

# Roseville Sports Center

1545 Pleasant Grove Boulevard

(916) 772-PLAY (7529)



**Parks, Recreation  
& Libraries**

## Group Exercise Schedule • "Outdoor" December 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLE & STRENGTH 8:45-9:30am Leslie				CYCLE & CORE 8:45-9:30am Sarah		
	ZUMBA® 9:00-9:45am Andi	CYCLE & STRENGTH 9:00-9:45am Leslie	ZUMBA® 9:00-9:45am Andi			
BASIC STEP & SCULPT 10:00-10:45am Kim	STRENGTH & STRETCH 10:00-10:45am Lisa		STRENGTH & STRETCH 10:00-10:45am Lisa	BASIC STEP & SCULPT 10:00-10:45am Kim		

### FACILITY HOURS

#### Facility Hours

**Monday-Friday**  
Outdoor Fitness ONLY

**Saturday-Sunday**  
CLOSED

*Please call the facility for modified holiday hours.*

*Youth 13 and up can take fitness classes with instructor approval.*

*Youth 14 and up allowed in fitness room.*

### PASS OPTIONS

- Family Monthly Membership**  
\$84 for up to 4 people in household
- Monthly Membership**  
\$42 for 1st adult  
\$27 for 2nd adult/teen in household
- Annual Membership**  
\$399 for 1st person  
\$210 for 2nd adult/teen in household

- Punch Cards**  
\$55 for 10 visits  
\$65 Non Resident  
\$105 for 20 visits  
\$115 Non Resident

**Try a Class**  
\$10 Drop-in rate

# Class Descriptions

## Roseville Sports Center

**\$10 DROP IN  
OR INCLUDED  
WITH  
MEMBERSHIP**

**Basic Step & Sculpt:** This class uses a step platform (with or without risers) to get your heart pumping with easy to follow choreography. A 15 minute toning segment will follow. All fitness levels welcome.

**Cardio Blitz!:** 15 minutes of cardio exercise, 15 minutes of strength training, which may include resistance equipment and 15 minutes of abdominal work. This class is a total body workout.

**Cycle Circuit:** Using variety of exercises including cycle, cardio, weight/strength training, and core work for a full body workout.

**Cycle & Core:** A cycle workout followed by core training. Bikes are compatible with SPD clip-in cycle shoes.

**Cycle & Strength:** A cycle workout followed by strength training focusing on the upper body using various fitness equipment. Bikes are compatible with SPD clip-in cycle shoes.

**Low Impact Cardio/Strength:** A low impact workout that incorporates cardio, strength training, core and balancing exercises in a moderate intensity format. A great way to start your morning routine.

**Pilates:** A core focused mind body workout that includes stretching and strengthening of the body. Based on the Pilates principle that the core is the powerhouse of your body. All levels are welcome.

**Piloga:** 10-15 minutes of yoga stretches to encourage positive body circulation moving into Pilates exercises to improve strength, flexibility and posture. Tone your body through deep breathing, concentration and control.

**Strength and Stretch:** Increase flexibility while working to improve your muscular strength.

**Strong Nation:** Burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats and kickboxing.

**Tai Chi:** Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 48 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces relaxation.

**Yoga:** Learn and practice the basic building blocks of yoga postures interwoven with flexibility, strength, balance and relaxation techniques.

Wear loose comfortable clothing.

**\*Participants are required to bring their own yoga mats.**

**Zumba®:** A fun dance fitness format done to upbeat Latin rhythm music. No dance experience required. Come learn the dance steps, then put it all together and shake your body! Smooth bottom court type shoes recommended.

**Zumba Toning:** Combines targeted body-sculpting exercises and an invigorating cardio workout with zesty Latin music to create a strength-training dance fitness-party for all fitness levels. Participants learn to use lightweight maraca-like Toning Sticks to enhance rhythm and sculpt their bodies.

**\*Please note:** All group fitness participants are asked to bring their own mats, water bottles and towels. Please wipe down any equipment used immediately after class. Face coverings are required when entering/exiting the facility and during workouts/group fitness classes.

To make a fitness class reservation, please visit [roseville.ca.us/fitness](http://roseville.ca.us/fitness)

For questions regarding memberships, please contact the Roseville Sports Center at (916) 772-PLAY