



Specialty Fitness Classes

Classes running January 4th -May 29th 2010

An Additional Fee is associated with these classes

You do not need to be a Centre Member to take these classes, however a discount is given to Centre members.

Couch Potato to 5K Training- If you have wanted to learn to race, or you are just looking for some support while you begin to hit those New Year's resolutions, this class is for you. Classroom instruction as well as structured workouts are given each week to help you get off the couch and across the finish line! All fitness levels welcome! **Tues 5:15-6:00 \$50 fee (\$10 member discount)**

Indoor Cycling – Come and experience the great weight loss and fitness benefits of cycling. This class is easily adapted to all fitness levels and abilities. No experience necessary; great instructors will teach you everything you need to know! Make sure to bring a water bottle! Cycling shoes and shorts are HIGHLY recommended! Drop in class held on **Friday mornings 9:30-10:15 AM for \$3**, or you may drop in to any cycling class for \$3 IF a bike is available.

T/TH 5:15-6:00 PM \$40 Fee (\$10 Member Discount)

Mommy & Me – Mommy's get a special half hour of stretching & toning muscles while bonding with baby. Through rhythmic motions and lifting to music, you will promote communicating with your infant while gaining a toned physique. Right before our PAT Playtime, this is the perfect way to squeeze in a workout just for you! Infants 3 weeks to 12 months welcome. **Mon 9:30-10:00 AM \$20 Fee (\$5 member discount)**

Mortal Kombat - A clever blend of martial arts mixed with the benefits of kickboxing. Jab, kick, and jump your way into fitness. All levels welcome and bags, gloves and other equipment supplied.

Tues 7:15-8:00 \$25 fee (\$5 Member Discount)

Rock Bottom – This popular class is always fun but focused. Stability balls, weights, bands and tubing are used to get your hips, glutes, and legs lean and strong.

TUE/TH 8:30-9:00 AM \$30 fee (\$5 Member Discount)

Step Up & Scale Down- Our newest weight loss program here at The Centre. We will push you to achieve your weight loss goals in 2010! Nutrition info and workouts! See separate flyer for more details.

TH 5:30-7:00PM \$100 fee (\$10 Member Discount)

Sunrise Bootcamp- Start your day early! Join in on this "Bootcamp" style class where you will be pushed to your limits! Strength Training, Cardio, Plyometrics, and more will get you in the best shape you have ever been in! This class can be for any fitness level, but always carry water and be prepared to WORK!

T/TH 5:45-6:45 AM \$40 Fee (\$10 Member Discount)

Top It Off- Want to have toned shoulders and a lean back? If you want an incredible physique for your tanks or low back dresses, this class is for you! **TUE/TH 7:30-8:00AM \$30 fee (\$5 Member Discount)**

Zumba®- Others may imitate but we have the REAL thing, with a certified ZEN instructor! Come follow one of kind moves in intervals that burn fat, increase cardio strength, while toning and sculpting your muscles.

Tues 6:15-7:00 PM / Wed 8:30-9:15 AM \$25 fee (\$5 Member Discount)

Participants of Group Fitness classes must be 14 years of age or older.

All classes are located in the Group Fitness Room except Indoor Cycling (Activity Room)

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