

Maidu Community Center

1550 Maidu Drive
(916) 772-PLAY



Group Exercise Schedule ▪ January-April 2017

Adult Fitness Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 9:50 am	Never Too Late Aerobics Debbie	Zumba® Toning Debbie	Never Too Late Aerobics Tracy	Zumba® Toning Debbie	Never Too Late Aerobics Diana
10:15- 11:00am	Chair Fitness Debbie		Chair Fitness Debbie		
11:15am- 12:00pm	Chair Yoga Debbie		Chair Yoga Debbie		
6:00- 7:00 pm	Yoga Susan	Zumba® Joanie	Cardio Blitz Nichole/Dawn	PiYoChi Dawn <i>*Begins 1/12*</i>	

Facility Hours:

Mon - Thu -
9:00am - 6:00pm
Fri - 9:00am - 5:00pm
Saturday/Sunday - Closed

Call facility for modified holiday hours.

No Classes:

January 2
New Year's Day
(observed)

January 16
Martin Luther King Day

Feb 20
President's Day

Two Weeks Free!



Mike Shellito Indoor Pool
A state of the art facility that includes water fitness programs, lap swimming, recreational swim, and special events.
(916) 774-5957
10210 Fairway Drive • www.roseville.ca.us/indoorpool

And



Roseville Sports Center
With a full range of group exercise, personal training, and sports programs, we offer something for the entire family.
(916) 774-5990
1545 Pleasant Grove Blvd. • www.roseville.ca.us/rsc

Pass Options

Family Monthly Membership

\$84 for up to 4 people in household. (EFT required)

Monthly Membership

\$42 for 1st adult
\$27 for 2nd adult/teen in household. (EFT required)

Annual Membership

\$399 for 1st person
\$210 for 2nd adult/teen in household.

Punch Cards

10 visits for \$55
20 visits for \$105

Try a Class!

\$9 Drop-in rate

For questions regarding memberships, please contact the Roseville Sports Center at (916) 772-PLAY, option 3.
www.roseville.ca.us/fitness

Class Descriptions

Maidu Community Center

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 another cardio format to elevate the heart rate. 20 minutes of strength training, including the use of hand weights, body bars, fitness balls, tubing and gliding discs. 20 minutes of abdominal work followed by a great stretch for a total body workout.

Chair Fitness

A non-impact workout for those whose physical condition, or age, limit their participation in conventional forms of exercise. This class helps to improve stamina, muscle tone, flexibility, coordination and a sense of well being all while being seated in a chair! Closed toe/heel shoes are recommended. Medical clearance from a physician is recommended when beginning a new exercise program or if you have a prior medical condition.

Chair Yoga

This class is a gentle form of yoga. You will practice yoga sitting in a chair or standing using the chair for support. Complicated maneuvers and complex movements are NOT present in this class. The chair is used due to the difficulty in getting down and up off the floor. You will learn many yoga postures, breathing techniques, meditation and ways of relaxation with the aid of a chair.

Never Too Late Aerobics

This fun, low-impact workout is designed for active adults and motivates you with music from the 50's, 60's and 70's. Class begins with an active warm up; 20 minutes of low impact exercise followed by a strength, resistance and balance training session using fitness equipment including hand weights, resistance tubing, bars and fitness balls. Cool down and stretch completes this fun workout!

Pi Yo Chi

Pi Yo Chi blends the stability of yoga with the gentle flowing mobility of Pilates, Tai Chi and Qigong. Connect mind, body and spirit through this "moving meditation". Experience the benefits of relaxation, improved balance, flexibility, strength and coordination. All fitness levels are welcome!

Zumba®

Zumba® is a fun dance fitness format done to upbeat Latin rhythm music. This class is designed for any fitness level, no dance experience is required. A fun party atmosphere encourages participants to come learn the dance steps and then put it all together in a fun dance for fitness format. You will be twisting, turning, and changing directions frequently; it is advised that participants wear shoes that do not grip the floor too tightly. Supportive shoes with a smooth bottom sole work great!

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.