Roseville Sports Center

1545 Pleasant Grove Boulevard
(916) 774-5990

CITY OF ROSEVILLE CALIFORNIA

Group Exercise Schedule ▪ September—December 2015

Adult Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30am **Team Workout** *Lisa*		**5:30-6:30am** **Team Workout** *Jeremy*		**5:30-6:30am** **Team Workout** *Rochel*		
8:00-8:45am **Low Impact Remixed** *Arlene*	**8:00-8:45am** **Low Impact Cardio/Strength** *Diana*	**8:00-8:45am** **Low Impact Remixed** *Arlene*	**8:00-8:45am** **Low Impact Cardio/Strength** *Diana*	*New Class Coming Soon*	**8:15-9:15am** **Total Body Conditioning** *Kristine*	
9:00-9:55am **Cycle & Strength** *Amy*	**8:50-9:45am** **Cardio Kickboxing** *Leslie* **New Class**	**9:00-10:00am** **Total Body Conditioning** *Kirsti*	**8:50-9:45am** **Total Body Conditioning** *Amy/Diana* **New Class**	**9:00-9:55am** **Cycle & Strength** *Lisa*	**9:15-10:00am** **Piloga** *Amy*	**8:15-9:00am** **Zumba®** *Joanie/Carrie*
10:00-11:00am **G.P.S.** *Amy*	**9:50-10:35am** **Piloga** *Amy*	**12:30-1:30pm** **Tai Chi Basics** *Gen*	**9:50-10:35am** **Piloga** *Amy*	**10:00-11:00am** **Total Body Conditioning** *Lisa* ** New Class**	**9:00-10:15am** **Delta Force** *Larry*	**9:05-9:50am** **Yoga On The Ball** *Debbie*
12:30-1:30pm **Tai Chi Basics** *Gen*	**10:40-11:40am** **Zumba®** *Andi*	**1:30-3:00pm** **Parkinson's Class** *Jody*	**10:40 -11:40am** **Zumba®** *Andi*			
	11:40-12:10 **After Zumba Stretch *new***		**11:40-12:10** **After Zumba Stretch *new***			
4:15-5:00pm **Pilates Plus** *Kirsti*	**4:15-5:00pm** **Total Body Conditioning** *Carrie*	**4:15-5:00pm** **Pilates Plus** *Kirsti*	**4:15-5:00pm** **Total Body Conditioning** *Kirsti*			
5:15-6:00pm **Fit Cycle** *Kirsti*	**5:15-6:00pm** **Zumba®** *Carrie*	**5:15-6:00pm** **Fit Cycle** *Kirsti*	**5:15-6:00pm** **Zumba®** *Carrie*			
		6:00-7:15pm **Delta Force** *Larry*				
6:00-6:30pm **Ab Attack!** *Kim*	**6:00-7:00pm** **T.B.C.** **Joan**	**6:00-6:30pm** **Ab Attack!** *Kirsti*	**6:00-7:00pm** **R.I.P.P.E.D.** **Kristine** **New Class**			
6:30-7:30pm **Cardio Blitz!** *Kim*		**6:30-7:30pm** **Cardio Blitz!** *Kim*				
7:30-8:15pm **Piyo** *Diana*	**7:00-8:00pm** **Yoga** *Amy* ** New Class**	**7:30-8:15pm** **Piyo** *Diana*	**7:00-8:00pm** **Yoga** *Amy* **New Class**			

Check out our Monthly Fitness Events offered to Members !!

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

Child Care Hours
Mon-Fri • 8:30-11:30am
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 fitness room

See Reverse Side For Class Descriptions

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

8/13/2015

Class Descriptions

Roseville Sports Center

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

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

Yoga
Learn & practice the basic building blocks of yoga postures inter-woven 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 Kickboxing
Come kick, punch and sweat with a fun cardio kickboxing workout with weight training intervals. All fitness levels are welcome for this 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
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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.

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.

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.

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, **R**esistance, **I**ntervals, **P**lyometrics, **P**ower, **E**ndurance, & **D**iet 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.

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.