

CITY CENTER SQUARE

FITNESS CENTER

Class Schedule
August 23, 2010 through November 11, 2010

Monday	Tuesday	Wednesday	Thursday
11:30 a.m. Yoga Taught by Nina	11:30 a.m. Pilates Taught by Debbie	11:30 a.m. Yoga Taught by Nina	11:30 a.m. Pilates Taught by Debbie
12:30 p.m. PiYo (Mix of Yoga & Pilates) Taught by Nina	12:30 p.m. Body Blast (Weights) Taught by Estelle	12:30 p.m. Pilates Taught by Debbie	12:30 p.m. Zumba (Dance Cardio) Taught by Estelle
5:10 p.m. Step Taught by Estelle	5:10 p.m. Boot Camp Taught by Cassandra	5:10 p.m. Step Taught by Estelle	5:10 p.m. Boot Camp Taught by Cassandra

Fitness center classes are FREE to CCS fitness center members.

Nonmembers will be charged a flat rate of \$100.00 for the twelve week session.

For more information, please contact the
Management Office at 816-221-8828
Fitness Membership Information:
www.Citycentersquare.com

