

# Roseville Sports Center

1545 Pleasant Grove Boulevard

(916) 772-PLAY (7529)



**Parks, Recreation  
& Libraries**

## Group Exercise Schedule • JANUARY - APRIL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TEAM WORKOUT 5:30 - 6:30am Jeremy		TEAM WORKOUT 5:30 - 6:30am Jeremy		TEAM WORKOUT 5:30 - 6:30am Leslie		
LOW IMPACT REMIXED 8:00 - 8:45am Arlene	LOW IMPACT CARDIO/ STRENGTH 8:00 - 8:45am Nichole	LOW IMPACT REMIXED 8:00 - 8:45am Arlene	LOW IMPACT CARDIO/ STRENGTH 8:00 - 8:45am Nichole	FRIDAY FUNCTIONAL FUN 8:00 - 8:45am Lisa	TOTAL BODY CONDITIONING 8:05 - 8:50am Amy	ZUMBA® 8:15 - 9:00am Joanie
CYCLE & STRENGTH 9:00 - 9:55am Amy	CYCLE CIRCUIT 9:00 - 9:55am Leslie	CYCLE & STRENGTH 9:00 - 9:55am Kirsti	CYCLE CIRCUIT 9:00 - 9:55am Amy/Leslie	CARDIO STRENGTH & CORE 9:00 - 9:55am Lisa	PILOGA 9:00 - 9:55am Amy	YOGA ON THE BALL 9:05 - 9:50am Debbie
YOGA 10:00 - 10:55am Amy	PILOGA 10:00 - 10:45am Amy	PILATES 10:00 - 10:55am Kirsti	PILOGA 10:00 - 10:45am Amy	ZUMBA® 10:00 - 11:00am Summer		
	ZUMBA® 11:00 - 12:00pm Andi	TAP FOR FITNESS 11:00 - 11:45am <i>(New Class)</i> Melissa	ZUMBA® 11:00 - 12:00pm Andi			
TAI CHI 12:00 - 12:55pm <i>(New Class)</i> Leilani	STRETCH AND STRENGTH 12:15 - 1:00pm Andi	PARKINSON'S CLASS 1:30 - 3:00pm Jody	STRETCH AND STRENGTH 12:15 - 1:00pm Andi			
PILATES PLUS 4:15 - 5:00pm Amy	GROUP STRENGTH 4:15 - 5:00pm Carrie	PILATES PLUS 4:15 - 5:00pm Amy	TONE AND SCULPT 4:15-5:00pm Joanie			
FIT CYCLE 5:15 - 6:00pm Amy	STRONG BY ZUMBA® 5:00 - 6:00pm Carrie	CARDIO, STRENGTH & TONE 5:15 - 6:00pm Joan	ZUMBA® 5:05-5:55pm Carrie			
	DANCE FIT 6:00 - 7:00pm Joan		CYCLE CIRCUIT 6:00 - 6:50pm Leslie			
CARDIO BLITZ! 6:30 - 7:30pm Kim		CARDIO BLITZ! 6:30 - 7:30pm Kim				
	YOGA 7:00 - 8:00pm Heidi		YOGA 7:00 - 8:00pm Heidi			

### FACILITY HOURS

**Monday-Friday**  
5:30am - 9:00pm

**Saturday/Sunday**  
8:00am - 3:00pm

**Special Hours**  
**1/1/2020**  
Facility Closed  
**2/17/2019**

No Group Fitness  
Classes

*Please call the facility for modified holiday hours.*

*Youth 13 and up can take fitness classes with instructor approval.*

*Youth 14 and up allowed in fitness room.*

### 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

## Roseville Sports Center

**\$10 DROP IN  
OR INCLUDED  
WITH  
MEMBERSHIP**

**Cardio Blitz!** 20 minutes of cardio exercise, 20 minutes of strength training, which may include resistance equipment and 20 minutes of abdominal work. This class is a total body workout.

**C.S.T=Cardio Strength & Tone:** Blast your cardio fitness and work your muscles in every possible way! Class includes a variety of cardio workouts such as aerobics, cardio dance, cycle, calisthenics and intervals. Class includes toning, strength training, and core exercises using a variety of equipment as well as your own body weight to change the shape of your body.

**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.

**Cycle Circuit:** Using variety of exercises including cycle, cardio, weight/strength training, and core work for a full body workout.

**Dance Fit:** Join us for an energizing, fun cardio-strength class. Using basic dance and aerobic moves to fun music of all genres, and strength training with hand weights or other equipment, to condition and tone the entire body!

**Fit Cycle:** 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.

**Friday Functional Fun:** Focus on core strength, flexibility, coordination and balance in a group setting.

**Group Strength Training:** Challenge yourself with strength training in this powerful and motivating class.

**Low Impact Remixed:** 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.

**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.

Location: The Martha Riley Community Library

**Pilates:** A core focused mind body workout that includes stretching and strengthening of the body. Based on the Pilates principle that the core is the powerhouse of your body. All levels are welcome.

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

**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.

**Stretch and Strength:** Increase flexibility while working to improve your muscular strength.

**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.

**Tap for Fitness:** Learn tap basics for fun, fitness and brain health! No tap shoes necessary. Workout or Zumba shoes will work.

**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!

**Tone and Sculpt:** A well rounded workout using a blend of pilates and barre technique to strengthen, shape and tone your body. Uses a variety of equipment including hand weights and resistance tubing.

**Total Body Conditioning (TBC):** 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:** 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 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®:** 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.

**Strong by Zumba®:** Burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats and kickboxing.

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