

# CITY CENTER SQUARE

## FITNESS CENTER

### Class Schedule

January 9, 2012 through March 30, 2012

Monday	Tuesday	Wednesday	Thursday
11:30 a.m. Yoga Taught by Carissa	11:30 a.m. Pilates Taught by Rachel		11:30 a.m. Pilates Taught by Rachel
		12:30 p.m. Pilates Taught by Rachel	

Fitness center classes are FREE to CCS fitness center members.

For information, please contact the  
Management Office at 816-221-8828

Fitness Membership Information:  
[www.citycentersquare.com](http://www.citycentersquare.com)