Roseville Sports Center

1545 Pleasant Grove Boulevard
(916) 774-5990

CITY OF ROSEVILLE CALIFORNIA

Group Exercise Schedule ▪ June— August 2013

Adult Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am Team Workout		5:30-6:30am Team Workout		5:30-6:30am Team Workout		
8:00-8:45am Low Impact Remixed	8:00-8:45am Low Impact Remixed	8:00-8:45am Low Impact Remixed	8:00-8:45am Low Impact Remixed	8:00-8:45am Beginning Yoga NEW CLASS!	8:15-9:15am Total Body Conditioning	
9:00-9:55am Cycle & Strength	8:50-9:45am Step & Sculpt	9:00-10:00am Total Body Conditioning	8:50-9:45am Step & Sculpt	9:00-9:55am Cycle & Strength		8:15-9:00am Zumba®
10:00-11:00am Cardio & Core	9:50-10:35am Piloga		9:50-10:35am Piloga	10:00-11:00am Cardio & Core	9:00-10:15am Delta Force	9:05-9:50am Yoga On The Ball
12:30-1:30pm Tai Chi Basics	10:40-11:40am Zumba® NOW ONE HOUR!	12:30-1:30pm Tai Chi Basics	10:40 -11:40am Zumba® NOW ONE HOUR!			
4:15-5:00pm Pilates Plus	4:15-5:00pm Total Body Conditioning	4:15-5:00pm Pilates Plus	4:15-5:00pm Total Body Conditioning			
5:15-6:00pm Fit Cycle	5:15-6:00pm Zumba®	5:15-6:00pm Fit Cycle	5:15-6:00pm Zumba®			
	6:05-7:05pm G.P.S. (Group Power & Strength)	6:00-7:15pm Delta Force	6:05-7:05pm G.P.S. (Group Power & Strength)	5:30-6:15pm Zumba® NEW TIME!		
6:05-6:25pm Ab Attack!		6:05-6:25pm Ab Attack!				
6:30-7:30pm Cardio Blitz!		6:30-7:30pm Cardio Blitz!				
7:35-8:30pm Tranquil Yoga	7:10-8:10pm Pilates Plus	7:35-8:30pm Tranquil Yoga	7:10-8:10pm Pilates Plus			

NEW CLASS...
Friday Mornings
Beginning Yoga!
8:00-8:45am
Starting June 7th!

Facility Hours
Mon-Fri • 5:30am - 9:00pm
Sat & Sun • 8:00am-3:00pm

Child Care Hours
Mon-Wed-Fri • 8:30-11:30am
Tues-Thu • 8:30-11:45am
Mon-Thu • 4:30-7:30pm
Closed Friday evenings

Call facility for modified holiday hours.

Youth 12 and up can take fitness classes with

No Fitness Classes: 7/4

Sports Center modified hours on: 7/4

See reverse side for class descriptions.

FALL 2013...
We're excited to offer another
5k Training class!
9 weeks to your first 5k!

Look for more information on the 5k and 10k Training classes coming soon!

Class time and format subject to change. Call (916) 774-5990 for current times and information.

5/17/13

Class Descriptions

Roseville Sports Center

Ab Attack!
A quick 20 minute abdominal workout followed by a stretch.

Beginning Yoga
Learn & practice the basic building blocks of yoga postures interwoven with flexibility, strength, balance and relaxation techniques. Wear loose comfortable clothing. There are yoga mats available for use, but participants are encouraged to bring their own.

Cardio Blitz!
This class is 20 minutes of cardio exercise that may include the use of a step/bench and risers, or be another cardio format to elevate the heart rate. 20 minutes of strength training, including the use of hand weights, body bars, stability balls, tubing, bands and gliding discs. 20 minutes of abdominal work and a great stretch for a total body workout.

Cardio & Core
This class combines a cardio format paired with core training exercises. Cardio format may include step aerobics, or Boot Camp style drills. Core, back and abdominal exercises will complete this total body workout.

Cycle & Strength
A 30 minute cycle workout followed by a 25 minute strength training class focusing on the upper body using various fitness equipment. Bikes are compatible with SPD clip-in cycle shoes. Bring towel and water bottle.

Delta Force
A challenging, outdoor adventure class that's sure to give you a great workout. Class is held on the All Weather Field. Bring towel and water bottle.

Fit Cycle
Featuring the NEW Schwinn Performance AC bikes with MPower Console with watt measurement technology which measures intensity. This class is great for all levels. Bikes are compatible with SPD clip-in cycle shoes, or wear a stiff soled court type shoe. Bring towel and water bottle.

G.P.S. (Group Power & Strength)
A challenging resistance training class that uses a variety of fitness equipment to strengthen your whole body. Some cardio drills included.

Low Impact Remixed - (Formerly Never Too Late)
This fun low impact, moderate intensity fitness class incorporates floor aerobics, strength training, and may include core and balance exercises using the stability ball. A creative "remixed" approach to a traditional non-impact format. For all fitness levels.

Parkinson's Class
An exercise class to increase flexibility, strength, coordination & balance to delay the progression of Parkinson's symptoms. Class meets September thru May. Location: The Martha Riley Community Library.

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.

Pilates Plus
This class uses mats, light hand weights, Pilates balls, stability balls, and bands.

Step & Sculpt
This class blends basic level step aerobics with traditional body sculpting exercises.

Tai Chi Basics
Learn a self-paced system of gentle physical exercises and stretches to improve flexibility, balance, and reduce stress.

Team Workout
This class focuses on fun, variety, and team work. Each workout is filled with exercises and drills that incorporate cardiovascular endurance, muscle strength, flexibility, and fun. Class ends with a team game. Last Friday of the month is Game Day!

Total Body Conditioning
A total body workout combining intervals of cardiovascular training with intervals of strength training and toning using various fitness equipment. A fun challenging workout for all fitness levels.

Tranquil Yoga
This yoga class will promote relaxation, inner peace, and encourage the balance of mind and body. For all fitness levels.

Yoga On The Ball
Class improves flexibility, balance, strength and range of motion using stability balls in a variety of movements focusing on strong core awareness. Traditional tranquil yoga cool down.

Zumba®
Zumba® is 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 roll your hips and shake your body! Dance shoes or smooth bottom court type shoes recommended. Two different instructors rotate this class on Sundays.