




Group Exercise Schedule

Starting the week
of January 17

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
METKON RX TAMARA 6:00 AM				P90X® LIVE TAMARA 6:00 AM					
BARRE ANDREA 8:30 AM		YOGA PATRICIA 8:30 AM				YOGA PATRICIA 8:30 AM		PILATES DIANE 8:30 AM	
SENIOR MOVEMENT ANDREA 9:45 AM		FOREVER YOUNG ANDREA 9:45 AM		CHAIR MIND/BODY ARTS DOUG 9:45 AM		FOREVER YOUNG ANDREA 9:45 AM		YOGA FLOW DIANE 9:45 AM	
				YOGA DOUG 12:00 PM					
ZUMBA® TONE SARA 5:30 PM		ZUMBA® SARA 5:30 PM	CYCLING DAGMAR 5:30 PM	POWER UP SUSAN 5:15 PM	ZUMBA® MICHELLE 5:30 PM	P90X® LIVE TAMARA 5:30 PM	LIVEFIT CYCLING DAGMAR 5:30 PM	ZUMBA® SARA 5:30 PM	
YOGA 101 DOUG 6:00 PM		TAI CHI DOUG 6:00 PM		MINDFUL YOGA AMBER 6:05 PM					

-  Meeting Room B
-  Studio
-  Gym

Weekly schedule/instructor is subject to change based on participation and instructor availability.
View online schedule for up-to-date information at rollacentre.org today.

FOR MORE INFORMATION,
please visit the Member Services desk or call 573.341.2386.



Group Exercise Class Descriptions

Barre: Incorporates elements from ballet, Yoga, Pilates, and traditional resistance training. You may have bare feet, use yoga socks, or tennis shoes.

Chair Mind/Body Arts: For ALL fitness levels visualizing essential fundamental Tai Chi methods for flexibility, fluidity, centering, and breathing. Smooth connected movements in organized progressive forms apply.

Cycling LiveFit: For any indoor cycling enthusiast, an energizing, adventurous, non-impact ride to enhance your cardio output, strength and endurance.

Forever Young: Gain functional strength and balance. Increase range of motion plus cardio function from low impact exercises with other active older adults.

MetKon Rx: MetKon Rx stands for science driven Metabolic Conditioning. This is a full body interval class that works all planes, different energy systems, and multiple muscle groups. The combination of functional strength training and cardio conditioning is an efficient way to build muscle, burn fat, and torch calories. MetKon Rx is designed to improve strength, power, athletic performance, and core stability. It's a fast moving, fun, and results driven class that's easily accessible to all levels.

Mindful Yoga: A yoga practice for all levels designed to focus on the connection between mind and body. This class will encourage breath with movement through yoga poses and meditation techniques.

P90X® Live: Power through full-body strength and cardio. This is a total-body workout that will keep your body guessing and transforming with a variety of strength-training moves, cardio conditioning, and core work.

Pilates: This class focuses on building strength without bulk, improving flexibility and agility, and helping to prevent injury.

Power Up: Weight bearing strength, followed by powerful cardio to end with core and abdominal training.

Tai Chi/Self Paced Flow Based Mind/Body Arts: For ALL fitness levels visualizing essential fundamental Tai Chi methods for flexibility, fluidity, centering, and breathing. Smooth connected movements in organized progressive forms apply.

Yoga 101: The basics of Yoga for beginners and for those looking for a foundation to get started, or those who already have an understanding of the movement and discipline.

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Yoga Flow: This class is suitable for anyone wanting all the health benefits of Yoga; improved posture, balance, and coordination. This class flows from one posture to another so that everyone can follow easily.

Zumba® Fitness: Everybody and everybody! Zumba® takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Zumba® Tone: A Zumba® based class for those who still like to party, but puts extra emphasis on toning and sculpting to define muscles. The challenge of adding resistance by using Zumba® Toning Sticks or lightweights helps focus on specific muscle groups, so you and your muscles stay engaged.