

Doling Family Center Adult and Senior Programs

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Winter 2023



(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., 5:30-6:30a.m.
 Tues. and Thurs., 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.

Toning & Strength Training

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

Total Workout

Fri., 9:30-10:30 a.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.-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.*

Pre-Registration Programs

Drop-In Pickleball

Mon. Wed., Fri. and Sat., 7-10:15 a.m.
 Free/Member, \$35/Non-Member
 (10-punch card)

Personal Training (By appointment)

\$35/Hour/Member
 \$45/Hour/Non-member

Pickleball for Beginners

Tuesdays & Fridays., 7– 9 p.m.
 Session 1: Jan. 3 & 6
 Session 2: Feb. 7 & 10
 Session 3: March 7 & 10
 Session 4: April 4 & 7
 \$20/Member, \$30/Non-member

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 1: Jan. 10-Feb. 2
 Session 2: Feb. 7-March 2
 Session 3: March 7-March 30
 Session 4: April 4-April 27
 \$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 1: Jan. 10-Feb. 14
 Session 2: Feb. 28-April. 11
 Session 3: April 25-May 30
 Thurs., 6:15-7:15 p.m.
 Session 1: Jan. 12-Feb. 16
 Session 2: Mar. 2-April 13
 Session 3: April 27-June 1
 \$35/Member, \$45 Non-member

DanceFit

Sat., 10-11 a.m.
 Session 1: Jan. 7-Feb. 11
 Session 2: Feb. 25-April 1
 Free/Members; Daily Fee /Non-Member or \$25/
 (10-punch card)

Silver Sneakers

Classic
 Mon. & Wed., 10:45-11:45a.m.

Yoga
 Tues. & Thur., 10:35-11:35a.m.
 Fri., 12-1p.m.

Circuit
 Fri., 10:45-11:45a.m.

Child Care

Mon-Fri
 9 am— 2pm
 4pm — 8pm
 Sat
 9 am— 1pm
 Sun
 12 pm— 4 pm

Daily Facility Fees

Youth ages 18 and under-\$7
 Senior ages 60 and over-\$7
 Adult-\$10
 Family-\$25



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.

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 For Beginners: An instructor-led course focusing on the rules and fundamentals of pickleball. Fun for teens and adults of all ages! Please register in advance, as space is limited. All equipment provided.

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

Step Aerobics: Easy-to-learn, high-energy class that burns calories with basic step patterns and full body strength training.

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.

DanceFit: This will be a exciting dance-style fitness class that will consist of medium-to-high impact moves.