Roseville Sports Center

1545 Pleasant Grove Boulevard (916) 774-5990





Adult Fitness Classes

8:00-8:45am Low Impact	5:30-6:30am Team Workout 8:00-8:45am		5:30-6:30am		
Low Impact					
Low Impact	8:00 8:45am		Team Workout		İ
Low Impact	Q:00 Q:45am				ı
	0.00-0:45aiii	8:00-8:45am	8:00-8:55am	8:15-9:15am	
Remixed	Low Impact Remixed	Low Impact Remixed	Beginning Yoga	Total Body Conditioning	
8:50-9:45am	9:00-10:00am	8:50-9:45am	9:00-9:55am		8:15-9:00am
					Zumba®
otop a coalpi	Conditioning	ctop or country	Strength		
9:50-10:35am	1:30-3:00pm	9:50-10:35am	10:00-11:00am	9:00-10:15am	9:05-9:50am
Piloga	Parkinson's Class	Piloga	Total Body Conditioning NEW CLASS!	Delta Force	Yoga On The Ball
10:40-11:40am	12:30-1:30pm	10:40 -11:40am			
Zumba®	Tai Chi Basics	Zumba®			
4:15-5:00pm	4:15-5:00pm	4:15-5:00pm			
Total Body	Pilates Plus	Total Body			ı
Conditioning		Conditioning			
5:15-6:00pm	5:15-6:00pm	5:15-6:00pm			<u> </u>
Zumba®	Fit Cycle	Zumba®			
6:05-7:05pm	6:00-7:15pm	6:05-7:05pm	5:30-6:15pm		
G.P.S. (Group Power & Strength)	Delta Force	G.P.S. (Group Power & Strength)	Zumba®		
	6:05-6:25pm Ab Attack!				
			Town Square Fitness		
	6:30-7:30pm		Classes will be		
	Cardio Blitz!		retui	rning in A	pril!
7:10-8:10pm	7:35-8:20pm	7:10-8:10pm	Cla	ss Schea	ules
Pilates Plus	Lotus Yoga NEW CLASS!	Pilates Plus	Coming Soon!		
	Piloga 10:40-11:40am Zumba® 4:15-5:00pm Total Body Conditioning 5:15-6:00pm Zumba® 6:05-7:05pm G.P.S. (Group Power & Strength)	Step & Sculpt Conditioning 9:50-10:35am Piloga 1:30-3:00pm Parkinson's Class 10:40-11:40am Zumba® 12:30-1:30pm Tai Chi Basics 4:15-5:00pm Total Body Conditioning 5:15-6:00pm Zumba® 5:15-6:00pm Zumba® 6:05-7:05pm G.P.S. (Group Power & Strength) 6:05-6:25pm Ab Attack! 6:30-7:30pm Cardio Blitz! 7:10-8:10pm Pilates Plus 7:35-8:20pm Lotus Yoga	Step & Sculpt Total Body Conditioning Step & Sculpt 9:50-10:35am Piloga 1:30-3:00pm Parkinson's Class 9:50-10:35am Piloga 10:40-11:40am Zumba® 12:30-1:30pm Total Body Conditioning 10:40 -11:40am Zumba® 4:15-5:00pm Total Body Conditioning 4:15-5:00pm Total Body Conditioning Total Body Conditioning 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 G.P.S. (Group Power & Strength) 6:05-7:05pm G.P.S. (Group Power & Strength) 6:30-7:30pm Cardio Blitz! 7:10-8:10pm Pilates Plus 7:10-8:10pm Pilates Plus	Step & Sculpt Conditioning Step & Sculpt Cycle & Strength	Step & Sculpt Total Body Conditioning Step & Sculpt Cycle & Strength

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 Instructor approval.

No Fitness Classes: 1/1, 2/17, 4/20

Sports Center modified hours on: 1/1 (Closed), 1/20, 2/17, 4/20 (Closed)

See reverse side for class descriptions.

We did the 5k!

We are excited to start a **NEW**Couch to 5k
&10k Training program from
March 10th—
May 10th!

Please see the front desk for more details!

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 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.

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®

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.