

**Calvary Community Wellness Center**  
**3002 Holmes Street**  
**Kansas City, Missouri 64109**  
**816 531-4683 ext. 23**



**2018 Schedule of Classes**

Class	Dates	Time	Notes
Senior Fitness & Chair Exercises	Tuesday & Thursday Tuesday's start March 6 Thursday's start April 5	10:30 am to 11:15 a.m.	This class is geared for seniors but is open for ALL ages. \$ 1 per Session
Boot Camp	Mon. / Wed. / Fri.	6:00-7:00pm	High intensity workout tailored for each group. Contact Certified Personal Trainer, Deric Wilson, for weekly rates.
Tai Chi	Thursday March 15, 22, 29 April 5, 12, 19	5:30-6:30pm	FREE Individualized course for: Men           Teens Ladies        Young Adults Children      Families
Personal Group Fitness Training	TBA	Morning Sessions for One Hour 7:30-8:30am	Increases endurance Improve balance Reduce body fat Contact Trainer, Kea Bird-Riley, for weekly rates.
Coach The Runway Classes	Saturday	9:00am-Noon	Modeling Classes for Youth & Adults Contact Runway Coach Ciara Barton for weekly rates.
Building My Body While In My Bible (BMBB)	Tues. / Wed. / Thurs.	Churches can reserve 2 hour time slots from 6-8pm as space is available	FREE Fitness Program for Area Churches to host a one hour Bible Study added with a one hour exercise program for their congregants.
Personal Trainer(s): <i>Kea Bird-Riley</i> <i>Deric Wilson</i>	By appointment	By appointment	One-on-one personal training by Certified Personal Trainer(s)

**Special Classes can be designed to fit the needs of your group. Call 816 531-4683 ext 21 to schedule.**

*Wellness Center Hours and Open Sessions where you can manage your goals in our safe fitness facility. Off-street parking is available.*

<b>HOURS</b>	Monday – Thursday	7:00 a.m. to 8:00 p.m.
	Friday	7:00 a.m. to 7:00 p.m.
	Saturday	8:00 a.m. to Noon