

Roseville Sports Center

1545 Pleasant Grove Boulevard
(916) 772-PLAY, option 3



Group Exercise Schedule ▪ August– December 2017

Adult Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am Team Workout <i>Lisa</i>		5:30-6:30am Team Workout <i>Jeremy</i>		5:30-6:30am Team Workout <i>Rochel</i>		
8:00-8:45am Low Impact Remixed <i>Arlene</i>	8:00-8:45am Low Impact Cardio/Strength <i>Diana</i>	8:00-8:45am Low Impact Remixed <i>Arlene</i>	8:00-8:45am Low Impact Cardio/Strength <i>Diana</i>	8:00-8:45am Friday Functional Fun <i>Pam</i>	8:15-9:15am Total Body Conditioning <i>Kristine</i>	
9:00-9:55am Cycle & Strength <i>Amy</i>	8:50-9:45am Cardio Kickboxing <i>Leslie</i>	9:00-10:00am Total Body Conditioning <i>Kirsti</i>	8:50-9:45am Total Body Conditioning <i>Amy/Diana</i>	9:00-9:55am Cycle & Strength <i>Lisa</i>	9:15-10:00am Piloga <i>Amy</i>	8:15-9:00am Zumba® <i>Joanie</i>
10:00-11:00am Yoga <i>Amy</i> *New Class*	9:50-10:35am Piloga <i>Amy</i>		9:50-10:35am Piloga <i>Amy</i>	10:00-11:00am Zumba® <i>Summer</i>	9:00-10:15am Delta Force <i>Larry</i>	9:05-9:50am Yoga On The Ball <i>Debbie</i>
	10:40-11:40am Zumba® <i>Andi</i>	1:30-3:00pm Parkinson's Class <i>Jody</i>	10:40-11:40am Zumba® <i>Andi</i>			
	11:40-12:10 After Zumba Stretch		11:40-12:10 After Zumba Stretch			
4:15-5:00pm Pilates Plus <i>Kirsti</i>	4:15-5:00pm Total Body Conditioning <i>Carrie</i>	4:15-5:00pm Pilates Plus <i>Kirsti</i>	4:15-5:00pm Total Body Conditioning <i>Kirsti</i>			
5:15-6:00pm Fit Cycle <i>Kirsti</i>	5:15-6:00pm Zumba® <i>Carrie</i>	5:15-6:00pm Fit Cycle <i>Kirsti</i>	5:15-6:00pm Zumba® <i>Carrie</i>			
	6:00-7:00pm R.I.P.P.E.D. <i>Joan</i>	6:00-7:15pm Delta Force <i>Larry</i>	6:00-7:00pm R.I.P.P.E.D. <i>Joan/Amy</i>			
6:05-6:25pm Ab Attack! <i>Kirsti</i>		6:05-6:25pm Ab Attack! <i>Kim</i>				
6:30-7:30pm Cardio Blitz! <i>Kim</i>	7:00-8:00pm Yoga <i>Amy</i>	6:30-7:30pm Cardio Blitz! <i>Kim</i>	7:00-8:00pm Yoga <i>Amy</i>			
7:30-8:15pm Barre Above <i>Joanie</i>		7:30-8:15pm Barre Above <i>Joanie</i>				

Facility Hours

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

Child Care Hours

M, W, F - 8:30-11:30am
T, Th - 8:30-11:45am
Mon-Thu • 4:30-7:30pm
*Closed Friday evenings

Call facility for modified holiday hours.

Youth 13 and up can take fitness classes with Instructor approval.

Youth 14 and up allowed in

See Reverse Side For Class Descriptions

Class Descriptions

Roseville Sports Center

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

Barre Above™ - a totally unique approach to barre workouts as you've seen them. Fusing the best of pilates, yoga, aerobics, and elements of strengthening exercises. Barre Above™ delivers a results-driven workout that is not only fun and dynamic, but it will sculpt your body and get you into absolutely amazing shape

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 Kickboxing—Come kick, punch and sweat with a fun cardio kickboxing workout with weight training intervals. All fitness levels are welcome for this workout!

Dance Jam—Come get your groove on with a cardio/dance format for all fitness levels. No dance experience needed!

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— 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.

Friday Functional Fun—Training for everyday life. We will work on core strength, flexibility, coordination and balance in a group setting

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.

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.

Parkinson's Class—An exercise class to increase flexibility, strength, coordination & balance to delay the progression of Parkinson's symptoms. Class begins September 2013.

Location: The Martha Riley Community Library

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

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.

R.I.P.E.D.—During this total body workout, **Resistance, Intervals, Plyometrics, Power, Endurance, & Diet** are addressed in each class. Prepare to have a one stop body shock!

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 (TBC)- 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.

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.

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.

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.

After Zumba Stretch (to follow Zumba class)

A nice 30 minute stretching class that follows our Tuesday/Thursday Zumba morning class.