



CHEER *Dance*

Registration
Now Thru
April 11th

Ages
7-14

April 17 & 18
1:00-3:00 pm
April 19
1:00-3:30 pm

\$50
Fee

Performance
Mon, April 21st
6:30 pm



Coach Niki Masters



CENTRALIA REC COMPLEX

115 E. Second St. * Centralia, IL * 618-532-3214



- * Increases balance, coordination focus & discipline
- * Increase Flexibility
- * Reduce Stress
- * Burn Body Fat & Increase Your Metabolism
- * Increase Muscle Tone
- * Improves Posture
- * Improves Circulation
- * Raises Energy Level
- * Helps with back, neck, shoulder & knee pain

TUES & FRI
11AM-11:45AM

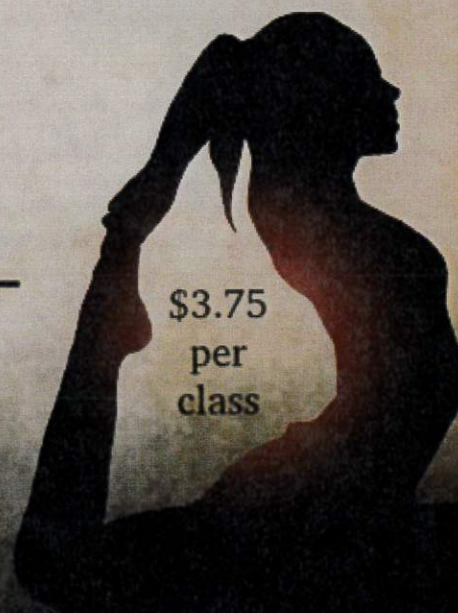
\$30.00 per month

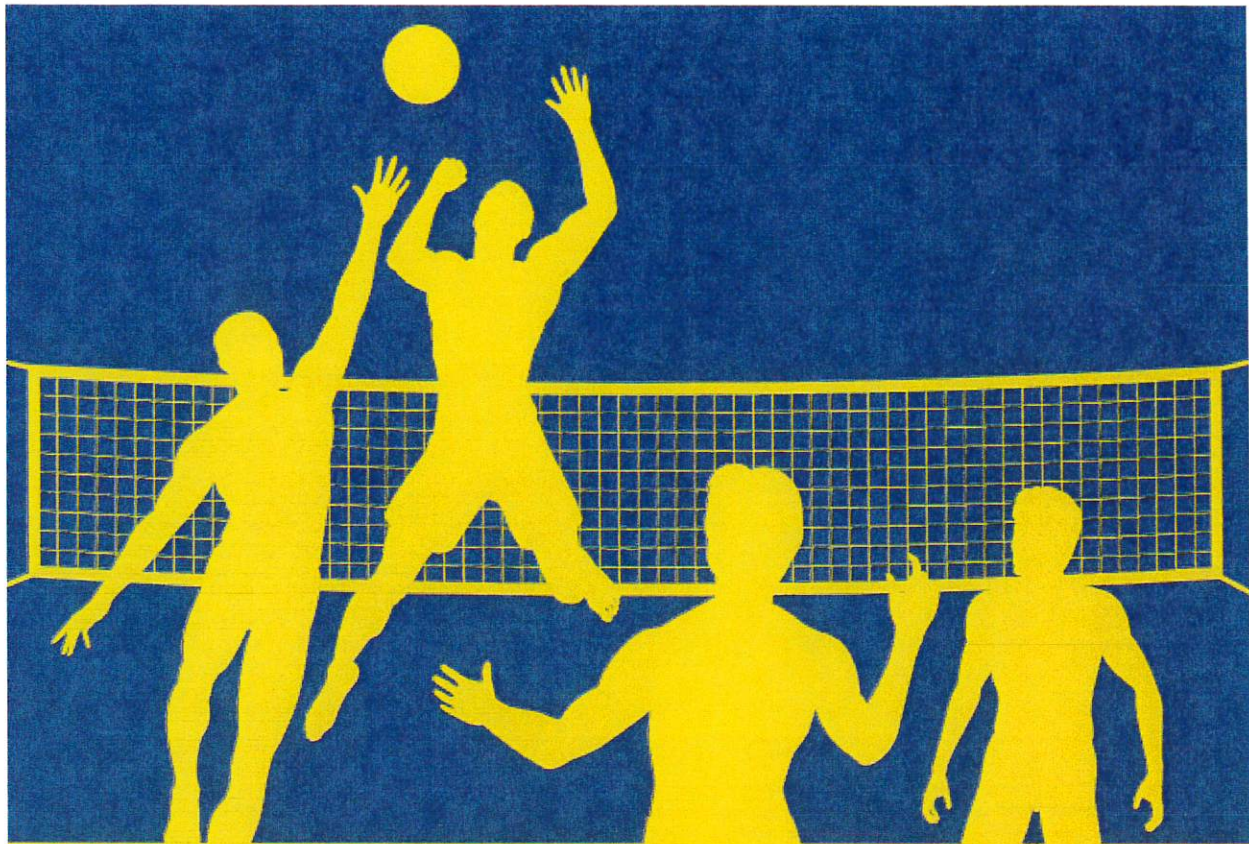
@The Rec Center

Your Fitness Location

**Standing Yoga with
Tennis Shoes**

Don't forget to bring
your water bottle!





ADULT VOLLEYBALL LEAGUE

**FEBURARY 9TH 2025
STARTS @ 05:00PM**

**AT REC. COMPLEX
115 E. 2ND ST. CENTRALIA, IL**

**GAMES ARE
ON SUNDAYS**

**REGISTRATION
\$180 PER TEAM**

**REGISTRATION DEADLINE
FEB. 1ST, 2025**

**MORE INFORMATION
CALL # 532-3214**