TUESDAY
5:30-6:15pm: Cycle - Timberly
7:00-8:00pm: Yoga - Caleb
9-10am: Zumba Sentao® - Sonja
5:45-6:30pm: HEAT - Sandra

WEDNESDAY
10am-10:45am: Pound® $ - Joey
10-10:45am: Yoga - Caleb
10:00-10:45am: Yoga - Joey
5:45-6:30pm: HEAT - Sandra

THURSDAY
10am-10:45am: Pound® $ - Joey

FRIDAY
9-10am: Zumba® - Rachel S.
New Friday Class Sessions
9-10am: TFW® - Chris & Joey
10:00-10:45am: Yoga - Joey

SATURDAY
9-10am: Zumba® - Rachel S.
Free Bootcamp in May
5:45-6:30am: Cycle - Timberly
5:45-6:30am: Cycle - Charissa
5-6:35am: Awesome Abs - Megan W.
9-10am: TFW® - Chris & Megan
9-10am: TFW® - Chris & Joey
5:45-6:30am: Cycle - Charissa
5:45-6:30am: Cycle - Timberly
5:45-6:30am: Cycle - Charissa
5:45-6:30am: Cycle - Charissa
5:45-6:30am: Cycle - Charissa
Free Movie in the Park: Descendants will begin at dusk (around 7:30pm) on Saturday, May 21st at McCauley Park.

Free Bootcamp in May: For the entire month of May, Bootcamp on Monday and Wednesdays from 9:00am-10:00am will be FREE for members! Bootcamp is located in the gymnasium.

New 6 week sessions for Mommy and Me Yoga, and Advanced Yoga will begin Friday, May 27th. See the fitness staff for more information or stop by the front desk to sign up! Registration will begin May 13th.

May’s TRX® 6 week session will begin on Monday, May 16th from 6:35-7:20p. Classes will be 45 minutes and the cost for the six week session will be $20 for members or $40 for non-members. Please stop by the fitness desk for more information, or the front desk to sign up. Registration will begin May 6th.

Feel free to drop into our paid classes at any time (as long as they aren’t full). Cost is $4 for members and $10 for non-members.

No group exercise classes in observance of Memorial Day.
The X Center is open from 5:00am-9:00pm with morning and evening tot-drop hours.

X Center May 2016

Nixa Parks & Recreation Aquatic’s Center opens: make sure you purchase your pool passes early!

Nixa’s annual City Wide Garage Sale will be held on May 7th.

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## Class Descriptions

### Advanced Yoga
- This class will take your yoga practice to the next level in this class designed for yoga enthusiasts. (This is a specialty class with a cost associated.)
- **Athlete's Yoga & Abs:** This class is for the athlete in all of us. It begins with standing poses and deep floor stretches that help improve performance, reduce injury, and recover faster. The last 15-20 minutes of class will focus on your core to help tone and strengthen, and get you ready to take on the day.
- **Awesome Abs:** This is a power-packed abdominal conditioning class. Every section of your abdominal muscles will be isolated in order to tone and strengthen.
- **Bootcamp (G):** This class involves just about every strength training aspect from plyometric, isometric, isotonic, calisthenics, and more. There is no choreography to follow and you will never know what to expect in this high interval training class. It will get your heart pumping and your muscles burning for more. (This is a specialty class with a cost associated.)
- **Cycle:** In this cycling class you will perform choreographed sprints, climbs, jumps and hovers as you move to the rhythm of the music. Reserve your spot in class beginning 48 hours in advance and make sure to arrive at least 5 minutes early.
- **F.L.E.X:** Stands for Flexibility, Lean Muscles, Endurance and explosive Intervals. When you take this class, not only will you want to flex your muscles more often, you will also gain flexibility, lean muscles, endurance and explosiveness after completing this one hour class! Your muscles will thank you! Reserve your spot in class beginning 48 hours in advance and make sure to arrive at least 5 mins early.
- **Forever Young Functional fitness:** It’s a fun mixture of low impact cardiovascular movements, strength training, balance work, and stretching.
- **Forever Young Yoga & Strength:** The first half of this class will be focused on improving your muscular strength and endurance with resistance exercises and the last half will be focused on improving balance and flexibility with standing and seated Yoga poses.
- **Forever Young Yoga & Stretch:** Will move your whole body through a series of seated and standing stretches and yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

### Mommy and Me Yoga
- Mommy and Me Yoga classes (8 weeks to 4 years old) are a fun way to reconnect with your body while enjoying fitness with your children. It’s also a great way to meet other moms! You are more than welcome to bring extra blankets, stuffed animals, and your stroller into the studio during these classes. (This is a specialty class with a cost associated.)

### Forever Young Yoga & Stretch
- **Pilates:** A mat workout based on techniques developed by Joseph Pilates, which includes concentrated work on core strength, body alignment, and muscular balance.
- **PIT@O**: A mind/body format that blends Pilates, Yoga, and toning movements to provide both a fun and challenging workout.
- **Pound:** Pound is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics, and isometric poses into a 45-minute series. Strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique - all while rocking out to your favorite music. (This is a specialty class with a cost associated.)
- **SilverSneakers Classic:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles, and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.
- **SilverSneakers® Yoga:** Will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing poses designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.
- **Spinning®:** Anything for everyone! Intervals, rolling hills, sprints, climbs, runs, surges, and jumps all to music hand-picked to motivate and inspire. Reserve your spot in class beginning 48 hours in advance and make sure to arrive at least 5 minutes early.

### Forever Young Functional fitness
- **TFW® (Training For Warriors):** If you want to build strength, improve conditioning, lose fat and or gain muscle, Training For Warriors will deliver results. This class encompasses a detailed warm-up, speed training, strength training, endurance training, and flexibility work so try it out and bring out the warrior within!
- **TRX®:** Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises. (This is a specialty class with a cost associated.)
- **Yoga:** This class is a combination of dynamic postures which help to develop balance, coordination, flexibility and strength. Yoga will give you a great workout that will leave you feeling relaxed and refreshed!
- **Yoga-Pilates Fusion:** This workout experience combines the core strengthening power of Pilates with the flexibility enhancing benefits of yoga and leaves you feeling empowered, invigorated and rejuvenated.
- **Zumba®:** Combines high-energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. Add some spice and flare to your workout and shake your cha-cha! This Latin-based group exercise class is fun and easy to do. No dance experience required!
- **Zumba® Sentao:** This class takes the thrill of Zumba and partners it with chair-based, body weight exercises to enhance muscle strength, improve definition and endurance and tone your physique.

### Fitness on Request (F.O.R.)
- **Fitness On Request** offers top quality fitness classes whenever the X Center is open. If you can’t make it to one of the “LIVE” classes, don’t worry! Try one of the classes taught by great virtual instructors whenever you want (as long as there is no “LIVE” class happening). With just a few simple touches you can access over 30 classes of varying type, length and difficulty! So grab a couple friends, or work out individually in the Group Exercise Room with Fitness on Request!
- **The X Center recommends that all participants check with their physician prior to starting any exercise plan.**
- **Youth ages 12-17 must complete the Youth Fitness Orientation prior to taking a group exercise class.**
- **In the event an instructor is unable to teach a scheduled class, The X Center will do its best to find a substitute instructor or attempt to provide timely information about the class cancellation or possible rescheduling.**
- **Cycle and F.L.E.X sign ups begin 48 hrs in advance of the class; call (417)725-5486 to reserve your spot. Prior registration is highly recommended! Participants must also arrive 5 min early to class or their spot will be given to those waiting.**