

Group Fitness/Personal Training

Two great ways to get fit at Centralia Recreation Center are through Group Fitness classes and personal training. Below you will find class descriptions, instructor bios and additional information for these services.

Group Fitness Schedule

February 2024

Monday *Tuesday* *Wednesday* *Thursday* *Friday* *Saturday*

Kick Fit

5 - 6 AM

*Samantha
Bryson*

Kick Fit

5 - 6 AM

*Samantha
Bryson*

**Seniors In
Shape**

8:30-9:30 AM

*Christyne
Robertson*

**Seniors In
Shape**

8:30-9:30 AM

*Christyne
Robertson*

**Seniors In
Shape**

8:30-9:30 AM

*Christyne
Roberston*

**Seniors In
Shape**

10-11 AM

*Christyne
Robertson*

**Seniors In
Shape**

10-11 AM

*Christyne
Robertson*

**Seniors In
Shape**

10-11 AM

*Christyne
Robertson*

**Seniors In
Shape**

10-11 AM

*Christyne
Robertson*

**Seniors In
Shape**

10-11 AM

*Christyne
Robertson*

**Body Bar /
Low Impact
Aerobics
5:30-6:30 PM**

**Body Bar /
Low Impact
Aerobics
5:30-6:30 PM**

**Body Bar /
Low Impact
Aerobics
5:30-6:30 PM**

**Body Bar /
Low Impact
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5:30-6:30 PM**

*Christyne
Robertson*

*Christyne
Robertson*

*Christyne
Robertson*

*Christyne
Robertson*

Group Fitness Class Descriptions

Traditional Yoga: focuses on improving core body strength, toning, and flexibility by doing traditional yoga poses and stretches in a calm dimly lit setting. For experienced yogis but modifications will be made for a beginner

Seniors in Shape: geared towards senior citizens who are interested in developing balance and upper body strength. Most exercises will be performed sitting in a chair while using pool noodles, 3-5 lb weights and or stretch bands. May be modified for those who prefer to stand and exercise

Body bar: low impact aerobic activity for all fitness levels and focuses on strength toning using 5/10/15 lb body bars

Step Aerobics/Body Blast: class uses step platforms. Instructor provides moves for all levels of stepper and moves can be performed on the floor as a modification. Class uses hand weights, medicine balls, exercises mats and is perfect for all fitness levels

Meet the Instructors

Emily:

I have always enjoyed physical activity and moving non-stop. I started dance class at age 3 and joined my first gym at age 12. I truly LOVE to workout and sweat. I love how I feel and I enjoy being and staying healthy. I have 3 kids (20,16,12) and teach second grade in Hallsville. In my free time I love to read, cook, clean, quilt, and be outside doing chores.

I teach step aerobics, body blast, and am certified to teach Zumba.

My motivation to workout has always been how it makes me feel and also staying healthy so I can be around for a long time for my kids! My parents both have passed due to diseases, that if

they took better care of their health, could have lived a lot longer. I want to keep ladies healthy so they can be there for their families for many years!

Personal Training

Looking for some one-on-one motivation in a private setting? Our personal trainers will provide you with the tools to see the changes you are looking for. Make the commitment to a healthier you and schedule a session today!

Trainers:

Erica

Erica is an International Sports Science Association trainer, and has been a personal trainer for the past 8 years. She has a multitude of certifications and Erica has also competed nationally! She specializes in strength training, weight loss, exercise therapy and yoga. Her clientele range from ages 9 to 90. Besides helping people get stronger and healthier, Erica has a full time job working with animals and she loves the outdoors as well.

Training Fees**First session FREE then choose an option**

Individual	Group-2 People	Group-3 People
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1 Session-\$28		
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3 Sessions-\$77	3 Sessions-\$105	
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6 Sessions-\$140	6 Sessions-\$182	6 Sessions-\$231
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12 Sessions-\$252	12 Sessions-\$336	12 Sessions-\$414
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Supporting Documents

2023 Classes - January 103.69 KB

March Class Signup Sheets 395.31 KB

Kick Fit Sign Up Form - Feb 13 - March 28 61.5 KB