

# Barber Fitness Center-Summer, 2019

Barber Fitness Center 2019 Summer Hours: June 3 through August 1

Monday-Thursday: 11:30 am.-2 pm. and 4-6:30 pm.

Closed Fridays and Weekends and Closed July 4<sup>th</sup> (Holiday)

The BFC will be closed during the summer when school is not in session: May 11 - June 2 and Aug. 2 - Aug. 11. Regular hours will resume for the fall semester on Monday, Aug. 12

(BFC Summer Hours Subject To Change To Accommodate Academic Schedule, Holidays and Special Events)

Summer 2019 Fitness Classes June 3 - August 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>12 NOON</b>	<b>RESTORATIVE YOGA</b> <i>Mollie Estes</i> Weiser Studio Noon-12:30 pm. (30-minute express class)	<b>CROSS TRAINING/ BEGINNING FITNESS</b> <i>Brooklin Harris</i> Barber Fitness Center (NOON)		<b>CROSS TRAINING/ BEGINNING FITNESS</b> <i>Brooklin Harris</i> Barber Fitness Center (NOON)	<b>NO FRIDAY CLASSES (BFC CLOSED)</b>
<b>1:00 pm.</b>		<b>PERSONAL TRAINING/YOGA</b> <i>Brooklin Harris</i> Weiser Studio (1 pm.)		<b>PERSONAL TRAINING/YOGA</b> <i>Brooklin Harris</i> Weiser Studio (1 pm.)	<b>NO FRIDAY CLASSES (BFC CLOSED)</b>
<b>5:00 pm.</b>	<b>FUNCTIONAL FITNESS</b> <i>Kiera Herndon</i> Barber Fitness Center	<b>FUNCTIONAL FITNESS</b> <i>Kiera Herndon</i> Barber Fitness Center	<b>FUNCTIONAL FITNESS</b> <i>Kiera Herndon</i> Barber Fitness Center	<b>FUNCTIONAL FITNESS</b> <i>Kiera Herndon</i> Barber Fitness Center	<b>NO FRIDAY CLASSES (BFC CLOSED)</b>

## FREE FITNESS CLASSES (\*June Schedule\*)

TO PARTICIPATE JUST ATTEND! (\*NOTE\*: July schedule dependent on June attendance)

AVAILABLE FOR FACULTY, STAFF, & DAY SCHOOL STUDENTS

Summer Fitness Classes June 3 through August 1

(Final: As of May 28, 2019)

## Class Descriptions

**Beginning Fitness:** Whether you are new to working out or it's been a while since you've hit the gym, this is the perfect class for you. Class begins with a light warm up and will then move into the strength section of the class. With the use of light weights, weight machines and your own body weight, this class will help build and tone muscles, burn calories and strengthen the core. Class will conclude with a short cool down/ stretching. This is a fun class with variety and each work out can be modified to fit any fitness level.

**Functional Fitness:** This is a class for ALL LEVELS. You heard me. Whether you are a beginner or an advanced exercise enthusiast, you will be challenged and pushed based on where you are currently. With the use of body weight, dumbbells, kettlebells, bands, bosuballs, or whatever else is on the menu: we will reach our goals! This class is made to work on strength, mobility, flexibility, balance, and don't forget, your core! Bring your friends for a great time!

**Restorative Yoga:** Restorative Yoga is a slow-paced style of yoga with poses that are held for longer periods of time. Using props and breathing techniques you will target deep connective tissues and help the body recover from its daily pattern of stress.

**Yoga:** Tailored to all levels. This class is great for athletes to stretch and recover and for those looking for some relaxation while getting muscles toned and moving. It is a flow style class starting off with a gentle warm up, variety of warrior poses, then ending with some deep stretching and savanna. Feel refreshed and restored after each session.

## 2019-20 Fitness/Activity Class Instructors

(Contact Information)

Brooke Harris

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Kiera Herndon

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Mollie McGinnis-Estes

c/o Cox Health

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