

Doling Family Center Adult and Senior Programs

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Fall 2020



(See back side for a description of each program)

Drop-In Programs

Member = Free
 Non-member = Daily Facility Fee

Boom Mind

Tues. and Thurs., 8:45-9:15 a.m.

Boom Muscle

Tues. and Thurs., 8-8:30 a.m.

Boot Camp

Mon., Wed., and Fri., 5:30-6:30 a.m.
 Tues., 6-7 p.m.

Cardio Kickboxing

Mon., 6-7 p.m.

Core Recovery

Tues., 9:30-10:30 a.m.

Low-Impact Aerobics

Mon., 10:45 a.m.-11:45 p.m.
 Thurs., 9:30-10:30 a.m.

Step Aerobics

Mon., 9:30-10:30 a.m.

Strength & Stretch

Wed., 6-7 p.m.

Toning & Strength Training

Wed., 9:30-10:30 a.m.

Total Workout

Fri., 9:30-10:30 a.m.

Aquatics Programs

All classes are free to members or a daily facility fee for non-members.

(Aquatics Center is closed 3pm-4pm Monday—Friday)

Open Swim Hours

Sun., Noon-5 p.m.,
 Mon.-Fri., 4 p.m.-8 p.m.,
 Sat., Noon-7:30 p.m.

Morning Hours

(For adults who use the aquatic facility for recreation and exercise purposes.)

Mon.-Fri., 5:15 a.m.- 3 p.m.,*
 Sat., 7 a.m.- Noon

Water Aerobics

Mon.-Fri., 9-10 a.m.
 Tues. & Thurs., 5:30 p.m. & 6:30 p.m.
 Sat., 9:30-10:30 a.m.

**Youth under the age of 18 may swim during adult only swim hours after 10:30am with an adult member 18+ years of age directly accompanying them.*

Pre-Registration Programs

Drop-In Pickleball

Wed. and Fri., 9-11 a.m.,
 Sat., 8-10 a.m.
 Free/Member, \$25/Non-Member
 (10-punch card)

Personal Training (By appointment)

\$25/Hour/Member
 \$35/Hour/Non-member

Pickleball Scramble Challenge

Tues. & Thurs., 7-9 p.m.
Beginner Challenge Session 1: Oct. 6-15
Intermediate Challenge Session 1: Oct. 6-15
 \$20/Member, \$30/Non-member
Private lessons also available.
Call 417-837-5900 for details.

Pound

Mon. and Thurs., 5:15-6 p.m.
 \$25/Member, \$35/Non-member
 (10-punch card)

Tae Kwon Do

Tues. and Thurs., 6-7 p.m.
 Session 7: Aug. 11-Sep. 3
 Session 8: Sep. 8-Oct. 1
 Session 9: Oct. 6-Oct. 29
 Session 10: Nov. 3-Dec. 3
 (No Class Nov. 26)
 \$30/Member, \$40/Non-member
 (Uniforms and belts not included)

Total Yoga

Tues., 9-10 a.m. or 6:15-7:15 p.m.
 Session 3: Jul. 28-Sept. 1
 Session 4: Sept. 8-Oct. 13
 Session 5: Oct. 20-Nov. 24
 Thurs., 6:15-7:15 p.m.
 Session 3: Jul. 30-Sept. 3
 Session 4: Sept. 10-Oct. 15
 Session 5: Oct. 22-Dec. 3 (No class Nov. 26)
 \$35/Member, \$45 Non-member

Zumba

Sat., 10-11 a.m. (Zumba)
 \$25/Member, \$35/Non-member
 (10-punch card)

Silver Sneakers
Suspended until further notice

Child Care
Suspended until further notice

Daily Facility Fees
 Youth ages 18 and under-\$6
 Senior ages 60 and over-\$6
 Adult-\$8
 Family-\$22



Adult Program Descriptions

Boom Mind: 30-minute group exercise class designed for Baby Boomers and active older adults. Empowering class that combines Yoga, Pilates and stretching. Coincides with Boom Muscle as a recovery class.

Boom Muscle: 30-minute group exercise class designed for Baby Boomers and active older adults. A unique blend of cardio and strength-based athletic exercises. Coincides with Boom Mind as a precursor class.

Boot Camp: An advanced exercise program that emphasizes cardiovascular fitness and strength training.

Cardio Kickboxing: Learn the basics of kickboxing and burn calories with this high-intensity cardio workout.

Core Recovery: 30/30 format of moderate intensity core training combined with total body mobility training.

Low-Impact Aerobics: Designed to provide a safe workout for beginners and older adults. Includes warm-up, aerobics, cool down, toning and stretching.

Personal Training: Personal training can help you lose weight, gain muscle, build self-confidence, and live a healthier lifestyle. Flexible scheduling options available.

Pickleball: A cross between tennis and ping-pong, played on a short court. Great for teens and adults.

Pickleball Scramble Challenge: Come build your skills during this two-week league. The instructor will provide feedback and tips on how you can better your game! Great for teens and adults! Ages 14 & up. All equipment provided.

Pound: Combines cardio, strength training and Pilates with drumming to achieve a full-body workout.

Step Aerobics: Use a small step platform to change pace and direction while getting an excellent cardio workout.

Step & Tone Aerobics: Easy-to-learn, high-energy class that burns calories with basic step patterns and full body strength training.

Strength & Stretch: For all fitness levels, improves muscle tone and flexibility using hand weights, plated bars and bands for a full-body workout.

Tae Kwon Do: Helps build confidence, teach self-defense, learn new skills and make new friends. Beginning and advanced.

Toning & Strength Training: Tone and strengthen your muscles by using a variety of techniques and equipment.

Total Workout: Includes cardio and strength training using body weights, tubing and weighted balls.

Total Yoga: Ideal for improving balance, coordination, peace of mind and overall health.

Zumba: A fun and easy-to-follow aerobic workout incorporating Latin moves and music. Zumba Gold is a modified, low impact version of Zumba that allows you move at your own pace. Strong by Zumba combines high intensity interval training with the science of synced music motivation.