



Mind & Body Classes-Yoga, Pilates, & more!

Classes running January 4th through May 29th 2010

*All Mind Body Classes are \$25 (\$5 Member Discount)

Not sure what level Yoga Class to take? Would you like to take a class more often? Our instructors are available for Private Classes! Just sign up for a Personal Training Package and indicate you would like Private Lessons with an Instructor-up to four people can Train together for the same rate!

Power Yoga – Geared for anyone who enjoys yoga, no matter your level. Instruction will simply feature “extra challenges” that all doctors prescribe for improved bone density, increased circulation, strengthens tendons and ligaments as well as relaxation formulas. **W 6:45-7:30 PM**

Prenatal Yoga/Fitness - Studies show light to moderate exercise is great for expectant mothers. Keeping your body in shape throughout your pregnancy can not only help keep your baby healthy, but ease labor and reduce your own recovery time after delivery.
SAT 8:30-9:15 AM

Iron Yoga – 45 minutes of "Iron Yoga" will not only challenge your flexibility, but build up muscle in the process! Using light weights and resistance bands throughout class will help maximize your workout and give you the toned look you want! **M 6:00-6:45 PM**

Yoga 101 – Ideal for new students or those who want a less strenuous class. Learn how to control breathing to promote relaxation and how to move to build strength, flexibility, and balance. Yoga Mats provided. Bare feet recommended. **W 5:45-6:30 PM**

Yoga Flow - This Class is suitable for anyone wanting all the health benefits of Yoga: improved posture, balance, and coordination. You will flow from one posture to another so everyone can follow easily. Ideal for seniors or anyone wanting a relaxing & effective Yoga experience.
Fri 9:30-10:15 AM

Yogalates – This class is designed to give a unique blend of core and balance training while strengthening your body all over! Get the benefits of yoga and pilates. Morning and evening options! **TH 7:00-7:45 PM**

Participants of mind/body classes must be 14 years of age or older.

All classes are located in the Group Fitness Room (downstairs past the locker room on the right).

Questions? Call The Centre's front desk staff to assist you at (573) 341-2386.

Or e-mail Karen Richards, Fitness Supervisor, at krichards@rollacity.org