

# Maidu Community Center

1550 Maidu Drive

(916) 772-PLAY (option #4)



**Parks, Recreation  
& Libraries**

## Group Exercise Schedule • SEPTEMBER - DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FIT MIX 9:00 - 9:50am Nichole	ZUMBA® TONING 9:00 - 9:50am Debbie	COMMITTO GET FIT 9:00 - 9:50am Suzanne	ZUMBA® TONING 9:00 - 9:50am Debbie	COMMITTO GET FIT 9:00 - 9:50am Suzanne
CHAIR FITNESS 10:00 - 10:45am Debbie	YOGA STRETCH COMBO 10:00 - 10:45am Debbie	CHAIR FITNESS 10:00 - 10:45am Debbie	YOGA STRETCH COMBO 10:00 - 10:45am Debbie	CHAIR FITNESS 10:15 - 11:00am Suzanne
CHAIR YOGA 11:00 - 11:45am Debbie		CHAIR YOGA 11:00 - 11:45am Debbie		
CARDIO BOOTCAMP 12:00 - 12:45pm Shelly		CARDIO BOOTCAMP 12:00 - 12:45pm Shelly		TAI CHI 12:30-1:15pm Jody
YOGA 5:30 - 6:30pm Susan	ZUMBA® 5:30 - 6:30pm Joanie		ZUMBA® GOLD 6:00 - 7:00pm Joanie	

### FACILITY HOURS

#### Monday-Thursday

9:00am - 6:00pm

#### Friday

9:00am - 5:00pm

#### Saturday/Sunday

Closed

11/28/2019  
Facility Closed

12/24/2019-1/1/2020  
Facility Closed

### PASS OPTIONS

#### Family Monthly Membership

\$84 for up to 4 people in household

#### Monthly Membership

\$42 for 1st adult

\$27 for 2nd adult/teen in household

#### Annual Membership

\$399 for 1st person

\$210 for 2nd adult/teen in household

#### Punch Cards

\$55 for 10 visits

\$65 Non Resident

\$105 for 20 visits

\$115 Non Resident

#### Try a Class

\$10 Drop-in rate

# Class Descriptions

## Maidu Community Center

\$10 DROP IN  
OR INCLUDED  
WITH  
MEMBERSHIP

### Cardio Boot Camp

Increase your strength and wellness while preparing for the busy holiday season ahead! Class includes weight training and cardio fitness. Train like an athlete for your busy life!

### Chair Fitness

A non-impact workout for those whose physical condition limits their participation in conventional forms of exercise. Improve stamina, muscle tone, flexibility, and coordination. Closed toe/heel shoes are recommended.

### Chair Yoga

Practice yoga sitting in a chair or standing using the chair for support. Complicated maneuvers and complex movements not present in this class. The chair is used to aid getting down and up off the floor. Learn many yoga postures, breathing techniques, meditation and ways of relaxation.

### Commit to Get Fit

Get fit with cardio dance, strength training, and floor work. Good music and lots of energy. A great way to start your day!

### Fit Mix

Develop cardio endurance with rhythm and coordination along with strength, flexibility and core conditioning. Optional hand weights, tubing, gliders, indoor jump ropes, body bars and stability balls. Instructor's training choice.

### Tai Chi

Tai Chi is a century-old practice that focuses on soft and gentle movements known as postures. The 48 postures enhance balance, coordination, posture, flexibility, and body tone. Tai Chi offers harmony of the mind and body as it relieves stress and induces relaxation.

### Zumba®

A fun dance fitness format done to upbeat Latin rhythm music. No dance experience is required. Come learn the dance steps, then put it all together and shake your body! Twist, turn, and change directions frequently; it is advised that participants wear shoes that do not grip the floor too tightly.

### Zumba® Gold

Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves. Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner.

### 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.

### Yoga

Learn and 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.

### Yoga - Stretch Combo

Use a variety of equipment including a yoga ball to sculpt your body at an individual pace. Class will end with a lower and upper body stretch and flexibility session.

**Recommendations:** bring a large towel and a personal yoga mat.

For questions regarding memberships, please contact the Roseville Sports Center at (916) 772-PLAY