A 9-10 a.m.

## H-2-O Whoa!

You will learn basic concepts of water fitness, have fun with new steps and moves while getting fit with aerobic exercise. This safe, effective, low-impact aerobics and toning program is designed to strengthen muscles and increase stamina. You will feel refreshed and ready for the next day! EXPECTANT AND NEW MOTHERS are welcome, as the exercises are safe and can be adapted for each trimester or for regaining your shape faster after delivery.  
T/H 7-8 p.m.

## Core Awareness Water Fitness

Supported by the water and using a ball or noodle, strengthen and lengthen your core, enhance your balance in all directions and increase your lung capacity. Cultivate peace of mind as you learn new strategies for movement you can practice every day. This course is part of an approach to life fitness called the Kinsella Method™  
W 10-11 a.m.

## Aqua Zumba

Blends the Zumba® philosophy with water resistance for one pool party you shouldn't miss! There is less impact on your joints during an aqua Zumba® class, so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.  
H 10-10:55 a.m.

# MAPLEWOOD FAMILY AQUATIC CENTER

## Into the Deep

The most popular water class in town! This full body workout combines strength, cardio and interval training. This class is taught in the deep water of the competition pool, with zero impact on joints. Children under the age of 3 are allowed to join mom or dad. Floatation equipment is provided.  
M/W/F 6/11-8/10 10-10:45 a.m.  
M/W 6/12-9/3 7:15-8 p.m.  
*Held at the Maplewood Family Aquatic Center*