

# Group Exercise Schedule

NOVEMBER 2024

| MONDAY                                                                   |  | TUESDAY                                             |                                           | WEDNESDAY                                                                                                                                                                              |                                       | THURSDAY                                                    |                                               | FRIDAY                                                                   |                                   |  |  |
|--------------------------------------------------------------------------|--|-----------------------------------------------------|-------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-------------------------------------------------------------|-----------------------------------------------|--------------------------------------------------------------------------|-----------------------------------|--|--|
| <b>METKON RX</b><br>TAMARA<br>6:00 AM                                    |  | <b>ZUMBA® TONING</b> (30 min.)<br>RACHEL<br>6:00 AM |                                           |                                                                                                                                                                                        |                                       | <b>CYCLING</b><br>BIWEEKLY 11/7 & 11/21<br>DAVID<br>5:15 AM |                                               | <b>CIRCL MOBILITY®</b><br>(PILATES/STRETCH)<br>RACHEL<br>6:00 AM 30 min. |                                   |  |  |
| <b>YOGA FLOW</b><br>NICOLE<br>8:30 AM                                    |  | <b>AQUA FLOW</b><br>KATHY<br>8:05 AM                | <b>BARRE</b><br>NAT<br>8:30 AM            | <b>BOOTCAMP</b><br>JAYME<br>8:30 AM                                                                                                                                                    | <b>YOGA FLOW</b><br>NICOLE<br>8:30 AM | <b>FULL BODY CIRCUIT</b><br>JAYME<br>8:30 AM                | <b>YOGA</b><br>DIANE<br>8:30 AM               | <b>WATER AEROBICS CIRCUIT**</b><br>KATHY<br>8:00 AM                      | <b>BARRE</b><br>NAT<br>8:30 AM    |  |  |
| <b>BARRE</b><br>ANDREA<br>8:30 AM                                        |  | <b>HIGH LOW</b><br>TIA<br>9:30 AM                   | <b>FOREVER YOUNG</b><br>ANDREA<br>9:45 AM | <b>LINE DANCING</b><br>KUI<br>9:45 AM                                                                                                                                                  |                                       | <b>FOREVER YOUNG</b><br>ANDREA<br>9:45 AM                   | <b>FLEXIBILITY/STRETCH</b><br>KUI<br>10:00 AM | <b>WATER AEROBICS CIRCUIT**</b><br>KATHY<br>9:00 AM                      | <b>HIGH LOW</b><br>TIA<br>9:30 AM |  |  |
| <b>SENIOR MOVEMENT</b><br>ANDREA<br>9:45 AM                              |  | <b>FULL BODY CIRCUIT</b><br>JAYME<br>10:00 AM       | <b>LINE DANCING</b><br>KUI<br>11:00 AM    |                                                                                                                                                                                        |                                       | <b>ARTHRITIS</b><br>DIANE<br>10:00 AM                       |                                               | <b>FLEXIBILITY/STRETCH</b><br>Kui<br>9:45 AM                             |                                   |  |  |
| <b>YOUNG ATHLETES</b><br>JACKSON<br>4:00 PM                              |  | <b>CYCLING</b><br>DAVID<br>5:30 PM                  |                                           | <b>YOUNG ATHLETES</b><br>JACKSON<br>4:00 PM                                                                                                                                            |                                       | <b>METKON RX</b><br>TAMARA<br>5:30 PM                       |                                               | <b>ZUMBA® TONING</b><br>SARA<br>5:30 PM                                  |                                   |  |  |
| <b>CORE</b><br>CHRISTY<br>5:30 PM                                        |  | <b>ZUMBA®</b><br>MICHELLE<br>5:30 PM                |                                           | <b>LES MILLS® BODYPUMP™</b><br>CHRISTY<br>5:30 PM                                                                                                                                      |                                       |                                                             |                                               |                                                                          |                                   |  |  |
|                                                                          |  | <b>YOGA FLOW</b><br>NICOLE<br>5:30 PM               |                                           | <b>MINDFUL YOGA</b><br>INSTRUCTOR ROTATION<br>6:05 PM                                                                                                                                  |                                       |                                                             |                                               |                                                                          |                                   |  |  |
| <b>SATURDAY</b>                                                          |  | <b>SATURDAY 9:00 AM ROTATION</b>                    |                                           |                                                                                                                                                                                        |                                       |                                                             |                                               |                                                                          |                                   |  |  |
| <b>CIRCL MOBILITY®</b><br>(PILATES/STRETCH)<br>RACHEL<br>8:30 AM 30 min. |  | <b>POUND</b><br>MICHELLE<br>10:00 AM                |                                           | 11/2 <b>ZUMBA TONING</b> with RACHEL<br>11/9 <b>CIRCUIT</b> with CHRISTY<br>11/16 <b>YOGA FLOW</b> with NICOLE<br>11/23 <b>CYCLING</b> with TAMARA<br>11/30 <b>CYCLING</b> 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](http://rollacentre.org) today.

**\*\*WATER AEROBICS**

To prepare students for Circuit class, aqua flow is required prior to attending.

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

- Gym
- Yoga Studio
- Pool
- Studio
- Cycling Room



# Group Exercise Class Descriptions

**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 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.

**CIRCL Mobility:** This 30 minute class focuses on stretching, flexibility, breathwork, and mobility. A cross between pilates and yoga, this class helps release stress, relieve stiffness, increase your range of motion, to renew your ability to move better.

**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:** A 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.

**Full Body Circuit:** This 45 minute full body workout can be scaled to any fitness level. This class has rotating stations that use weights and your body weight to build muscle and burn fat while building a strong aesthetic body.

**High Low:** This low- impact aerobics class mixes cardio and toning to help get your fitness to the next level. Bring on the fun and fabulous music, while improving your overall endurance, stamina, and cardiovascular health.

**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:** A total body, cardio and strength training class that uses body weight and dumbbells to build a strong, fit body and confident mind. Each workout features cardio, lower and upper strength and core blocks to synergistically create a metabolic effect and muscle confusion.

**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™(HIIT):** This 30 minute interval workout mixes plyometric and explosive moves to gain endurance, tone, and definition. The movements are reverse engineered meaning that music is matched to every move.

**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.

**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.

**Yoga:** 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.

**Young Athletes:** This dynamic class is designed to enhance the physical abilities of children aged 10 to 13 through a combination of speed, agility, and plyometric exercises. In an engaging safe environment, young participants will improve their athletic performance while having fun and building confidence.

**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. **Zumba30:** Same great workout in only a 30 minute format.

**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.