



2012 GROUP FITNESS CLASSES

Questions? Contact The Centre for more information at 573-341-2386 or Email Karen Richards, Recreation Manger-Fitness & Programs at krichards@rollacity.org

	MON	TUES	WED	THURS	FRI	SAT
6:00-6:50 AM	Cardio Sculpt	Sports Conditioning* (5:45-6:45)	Sunrise Yoga*	Sports Conditioning* (5:45-6:45)	Cardio Sculpt	
8:30-9:30 AM	Meltdown	Ultimate Fitness*	Extreme Strength	Ultimate Fitness*	Meltdown	Instructor's Choice (9:00-10:00AM)
9:45-10:45 AM	Yoga Basics*	Senior Fit	Senior Tai Chi*	Senior Fit	Yoga Flow*	
12:15-12:45 PM		Hard Core!		Hard Core!		
4-15-5:00 PM		Kid Fit				
5:15-6:15 PM	Back on Track Bootcamp	Extreme Strength Indoor Cycling* (5:30-6:30)	Pump & Sculpt (5:15-6:00) Hard Core! (6:00-6:15)	Back on Track Bootcamp Indoor Cycling* (5:30-6:30)		
6:30-7:30 PM	Cardio Dance Party!*	Tai Chi* Triathlon 101*	Cardio Dance Party!*	Yoga 101*		



Drop in— Pay \$5

Check in at Front Desk; get a class pass from Front Desk Attendant

CENTRE Value Pass-\$45 for 10 classes (\$4.50 per class)

Check in at Front Desk; get a class pass from Front Desk Attendant
Can use for ANY bold Class. Expires in 90 days from purchase date.

30 DAY UNLIMITED! \$60! BEST VALUE!!

Check in at Front Desk; get a class pass from Front Desk Attendant
Can attend ANY Bold Class on our schedule as well as ANY Dance Fitness/Yoga Class with our Partners at andFLEW! Studios Check out printed schedule on reverse side
To guarantee class spot at andFLEW! Make reservations online at www.andflew.com

*Prices of our drop in classes and punch passes are NOT pricing for andFLEW! Studios!
Please contact their studio at 573-426-3656 for pricing on punch passes and drop ins!

**Member Only Classes
Are listed in Non-Bold;
Classes with an
asterick (*) have
an additional fee.**