# Roseville Sports Center 1545 Pleasant Grove Boulevard

(916) 774-5990





# Adult Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	Facility Hours Mon-Fri • 5:30am - 9:00pm
5:30-6:30am		5:30-6:30am		5:30-6:30am			Sat & Sun • 8:00am-3:00pr
Team Workout <i>Lisa</i>		Team Workout Jeremy		Team Workout Rochel			Child Care Hours Mon-Fri • 8:30-11:30am
8:00-8:45am	8:00-8:45am	8:00-8:45am	8:00-8:45am	8:00-8:55am	8:15-9:15am		Mon-Thu • 4:30-7:30pm *Closed Friday evenings
Low Impact Remixed <i>Arlene</i>	Low Impact Remixed <i>Amy</i>	Low Impact Remixed <i>Arlene</i>	Low Impact Remixed <i>Amy</i>	Beginning Yoga <i>Tiffany</i>	Total Body Conditioning <i>Kristine</i>		Call facility for modified holiday hours.
9:00-9:55am	8:50-9:45am	9:00-10:00am	8:50-9:45am	9:00-9:55am	9:15-10:00am	8:15-9:00am	Youth 13 and up can
Cycle & Strength <i>Amy</i>	Step & Sculpt <i>Amy</i>	Total Body Conditioning <i>Kirsti</i>	Step & Sculpt Amy	Cycle & Strength <i>Lisa</i>	Piloga <i>Amy</i>	Zumba® 1,3 Joanie 2,4 Carrie	take fitness classes with Instructor approval.
10:00-11:00am	9:50-10:35am	12:30-1:30pm	9:50-10:35am	10:00-11:00am	9:00-10:15am	9:05-9:50am	Youth 14 and up allowed in fitness room
G.P.S. <i>Amy</i>	Piloga <i>Amy</i>	Tai Chi Basics Gen	Piloga <i>Amy</i>	R.I.P.P.E.D. Kristine	Delta Force Larry	Yoga On The Ball Debbie	See Reverse Side
12:30-1:30pm	10:40-11:40am	1:30-3:00pm	10:40 -11:40am				For Class Descriptions
Tai Chi Basics <i>Gen</i>	Zumba® <i>Andi</i>	Parkinson's Class <i>Jody</i>	Zumba® <i>Andi</i>				·
4:15-5:00pm	4:15-5:00pm	4:15-5:00pm	4:15-5:00pm				-
Pilates Plus <i>Kirsti</i>	Total Body Conditioning <i>Carrie</i>	Pilates Plus <i>Kirsti</i>	Total Body Conditioning <i>Kirsti</i>				
5:15-6:00pm	5:15-6:00pm	5:15-6:00pm	5:15-6:00pm				_
Fit Cycle Kirsti	Zumba® Carrie	Fit Cycle Kirsti	Zumba® Carrie				
	6:05-7:05pm	6:00-7:15pm	6:05-7:05pm	5:30-6:15pm			_
	R.I.P.P.E.D. <i>Kristin</i> e	Delta Force Larry	G.P.S. Kristine	Zumba® <i>Joani</i> e			
6:05-6:25pm Ab Attack! <i>Kim</i>		6:05-6:25pm Ab Attack! <i>Kirsti</i>		LIADE			
6:30-7:30pm		6:30-7:30pm		HAPF	PY NEW YI 2015!!	EAR	-
Cardio Blitz!  Kim		Cardio Blitz!  Kim			2013!!		
7:35-8:20pm	7:10-8:10pm	7:35-8:20pm	7:10-8:10pm				
Piyo <i>Diana</i> New Class!	Pilates Fusion Nancy	Piyo Diana New Class!	Pilates Fusion Nancy				

# **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.

# 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 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 begins September 2013. 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 Fusion**

This class fuses traditional Pilates with other formats including Zumba®, Bootcamp, ball workouts & strength training,

#### **Pilates Plus**

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

# Piyo

Combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of Yoga. It's a fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined!

## R.I.P.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!

# 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.

#### Lotus Yoga

This yoga class will combine many forms and flows of yoga into a full body experience. Varied equipment may be used.

## 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®** 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 shake your body! Smooth bottom court type shoes recommended. Two different instructors rotate this class on Sundays.