

Metabolic Testing

SHAPE now offers metabolic testing. Your metabolic rate is measured by analyzing the air you breathe out to determine exactly how much oxygen your body consumed. Your metabolic rate will be used to calculate your Target Caloric Zones to help you lose weight.

Cost: \$50

Tai Chi & Tenshi Goju Kai Karate

Tuesdays and Thursdays

5:15 – 6 p.m. and 7 – 8 p.m. (all ages)

6 – 7 p.m. (ages 3-7)

\$35 per month

Instructor:

David Mizell: Certified Instructor in Goju Ryu style of Tai Chi from the National College of Martial Arts

Massage Therapy

Massage therapy relieves physical and mental stress, improves range of motion, and rejuvenates systems of the body.

Ask the SHAPE staff for current pricing.

In addition to traditional massage, our massage therapists also provide:

- Reflexology
- Deep tissue
- Myofascial release
- Accupressure
- Trigger point therapy
- La Stone massage (hot or hot/cold)
- Prenatal massage
- Chair massage
- Aromatherapy

Rehab Program

Post-rehab is the transition phase in the continuum of care. Patients transition into a safe, effective, independent fitness program.

People who benefit from a medically supervised program may include those with musculoskeletal disorders/injuries, osteoporosis, cardiac/pulmonary conditioning, diabetes, arthritis, stroke, and joint replacement.

Program:

- Clients with medical or post-rehab conditions must be referred by a medical professional.
- Workout schedules with a certified trainer may vary from three times per week* to a single session that sets up the program for independent exercise.
- Periodic re-assessments will be performed to dictate exercise progression.
- SHAPE Fitness does not provide any aspect of medical treatment of a client's condition.

* Additional fees apply to extended one-to-one training or group training. See staff for pricing schedule.

SHAPE Fitness Center

601 S. 169 Hwy.

Smithville, MO 64089

(816) 532-7174



saintlukeshealthsystem.org

SHAPE Fitness Center



saintlukeshealthsystem.org

Saint Luke's Health System is a not-for-profit integrated health system committed to enhancing the physical, mental, and spiritual health of the communities we serve. Supported by education and research, our Health System partners with others to achieve our goals.

Why choose a medically based fitness center?

- A professionally trained staff. All training staff members have bachelors' degree in exercise science, wellness, or health science
- Connection to medical resources and personnel
- An integrated approach to preventative health
- A commitment to enhancing community health
- A continuum of care, from prevention to rehabilitation referrals

Hours of Operation

Monday – Friday

5 a.m. - 8 p.m.
(Memorial Day thru Labor Day:
Fridays 5:30 a.m. - 6:30 p.m.)

Saturday

8:30 a.m. - 12:30 p.m.

*(Schedule subject to change; contact
SHAPE for current schedule.)*

Membership Information

Single	\$35/month
Senior (60+)	\$25/month
Corporate member	\$25/month
Student rate	\$27/month
SLHS employee or volunteer	\$20/month

Additional family added to price of initial plan:

Spouse	\$20/month
Spouse (Senior)	\$15/month
Child (under 18 years)	\$10/month

Enrollment Fee:

Single member: \$25

Couple/Family: \$40

Special discounts for long-term plans!

**Must be 14 years old to join SHAPE. Those under 16 years must exercise with supervision.*

Fitness Center Offers:

- A wide variety of cardiovascular machines
- A full range of weight equipment and free weights
- Fitness testing
- Exercise programming

Aerobic Classes Include:

Senior Swing

Mondays and Wednesdays, 9:30 - 10:30 a.m.
Friday 8:30 - 9:30 a.m.

Yoga

See staff for current schedule

Pilates

Monday and Wednesday, 5:10 - 5:55 p.m.
Saturday, 9:35 - 10:20 a.m.

Circuit/Toning

Tuesday and Thursday, 5:30-6:30 p.m.

Step It Up Aerobics

Monday and Wednesday, 6 - 7 p.m.

Cardio Blast

Saturday, 8:30-9:30 a.m.

SilverSneaker®

Monday and Wednesday, 8:30 - 9:15 a.m.

Additional classes may be added. Ask for current schedule.