

SCHEDULES

September Ladies & Coed Fitness Classes

Start Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:05 AM	Pump & Pray Power 90	Cardio Mix	Power 90	Pump & Pray Cardio Mix	Power 90	
6:10	Centre Cycling		Centre Cycling			
8:05						Stretch & Flow Pump & Pray
8:30	Boot Camp 101 (45m)	Have a Ball	20/20/20	Boot Camp 101 (45m)		
9:00	Step & Strength	Body Sculpt	Pilates	Step Interval	Cardio Mix	Centre Cycling Step Interval
9:30	Silver Sneakers MS	Silver Sneaker Stretch	Silver Sneakers CC	Silver Sneakers MS	Silver Sneakers CC	
10:00	Power Stretch		Interval Training		Pilates w/ small ball	Fitball
10:30		Texas Line Steppin' 101				
11:00						
12:00		Body Xplosion (30m)		Body Xplosion (30m)		
5:30 PM	Belly Dancing	Centre Cycling Body Xplosion (30m)	Step Raise the Bar (1 hour)	Centre Cycling Pilates (30m)		
6:00		TKD Karate*		Body Xplosion (30m) TKD Karate*		
6:30	Fitball	Kickbox Xplosion	Fitball	Kickbox Xplosion		
7:00		TKD Karate*		TKD Karate*		
7:30	Core Ripper (30m)	Zumba	Core Ripper (30m)			

JOIN ANYTIME!

Check out this great lineup of fitness classes! You can join anytime. For more information about a particular class, pick-up a flyer at the Information Desk or go online: thecentre.info

Key:

- ✦ **Ladies Only Class*** (Group Fitness B)
- ✦ **Coed Class**
- ✦ **Hybrid Class****

**Hybrid Class - Special offer class open to everyone, including Ladies Only members.

Centre Members: Free

Walk-in: \$7 or prepaid punch card

*Specialty classes are a separate cost.

SilverSneakers MS (Muscular Strength & Range of Motion) and SilverSneakers CC (Cardio Circuit)

Classes are subject to change and are approximately 1 hour unless noted.

Kids Care Babysitting

Ages:	4 months - 9 years
M/W	8:15 am - 12:00 pm & 4:30 - 8:30 pm
T/TH	8:15 am - 1:00 pm & 4:30 - 8:30 pm
F	8:15 am - 12:00 pm & 5:00 - 7:00 pm
Saturday	8:30 am - 12:30 pm

Centre Cycling is here!

Join us for Centre Cycling, one of the hottest trends in the fitness industry! Whether you are a beginner or an expert, you can get into the best shape of your life! With Centre Cycling you can burn 400-500 calories an hour, get incredible cardio and greater muscular endurance!

Monday and Wednesday 6:10 – 7 am
Tuesday and Thursday 5:30 – 6:30 pm
Saturday 9 - 10 am

Group Fitness B

Purchase a series of 12 rides (\$2/ride) or single rides (\$3/ride) at the Information Desk.

Reserve your ride at the Information Desk!

Our new Keiser bikes are Shimano cleat friendly



New Coed Fitness Classes!

Raise the Bar

A total body workout with lots of variety using the body bar weight training, plyometrics, and other resistance interspersed with cardio intervals to give you a high-energy, calorie burning workout. Be prepared to sweat!

Core Ripper

Build a strong core and sculpt your abs in this 30 min. class by focusing on the powerhouse (core) muscles of your body utilizing med-balls, weights, body bars, and your own body weight. All levels are welcome as the exercises can be modified for beginners to advanced.