

Roseville Sports Center

1545 Pleasant Grove Boulevard

(916) 772-PLAY (7529)



**Parks, Recreation
& Libraries**

Group Exercise Schedule • "Outdoor" January 2021

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 & WALK FIT 10:00-10:45am Debbie	STRENGTH & STRETCH 10:00-10:45am Lisa	WALK FIT 10:00-10:45am Debbie	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

Punch Cards

\$55 for 10 visits
\$65 Non Resident

\$105 for 20 visits
\$115 Non Resident

Try a Class

\$11 Drop-in rate

Virtual Fitness

Members also receive access to our virtual fitness videos!

Class Descriptions

Roseville Sports Center

**\$11 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.

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.

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

Walk Fit: Let's go walking! Excellent safe, natural activity for health and fitness. Brisk, vigorous walking ideally from 3.5-5 miles per hour. Choose your cardio "speed" of walking during the allotted walking time. Meet together at the beginning and end of each session to stretch and tone! This class takes place on the All-Weather Field at Mahany Park.

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.

***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

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