



# Free Fitness Classes

Classes running September 7-December 18

**\*Free for all members or those purchasing a day pass\***

**Back 2 ABS**- Come in over lunch and get a quick workout sure to tone and define your midsection! Core work is a must! **T/TH 12:15-12:45PM**

**Basic Pilates**- Pilates will build core strength giving you strong & toned abdominals. Pilates will also improve both coordination and flexibility by using slow and controlled poses, both standing and laying. Pilates is a 30 minute class. **W 5:10-5:40 PM**

**Body Up**- This class will hit all muscle groups with a fantastic strength workout using only your own body for resistance! All over toning! **TH 5:15-6:00 PM**

**Cardio Fit**- A fun cardio class using a variety of movements including step aerobics, kickboxing, and interval training to give you a great calorie-burning workout. **M/W/F 6:00-6:45 AM**

**Commando Cardio**- This INTENSE CLASS requires a water bottle or you will be asked to leave! Athletic based & movements are timed. After warm-up there will be 20-25 minutes of circuit training and drills (plyometrics), ending with ABS and cool down. To add spice - weights, resistant bands, punching bags, and games will be added. This class is FUN, but CHALLENGING **W 9:00-9:45 AM**

**Core & Kick**- A great way to get a full body workout! Tone your entire body with kickboxing moves and adding Martial Arts movement is a great way to get an amazing core workout! **M 6:15-7:00 PM**

**Extreme Strength**- This barbell class offers the ultimate in muscle conditioning workouts. Weights start at 2.5 lbs, so all levels are welcome. **Tues 5:15-6:00 PM**

**Hard Core**- A class all about your abdominals. Intense abdominal/back work using a variety of training techniques. **T&TH 9:00-9:15 AM**

**Instructor's Choice**- All of our fantastic Instructors rotate teaching and will choose a new workout style every week, so it gives you a chance to mix up YOUR workout. **Sat. 9:30-10:15 AM**

**On The Ball**- This new class will get YOU on the ball literally! Using Stability, Medicine, and Bosu Balls we will lead you through strength and cardio sessions that are truly unique! A new twist on your exercise routine will help you get in tip top shape! **M 8:30-9:15AM or W 6:00-6:45 AM**

**Pulse!**- A 45min blend of high intensity cardio workouts: Basic Step, Cardio Kickboxing, Intervals, Jump Ropes and more! We will keep your heart rate high so be prepared!! **F 8:30-9:15 AM**

**Saturday Cycling**- Easily adapted to any fitness level, try out an indoor cycling class to burn calories, increase cardiovascular endurance, and build muscle power! **\*Activity Room Sat 8:30-9:15AM**

**Senior Fit**- Program includes a mix of strength and stretching using light weights, resistance bands and resist-a-balls. Gain functional strength and increase range of motion. **T&TH 9:30-10:15 AM**

**Sports Conditioning**- This class has it all; a dynamic, intense, sometimes anaerobic & plyometric athletic style of class, which caters to participants looking to push themselves to their limits. Emphasis is on simplified form, functional muscle strength, endurance, and agility training. Participants need shoes with good cushioning and not recommended for anyone with joint or muscle problems. **TH 7:15-8:00 PM**

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

**All classes are located in the Group Fitness Studio on lower level (past locker rooms).**

**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](mailto:krichards@rollacity.org)**