

ABOUT OUR PROGRAMS

A multitude of fitness opportunities are offered by the Cape Girardeau Parks & Recreation Department! Consider joining one of our many group fitness classes, check out our recreation facilities, enjoy a scenic run or bike through town on the Cape LaCroix Recreation Trail, visit one of our parks, or even work to increase your fitness level with a personal trainer. We have something for everyone...take charge of your health TODAY!

+ AVAILABLE OPTIONS

- Recreation facilities with fitness equipment:
 - Osage Centre & Shawnee Park Center
- Monthly fitness & wellness seminars
- Cooking demonstrations
- Health & Wellness Expo - FREE!
- Personal training for individuals & groups
- Nutrition counseling
- Group fitness classes - Go to www.cityofcape.org/fitness for a calendar of class offerings
- FitZone at Arena Park - FREE!
- CPR Training
- Aquatic facilities: Cape Splash Family Aquatic Center & Central Pool
- Cape LaCroix Recreation Trail - FREE!



These insurance based memberships for the aging adults include no-cost membership at our facility, use of all basic amenities, access to an exclusive website featuring expert fitness advice and resources for living a healthy life. Ask your insurance about which program you qualify for today!



THERE'S NO TIME LIKE THE PRESENT

Want to learn more about fitness and wellness programming in Cape Girardeau? Contact the City of Cape Girardeau Parks and Recreation Department.

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Find us online:
www.cityofcape.org/fitness



FITNESS & WELLNESS

CITY of CAPE GIRARDEAU



TRAINING PROGRAMS

You and your family can benefit from Personal Training services no matter your goal: balance/stability, sports performance, injury prevention, bodybuilding, triathlon conditioning, prenatal fitness, disease management, special needs, weight loss or simply a desire to look and feel great! Our nationally-certified personal trainers will customize a program to meet your unique needs, creating a safe and effective way to reach your goals. The City of Cape Girardeau Parks & Recreation offers personal training in several forms and formats. Base pricing for each training is listed below.

PERSONAL TRAINING

Team up with a personal trainer and start reaching your health goals today! Pricing: 30 minute session - \$25 or 60 minute session - \$40. Package discounts are available when purchasing multiple sessions.

PARTNER PERSONAL TRAINING

Choose a training partner and improve your fitness levels and quality of life with a challenging, goal-oriented, customized fitness program. Training with another offers benefits in motivation, dedication and inspiration. Pricing per person: 30 minute session - \$25 or 60 minute session - \$40. Package discounts are available when purchasing multiple sessions.

GROUP TRAINING

Team training is fun, motivating and challenging – plus, it's an affordable way to experience the benefits of personal training. Each person will undergo an assessment to measure baseline goals and ability, and will be re-tested to ensure progress. Team exercise helps to instill camaraderie, competition and, of course, RESULTS! Pricing per person: 30 minute session - \$25 or 60 minute session - \$40. Package discounts are available when purchasing multiple sessions.

SPORT-SPECIFIC TRAINING

Looking for an edge in your sport? Our professional training staff will devise a program to fit your needs. Improve your flexibility, balance and movement as it relates to your chosen sport. Workouts can be tailored to the following sports: Field sports (football, soccer, softball/baseball), court sports (basketball, tennis, volleyball, racquetball/squash), racing (marathon running, triathlons, cycling, track), mixed martial arts, and golf. Pricing: 60 minute session - \$300/10 sessions. Group sessions are also available.

STAND STRONG (55 yrs and older)

Falls leading to fractured bones is the leading cause of mortality in people ages 65 years and older. We cannot control everything that happens in our lives, however; you can take action to reduce your risk and improve your health. Pricing: 30 minute session - \$25 or \$200/10 sessions.

MOBILITY EXPRESS: FLEXIBILITY TRAINING

Mobility and flexibility is a critical component of physical performance and is equally important for your overall health. Simply "stretching" may not be enough or as effective as the techniques trainers can offer. In a series of 15-minute sessions, our trainers employ a variety of partner-assisted stretching and foam rolling techniques to maximize your results. Benefits may include: Reduced arthritic symptoms, improved posture and range of motion, decreased deterioration of joints, reduced risk of pain (low back, joints, muscles), improved muscle coordination, and overall movement. Pricing: Four, 15-minute sessions: \$10/ session (\$40 package)

+ FITNESS CENTERS

Utilize the Osage Centre or Shawnee Park Center fitness centers to reach your fitness goals! The Shawnee Park Center has cardio equipment and weight machines, while the Osage Centre includes cardio equipment, weight machines, free standing weights, kettlebells, weight balls, and more! Admission to both facilities: \$2/day or purchase a discount card for 10 visit/\$16.00.

+ GROUP FITNESS

Group fitness classes are available six days a week, including low impact aerobics, zumba, yoga, pilates, cardio drumming, and much more! Get your monthly group fitness schedule online at www.cityofcape.org/fitnessclasses. Price: \$4.00 per class or purchase a 12 class punch card for \$42 or a 24 class punch card for \$72.

+ WELLNESS EDUCATION

Check out our website and follow us on Facebook and Instagram at FitCape for a wide variety of health and wellness education events available just for you! From grocery shopping educational tours and nutrition consultants, to de-stressing seminars and stretching fun! Website: www.cityofcape.org/fitness.

+ WELLNESS CONSULTATION

Consultations are great for those who don't need a Personal Trainer by their side but need an exact plan to reach their goals! You will receive a 4-6 week plan individualized towards nutrition, fitness, or both! Base price: \$60.

