



Summer Fitness Classes/ June 1-August 31

Sessions will run with each Calendar Month throughout the summer!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM – 6:45 AM	Cardio Fit		Cardio Fit		Cardio Fit	
7:30 AM – 8:30 AM		*Total Body Tune-Up		*Total Body Tune-Up		
8:30-9:15	Commando Cardio (9:00-9:45)	JUMP ROPE (30 MINS) & HARD CORE (15 MINS)	*Zumba®	JUMP ROPE (30 MINS) & HARD CORE (15 MINS)	Cardio Crash!	Saturday Cycling *Prenatal Yoga/Fitness
9:30 AM – 10:15 AM	*Food for Thought	Senior Fit	Body Sculpt	Senior Fit	*Yoga Flow *Drop-In Cycling	Instructor's Choice (9:30-10:15)
12:15 PM – 12:45 PM		Back 2 ABS		Back 2 ABS		
5:15 PM – 6:00 PM	*Iron Yoga	Extreme Strength	*Food for Thought Pilates (5:10-5:40)	Muscle Works		
Evening Classes	Core & Kick! (6:15-7:00)	*Zumba® (6:15-7:00)	*Yoga 101 (5:45-6:30) *Power Yoga (6:45-7:30)	*Zumba® (6:15-7:00) Sports Conditioning		

Non-Centre Members MUST pay the daily admission fee to participate in Fitness Classes
Classes in bold with an asterisk (*) by them have an additional fee

All classes except Indoor Cycling are held in the Group Fitness Room
For questions regarding fitness classes, please call the Centre at 341-2386
Or e-mail Karen Richards, Fitness Supervisor, at krichards@rollacity.org