


Doling Family Center Adult and Senior Programs

301 East Talmage St., Springfield, MO 65803

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Winter 2020



(See back side for a description of each program)

Drop-In Programs

Member = Free

Non-member = Daily Facility Fee

Ab Blast

Wed. 5:15—5:45 p.m.
Sat. 9:15—9:45 a.m.

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.

Coffee & Company

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

Core Recovery

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

Low-Impact Aerobics

Mon., 10:45 a.m.-11:45 p.m. - **Starting in January!**
Thurs., 9:30-10:30 a.m.

Step Aerobics

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

Step & Tone Aerobics

Mon., 6-7 p.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.

Silver Sneakers

Member = Free

Non-member = Daily Facility Fee

Classic

Mon. and Wed., 10:35-11:35 a.m.

Circuit

Fri., 10:35-11:35 a.m.

Yoga

Tues. and Thurs., 10:35-11:35 a.m.,
Fri., 11:45 a.m.-12:45 p.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.-9 p.m.,
Sat., Noon-7:30 p.m.

Guaranteed Lap Swim

All ages of continuous lap swimmers
Sun., 4-5 p.m.,
Mon., 5:15-8:30a.m., 1:30-3p.m., 7:30-9 p.m.
Tues., 5:15-8:30a.m., 1:30-3p.m., 7:30-9 p.m.
Wed., 5:15-8:30a.m., 7:30-9 p.m.
Thurs., 5:15-8:30a.m., 1:30-3p.m., 7:30-9 p.m.
Fri., 5:15-8:30a.m., 1:30-3p.m., 7:30-9 p.m.
Sat., 7 a.m.—9:30 a.m.

Little Splashers

(A designated time for children 5 and under, accompanied by an adult in the water)
Mon.-Fri., 11:30 a.m.—1 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., 5:30-6:30 p.m., and
6:30-7:30 p.m. (lap lane Aerobics)
Sat., 9:30-10:30 a.m.

Zest

Mon. or Thurs., 1pm-1:50 p.m.
Free/Member,
Register at Northview.

Doling Group Exercise Expo

January 11th, 2020
Saturday 9am-11am
FREE!

Daily Facility Fees

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

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 for Beginners & Intermediate

Tues. & Thurs.
Intermediate Session 2: Feb. 25-Mar. 5 (7-8pm)
Beginners Session 2: Feb. 25-Mar. 5 (8-9pm)
\$20/Member, \$30/Non-member
Private lessons also available.
Call 417-837-5900 for details.

Pound

Mon., 5:30-6:15 p.m.
Thurs., 5-5:45 p.m.
\$25/Member, \$35/Non-member
(10-punch card)

Tae Kwon Do

Tues. and Thurs., 6-7 p.m.
Session 1: Jan. 2-30
Session 2: Feb. 4-27
Session 3: Mar. 3-26
Session 4: Mar. 31-Apr. 23
\$30/Member, \$40/Non-member
(Uniforms and belts not included)

Total Yoga

Tues., 9-10 a.m. or 6-7 p.m.
Session 1: Jan. 7-Feb. 11
Session 2: Feb. 25-Mar. 31
Session 3: Apr. 14-May 19
Thurs., 6-7 p.m.
Session 1: Jan. 2-Feb. 6
Session 2: Feb. 20-Mar. 26
Session 3: Apr. 9-May 14
\$35/Member, \$45 Non-member

Zumba

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



Adult Program Descriptions

Ab Blast: Blast your core with this high-intensity 30-minute workout. Learn how to safely and effectively perform a wider variety of core exercises with and without the use of equipment.

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.

Coffee & Company: Morning social hour for playing cards and dominoes while enjoying complimentary coffee and light breakfast treats with friends.

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 life-style. Flexible scheduling options available.

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

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

Silver Sneakers Circuit: Combines fun with fitness, to increase cardiovascular and muscle endurance with a standing circuit workout.

Silver Sneakers Classic: A variety of exercises designed to increase muscle strength, range of motion and overall health.

Silver Sneakers Yoga: Improves joint health, balance, and endurance using static and dynamic movements with a chair for seated and standing support.

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.

Water Aerobics: A mix of cardio exercise and toning with little to no impact on joints. Water weights, water belts and noodles are used with your own body to get a good workout. All levels welcome.

Zest: Water aerobics class for seniors. Non-member registration is handled through the Northview Center.

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.