

Doling Family Center Adult and Senior Programs

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Fall and Holiday 2018



(See back side for a description of each program)

Drop-In Programs

Member = Free

Non-member = Daily Facility Fee

Coffee & Company

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

Low-Impact Aerobics

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

Mile Club Challenge

Anytime, self-directed
\$5/Level 1, \$10/Level 2

Step Aerobics

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

Step & Tone Aerobics

Mon., 6-7 p.m.

Strength & Stretch

Wed. and Fri., 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 (see bottom of this column). The aquatic center is closed from 3-4 p.m. Monday-Friday, and will be closed Sept. 10-19 for annual maintenance and cleaning.

Open Swim Hours

Sun., Noon-5 p.m.,
Mon.-Fri., 4-9 p.m.,
Sat., Noon-7:30 p.m.

Lap Swim

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

Private & Semi-private Swim Lessons

All ages. Dates, times and rates vary.
Call for details.

Zest

Mon., Thurs., 1-2 p.m.
Free/Member, Non-members register at Northview.

Pre-Registration Programs

Boot Camp

Tues. and Thurs., 5:30-6:30 a.m.
\$25/Member, \$35/Non-member
(10-punch card)

Personal Training (By appointment)

\$25/Hour/Member
\$35/Hour/Non-member
\$20/Hour/2 or more Members
\$30/Hour/2 or more Non-members

Pickleball

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

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 9: Sept. 4-27
Session 10: Oct. 2-30
Session 11: Nov. 1-29 (no class Nov. 22)
Session 12: Dec. 4-27 (no class Dec. 25)
\$30/Member, \$40/Non-member
(Uniforms and belts not included)

Total Yoga

Tues., 9-10 a.m. or 6-7 p.m.
Session 7: Sept. 11-Oct. 16
Session 8: Oct. 23-Nov. 27
Thurs., 6-7 p.m.
Session 7: Sept. 13-Oct. 18
Session 8: Oct. 25-Dec. 6
(No class Nov. 22)
Session 6: Aug. 2-Sept. 6
\$35/Member, \$45 Non-member

Zumba, Zumba Gold & Strong by Zumba

Sat., 10-11 a.m. (Zumba)
Mon., 11:45-12:45 p.m. (Zumba Gold)
- starting May 2
Tues., Noon-1 p.m. (Strong by Zumba)
\$25/Member, \$35/Non-member
(10-punch card)

Daily Facility Fees

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



Adult Program Descriptions

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.

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

Mile Club Challenge: Move yourself by walking, running, cycling, rollerblading, skating, swimming or any non-motorized activity, and receive prizes and recognition for each milestone achieved (Level One and Level Two).

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.

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 incorporates 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 self-confidence, teach self-defense, achieve new skills and make new friends. Beginning and advanced.

Toning & Strength Training: Tone and strengthen 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 the muscles and has low to no impact on the joints. During the class the instructor incorporates water weights, water belts, noodles, and uses your own body to get a good workout. All levels are 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 to the beat at your own pace. Strong by Zumba combines high intensity interval training with the science of synced music motivation.