

2010 SUMMER Class Schedule

June & July 2010



	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
6:00 AM		Power Cycling <i>Ronda</i>		Power Cycling <i>Ronda</i>		
7:00 AM						
8:00 AM		Pilates <i>Leischner</i>		Pilates <i>Leischner</i>		
9:00 AM	SilverSneakers® <i>Sofie</i>		SilverSneakers® <i>Sofie</i>		SilverSneakers® <i>Sofie</i>	
11:00 AM		Yoga <i>Kara</i>		Yoga <i>Kara</i>		
12:00 PM	Yoga <i>Lisa Marie</i>		Yoga <i>Lisa Marie</i>			
4:00 PM		Yoga + Cycling <i>Kara</i>		Yoga + Cycling <i>Kara</i>		
4:30 PM	Pilates <i>Ronda</i>		Pilates <i>Ronda</i>			
6:30 PM		Tae Kwon Do <i>Larry</i>		Tae Kwon Do <i>Larry</i>		

CENTRA ATHLETIC CENTER

2715 Dickinson
Miles City, MT 59301

Director:

Ted Stein
406/874-6286

Fitness Coordinator:

Sofie Vernholm
406/874-6264

For more information contact
the Centra at
406/874-6184 or
centrainfo@milescc.edu.

All Classes are FREE to MEMBERS! With the exception of Tae Kwon Do. There is a monthly charge of \$30.

Don't forget...the Centra will be closed June 26th - July 11th for the refinishing of our floors.