

# Group Exercise Schedule

DECEMBER 2021

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>HIIT</b> TAMARA 6:00 AM		<b>WATER AEROBICS WORKSHOP**</b> KATHY 8:00 AM							
<b>BARRE</b> ANDREA 8:30 AM		<b>YOGA</b> MELISSA 8:30 AM				<b>YOGA</b> DIANE 8:30 AM		<b>WATER AEROBICS CIRCUIT**</b> KATHY 8:00 AM	<b>YOGA FLOW</b> CHANDIKA 8:30 AM
<b>SENIOR MOVEMENT</b> ANDREA 9:45 AM		<b>FOREVER YOUNG</b> ANDREA 9:45 AM		<b>LINE DANCING</b> KUI 9:45 AM		<b>FOREVER YOUNG</b> ANDREA 9:45 AM		<b>WATER AEROBICS CIRCUIT**</b> KATHY 9:00 AM	<b>PILATES</b> KUI 9:45 AM
<b>LES MILLS® BODYCOMBAT™</b> SHANNA 10:45 AM		<b>ARTHRITIS CLASS</b> KUI 10:00 AM	<b>TAI CHI (YANG STYLE)</b> DENNIS 10:45 AM	<b>LES MILLS® BODYCOMBAT™</b> SHANNA 10:45 AM	<b>AQUA ARTHRITIS</b> KATHY 11:00 AM 11:30 AM	<b>ARTHRITIS CLASS</b> DIANE 10:00 AM	<b>TAI CHI (YANG STYLE)</b> DENNIS 10:45 AM	<b>LES MILLS® BODYCOMBAT™</b> SHANNA 10:45 AM	
<b>BOOTCAMP EXPRESS</b> AMANDA 5:15 PM		<b>LES MILLS® CORE™</b> CHRISTY 5:15 PM	<b>CYCLING</b> DAGMAR 5:30 PM	<b>BOOTCAMP EXPRESS</b> AMANDA 5:15 PM		<b>LIVEFIT CYCLING</b> DAGMAR 5:30 PM		<b>PILATES SURGE</b> DOUG 5:00 PM	
<b>ZUMBA® TONING</b> SARA 5:30 PM		<b>ZUMBA®</b> SARA 5:30 PM				<b>POUND®</b> MICHELLE 5:30 PM	<b>STRONG NATION™</b> KUI 5:30 PM	<b>ZUMBA®</b> SARA 5:30 PM <small>no class Dec. 3</small>	
<b>YOGA 101</b> DOUG 6:00 PM				<b>MINDFUL YOGA</b> CHANDIKA 6:05 PM				<b>LES MILLS® BODYPUMP™</b> CHRISTY 5:30 PM	
SATURDAY									
<b>CYCLING</b> AMANDA 8:15 AM	<b>POUND®</b> MICHELLE 10:00 AM	<b>SATURDAY 9:00 AM ROTATION</b> 12/4 <b>LES MILLS® BODYPUMP™</b> with CHRISTY 12/11 <b>HIIT</b> with Tamara 12/18 <b>ZUMBA®</b> with MICHELLE 12/25 <b>NO CLASSES</b>							

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

**\*\*WATER AEROBICS:** Signing up ahead of time on swim schedule is required to secure spot. (6 spots available) To prepare students for Circuit class, Workshop is required prior to attending.

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

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- Gym
- Meeting Room A
- Pool
- Studio
- Meeting Room B



# Group Exercise Class Descriptions

**Arthritis Class:** Experience relief today in this low-impact, physical activity class that is designed specifically for individuals of all fitness levels with arthritis. In this class we will be doing gentle range-of-motion exercises, strengthening exercises, and cardiovascular exercises.

**Aqua Arthritis:** Physical activity class designed specifically for individuals of all fitness levels with arthritis. While in the water you will be experiencing gentle range-of-motion exercises, strengthening exercises, and cardiovascular exercises for a low-impact work out.

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

**Bootcamp:** Come join this functional group fitness class that focuses on pushing your body to its limits while having fun. All fitness levels are welcome to experience cardio and strength training, core training, and interval exercises.

**Boot Camp Express:** Get the most of your Boot camp style workout by focusing on high impact in a shorter time frame.

**Core de Force Live:** CORE DE FORCE LIVE is the high-energy, non-contact group fitness class that mixes MMA-inspired cardio drills with explosive power moves for a full-body conditioning workout. Cardio spikes burn major calories. And your own body weight provides resistance—no equipment needed.

**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.

**HIIT:** Mix aerobic and resistance training to burn fat and built lean muscle. This class will incorporate weights for one minute power moves for a more comprehensive workout. You will choose the intensity via speed, range of motion, and weight selection.

**LES MILLS® BODYCOMBAT™:** This high Energy martial arts inspired workout is totally non-contact and with no complex moves to master. Release stress while you punch and kick your way into fitness.

**LES MILLS® CORE™:** Inspired by elite athletic training principles, LES MILLS CORE™ is a scientific core workout for incredible core tone and sports performance. You build strength, stability and endurance in the muscles that support your core, improve balance, assist injury prevention, and become better at everything you do.

**LES MILLS® BODYPUMP™:** This full-body barbell workout will burn calories, shape and tone your entire body, increase core strength and improve bone health.

**Line Dancing:** Line dancing is a fun way to dance socially without a dance partner. This easy to follow class will exercise your body and mind by dancing to lively, upbeat music. Come and socialize with other dancers while you learn some fun moves or just come for the great exercise and the life enriching experience. Learn different dancing style including Country Western, Swing, Salsa, Tango, Cha Cha, Irish, Waltz and much more!

**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.

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

**Pilates Surge:** Get ready for the weekend with a 30-minute pre-weekend Pilates session. This interval class will help you get centered with low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance to increase flexibility and function.

**PiYo Live:** PiYo Live is a hybrid, athletic workout, which combines the mind/body practices of yoga and Pilates, as well as the principles of stretch, strength training, conditioning and dynamic movement. We crank up the music, the speed, and the fun to give you an intense, yet low-impact workout.

**POUND®:** This is a full-body workout that combines cardio, conditioning, and strength all while using lightly weighted drumsticks. Pound transforms drumming into an incredibly fun and effective work out. Designed for all fitness levels POUND® lets you rock out while getting energized and letting loose.

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

**STRONG Nation™:** This class is a high intensity interval training workout, mixing plyometric or explosive moves like high knees, burpees and jumping jacks, with isometric moves like lunges, squats, and kickboxing. The movements are reverse engineered meaning that music is matched to every move. The movements become more intense in a challenging progression, providing you a total body workout. This class will push you past your limits to help you reach your fitness goals faster. Using your own body weight against gravity, you will gain muscular endurance, tone, and definition. This class is suitable for all levels because modifications are available to fit everyone's fitness needs.

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

**Tai Chi, Yang Style:** Incorporates large sweeping, graceful and slow movements. Yang style allows people of all ages and fitness levels to start easily and continue to practice it safely to improve their health. For the martial artist, the yang style allows them to focus more intensely on the internal aspects of Tai Chi without the distraction of fancy jumps and fast movements.

**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.

**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® Toning:** 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.

**Water Aerobics:** Will help you improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance using the resistance of the water to cushion the feet, knees and back.