

Group Exercise Schedule

SEPTEMBER 2023

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|---|---|--|--------------------------------------|--|---|---------------------------------------|---|---|--|
| | | CYCLING DAVID 5:15 AM | STRONG30 RACHEL 5:15 AM | CYCLING DAVID 5:15 AM | CIRCUIT/HIIT ISAAC 5:15 AM | | STRONG30 RACHEL 5:15 AM | | |
| YOGA FLOW NICOLE 8:30 AM | BARRE ANDREA 8:30 AM | LES MILLS® CORE CHRISTY 6:00 AM | BARRE NAT 8:30 AM | TAI CHI (YANG SYTLE) DENNIS 8:30 AM | YOGA FLOW NICOLE 8:30 AM | AQUA FLOW KATHY 8:05 AM | BARRE NAT 8:30 AM | WATER AEROBICS CIRCUIT** KATHY 8:00 AM | YOGA KUI 8:30 AM |
| TAI CHI (YANG STYLE) DENNIS 8:30 AM | SENIOR MOVEMENT ANDREA 9:45 AM | FOREVER YOUNG ANDREA 9:45 AM | | LES MILLS® BODYCOMBAT™ SHANNA 9:45 AM | | YOGA DIANE 8:30 AM | FOREVER YOUNG ANDREA 9:45 AM | WATER AEROBICS CIRCUIT** KATHY 9:00 AM | BARRE NAT 8:30 AM |
| LES MILLS® BODYCOMBAT™ SHANNA 10:45 AM | | TAI CHI (YANG STYLE) DENNIS 10:45 AM | | LINE DANCING KUI 10:45 AM | | ARTHRITIS DIANE 10:00 AM | | PILATES Kui 9:45 AM | LES MILLS® BODYPUMP™ SHANNA 9:45 AM |
| CIRCUIT CHRISTY 5:30 PM | | CYCLING TAMARA 5:30 PM | | LES MILLS® BODYPUMP™ CHRISTY 5:15 PM | | CYCLING TAMARA 5:30 PM | | ZUMBA® MICHELLE 5:30 PM | |
| | | ZUMBA® MICHELLE 5:30 PM | | | | BOOTCAMP JOSH 5:30 PM | | | |
| | | YOGA FLOW NICOLE 5:30 PM | | MINDFUL YOGA AMBER 6:05 PM | | | | | |
| SATURDAY | | SATURDAY 9:00 AM ROTATION | | | | | | | |
| CYCLING AMANDA 8:05 AM | | 9/2 POUND with MICHELLE 9/9 ZUMBA with KUI 9/16 STRONG30 with RACHELLE (30 minute class) 9/23 CORE with CHRISTY 9/30 P90X LIVE with TAMARA | | | | | | | |
| | | 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. | | | | | | | |
| | | **WATER AEROBICS/STROKE CLINIC: Signing up ahead of time on swim schedule is required to secure spots (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.

- Gym
- Yoga Studio
- Pool
- Studio
- Meeting Room B



Group Exercise Class Descriptions

Active Kids: This 45 minute general fitness class is for kids ages 12-17. This class will focus on proper lifting technique, learning basic movements, and building confidence in a fitness environment.

Arthritis: 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: This is a 30 minute 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.

Aqua Flow: Taking place in the cool and deeper water, this stretch class incorporates increased arm movement. In addition, this class also incorporates base moves for water aerobics.

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.

CIRCUIT: Learn strength and endurance movements adjustable for any fitness level. This class has rotating stations that use weights to develop a stronger body and burn fat.

Circuit/HIIT Training: This 45 minute full-body workout can be scaled to any fitness level. This class will incorporate cardiovascular training, muscular strength, endurance training, and flexibility. Build muscle and burn fat while building a strong and aesthetic body.

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: 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.

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™: This 30 minute class is 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.

LIIT: Low Intensity Interval Training. Using body weight exercises in interval format, this low impact class will get your heart rate up without putting strain on your body. Strength training, core movements, followed by long stretching and deep breathing makes this class perfect for all levels.

Line Dancing: This easy to follow class will exercise your body and mind by dancing to lively, upbeat music. Learn different dancing style including Country, Swing, Salsa, Tango, Waltz and much more!

MetKon Rx: This full-body class works multiple muscle groups and different energy systems. Using a combination of functional strength training and cardio conditioning, this class is a great way to build muscle and burn fat. Designed to improve strength, power, and core stability for 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.

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

P90X Live: P90X Live is a total body, cardio and strength training class that uses body weight and dumbbells to build a strong, fit body and confident mind. A results-driven program, it utilizes the latest techniques to target balance, core strength, athletic ability and functional movement in everyday life. Each workout features cardio, lower and upper strength and core blocks to synergistically create a metabolic effect and muscle confusion. No time is wasted – all this training occurs in under an hour – igniting a fast-moving, efficient, effective 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.

Restorative Yoga: A gentle and slow style of yoga that involves long, passive holds in a series of 4-6 restful poses. You will often be supported by props to enhance or deepen your experience and achieve a state of total relaxation.

Senior Movement: Functional toning, movement, and balance. Low impact for active older adults.

STRONG 30™: This class is a 30 minute interval workout, mixing plyometric or explosive moves. The movements are reverse engineered meaning that music is matched to every move. Using your own body weight against gravity, you will gain muscular endurance, tone, and definition.

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.