

# Doling Family Center Adult and Senior Programs

301 East Talmage St., Springfield, MO 65803  
 Phone: 417.837.5900 Fax: 417.837.5904 Email: dfc@springfieldmo.gov Website: parkboard.org/doling  
 Like us on Facebook!

Winter 2019



(See back side for a description of each program)

## Drop-In Programs

Member = Free  
 Non-member = Daily Facility Fee

### **Boom Mind - New!**

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

### **Boom Muscle - New!**

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

### **Butts & Guts - New!**

Mon. and Wed., 6-7 a.m.

### **Coffee & Company**

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

### **Core Recovery - New!**

Tues., 9:30-10:30 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., 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. The aquatic center is closed from 3-4 p.m. Monday-Friday.

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

### **GROUP EXERCISE EXPO**

See samples of many of the group fitness classes offered at the Doling Family Center.

**SAT., JAN. 12, 9-11 A.M.**

**FREE!**

Light breakfast refreshments available starting at 8:30 a.m. Please RSVP and register by calling 417-837-5900 by Jan. 10.

## Pre-Registration Programs

### **Boot Camp**

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

### **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  
 \$20/Hour/2 or more Members  
 \$30/Hour/2 or more Non-members

### **Pickleball for Beginners - New!**

Tues., 7-8 p.m.  
 Jan. 15-Feb. 5  
 \$20/Member, \$30/Non-member

### **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. 3-31  
 Session 2: Feb. 5-28  
 Session 3: March 5-28  
 Session 4: April 2-30  
 \$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. 8-Feb. 12  
 Session 2: Feb. 19-March 26  
 Session 3: April 2-May 7  
 Thurs., 6-7 p.m.  
 Session 1: Jan. 3-Feb. 7  
 Session 2: Feb. 21-March 28  
 Session 3: April 4-May 9  
 \$35/Member, \$45 Non-member

### **Wiffleball Leagues**

Thurs., 7:30-9:30 p.m.  
 Jan. 17-March 7 (no games Feb. 14)  
 \$110/Team

### **Zumba, Zumba Gold & Strong by Zumba**

Sat., 10-11 a.m. (Zumba)  
 Mon., 11:45-12:45 p.m. (Zumba Gold)  
 Tues., 6-7 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

**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.

**Butts & Guts:** 30/30 format of fast paced glute and core training. Focus is on core stability and strength for those looking to increase endurance, balance and coordination. Moderate impact class with some plyometric movement.

**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.

**Group Exercise Expo:** Not sure which class is right for you? Come to a complimentary fitness expo and participate in demonstrations of many of the group exercise classes offered at the Doling Family Center.

**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 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.