

Doling Family Center Adult and Senior Programs

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Summer 2021



(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., & Fri., 5:30-6:30 a.m.
Tues., 6-7 p.m.

Boot Camp Cross Training

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.

Silver Sneakers

Member = Free
Non-member = Daily Facility Fee

Classic (Returning April 19)

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

Yoga (Returning May 3)

Tues. and Thurs., 10:35-11:35 a.m.

Circuit (Returning April 19)

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

Daily Facility Fees

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

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.*

Child Care

Child Care is Available
Reservations must be made 24hrs in advance.

Pre-Registration Programs

Drop-In Pickleball

Wed., Fri. and 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.
Call 417-837-5900 for Session Dates
\$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 5: May 4-May 27
Session 6: June 1-June 24
Session 7: June 29-July 22
Session 8: July 27-Aug. 19
Session 9: Aug. 24-Sept.16
\$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 4: June 1-July 6
Session 5: July 20-Aug.24

Thurs., 6:15-7:15 p.m.
Session 4: June 3-July 8
Session 5: July 22-Aug. 26
\$35/Member, \$45 Non-member

Zumba

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



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.

Boot Camp– Cross Training: Challenging workouts involving strength and cardiovascular training through, weights, jumps, kickboxing and core training. Class content is always changing and challenging. This is a moderate to advanced class for participants seeking new ways to improve their physique and work capacity.

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.

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.

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.