Maidu Community Center

1550 Maidu Drive
(916) 774-5950

Group Exercise Schedule ▪ January – April 2014

Adult Fitness Classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 9:50 am	Never Too Late Aerobics	Zumba® Toning	Never Too Late Aerobics	Zumba® Toning	Never Too Late Aerobics
10:30 - 11:15 am	**Chair Fitness		**Chair Fitness		
11:30- 12:15 am	**Chair Yoga NEW CLASS!		**Chair Yoga NEW CLASS!		
12:00 - 1:00 pm		Tai Chi Basics NEW CLASS!			
5:30 - 6:30 pm	Cardio Blitz! *NEW TIME!*		Total Body Conditioning *NEW TIME!*		
6:00 - 7:00 pm		Zumba®		Zumba Toning® NEW CLASS!	
6:35 - 7:35 pm	Yoga *NEW TIME!*		Yoga *NEW TIME!*		
7:10 - 8:10 pm		Pilates Plus		Pilates Plus	

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

Call facility for modified holiday hours.

Maidu no class dates: 1/1, 1/20, 2/17

See reverse side for class descriptions.

Morning Class Registration Information

Chair Fitness
Mon/Wed 10:30-11:15am
Fee: $36/$32 Res. Discount

- 65258 - 2/3 - 2/26
- 65257 - 3/3 - 3/31
- 65260 - 4/2 - 4/30
- 65259- 5/5 - 5/28

Chair Yoga
Mon/Wed 11:30am-12:15pm
Fee: $36/$32 Res. Discount

- 65262 - 2/3 - 2/26
- 65263 - 3/3 - 3/31
- 65264 - 4/2 - 4/30
- 65265- 5/5 - 5/28

*These classes available for registration based on class limits.

**Registration required, but open to members if space allows.

Pass Options

Family Monthly Membership
$79 for up to 4 people in household. (EFT required)

Monthly Membership
$39 for 1st adult
$25 for 2nd adult/teen in household. (EFT required)

Annual Membership
$375 for 1st person
$199 for 2nd adult/teen in household.

Punch Cards
10 visits for $50
20 visits for $95

Try a Class!
$8 Drop-in rate

For questions regarding memberships, please contact the Roseville Sports Center at (916) 774-5990.

Class time, format and room location subject to change.

12/12/13

Class Descriptions

Maidu Community Center

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, 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.

Pilates Plus

Improve your core strength, flexibility and posture. Tone your body through the precision of Pilates and core based exercises using a mat, stability ball, Slo-Mo ball, hand weights and resistance bands. All levels welcome. Mats are provided, but you can bring your own. Wear comfortable clothing.

Parkinson's Class

Class meets on Wednesdays at the Martha Riley Community Library. An exercise class to increase flexibility, strength, coordination & balance to delay the progression of Parkinson's symptoms.

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!

Tai Chi Basics

Learn a self-paced system of gentle physical exercises and stretches to improve flexibility, balance, and reduce stress.

Total Body Conditioning

A total body workout combining intervals of cardiovascular training with intervals of strength training and toning using various fitness equipment.

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.