

Mahany Fitness Center

1545 Pleasant Grove Boulevard

(916) 772-PLAY (7529) Option 3

Group Exercise Schedule · March 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am	FUNCTIONAL FITNESS Jenel	PURE STRENGTH Heidi	CYCLE CIRCUIT Maggie	HIIT CARDIO CIRCUIT John/Kellie	YOGA Kate		
7:30am	FIT BODY CARDIO SCULPT Lisa		FIT BODY CARDIO SCULPT Kirsti		FIT BODY CARDIO SCULPT Lisa		
8:00am		Piloga Kirsti		Piloga Kirsti			DANCE WORX Anna
8:45am	CYCLE CIRCUIT* Leslie		CYCLE CIRCUIT* Leslie		CYCLE CIRCUIT* Kirsti	CYCLE CIRCUIT* Ceren/Kirsti	
9:00am	TRX CIRCUIT* John	TRX CIRCUIT* Kirsti + ZUMBA® Andi	TRX CIRCUIT* Kirsti	TRX CIRCUIT* Kirsti + ZUMBA® Andi		TRX CIRCUIT* Staff/MaryAnn	YOGA ON THE BALL Debbie
10:00am	FUNCTIONAL FITNESS Andi		ZUMBA TONING Andi		ZUMBA TONING Andi	PILOGA Ceren/Kirsti	MAT WORX Andi
10:15am		FUNCTIONAL FITNESS Lisa		FUNCTIONAL FITNESS Lisa			
11:15am	TAI CHI Terry	YOGA Kylie	MAT WORX Andi	YOGA Jessica	CHAIR YOGA Jody	Open Exercise (until 3:00pm)	Open Exercise (until 3:00pm)
12:30pm	Open Exercise (until 4:15pm)	ARTHRITIS CHAIR Maggie	Open Exercise (until 4:15pm)	ARTHRITIS CHAIR Jessica	Open Exercise (until 4:15pm)		
4:15pm	PURE CYCLE Maggie	BEWELL YOGA WORX Heidi	FUNCTIONAL FITNESS Jenel	PURE STRENGTH Maggie	YOGA Kylie		
5:00pm	BELLY DANCE Andi	FUNCTIONAL FITNESS Carrie (5:15pm)	BELLY DANCE Andi				
5:30pm		TRX CIRCUIT* MaryAnn		TRX CIRCUIT* MaryAnn + CYCLE CIRCUIT* Leslie	FUNCTIONAL FITNESS Kim		
6:15pm	FUNCTIONAL FITNESS Kim	ZUMBA® Carrie	FUNCTIONAL FITNESS Kim				
6:30pm		TRX Circuit* MaryAnn		TRX CIRCUIT* MaryAnn + YOGA ON THE BALL Debbie			
NEW! 7:10pm		YIN YOGA Kate					

FACILITY HOURS

Monday-Friday

5:30am-9:00pm

Saturday-Sunday

8:00am-3:00pm

Please call the facility
for modified holiday
hours.

Each group fitness class
ranges from 45 minutes
to 1 hour in length

* TRX and Cycle have
limited spots available.
Please reserve your
spot on Group Ex Pro.

roseville.ca.us/fitness

Class Descriptions

Mahany Fitness Center

\$12 DROP IN OR
INCLUDED WITH
MEMBERSHIP

Belly Dance: SharQui Bellydance Fitness teaches authentic Bellydance moves in a high energy cardio workout. Low impact, great for all fitness levels and shoes are optional.

BeWell Yoga WorX: Our first BeWell Roseville specialty class exclusive to COR Fitness! This is an energetic mix of vinyasa yoga with strength training woven into your balance and flexibility work. Class is done barefoot and includes a relaxing yoga cooldown plus a nutrition fun fact at the end of every workout. Be Active, Eat Healthy, Feel Renewed!

Cycle Circuit: A cycle workout followed by strength training focusing on the upper body using various fitness equipment. Bikes are compatible with SPD clip-in cycle shoes. Reserve on Group Ex Pro to guarantee a spot.

Pure Cycle -- half hour class of straight cardio on the bike.

Dance WorX: A gentle dance workout inspired by a jazz, ballet and barre fusion mix. Develop your balance, posture, rhythm and coordination while finding your joy and self-expression through movement. Class will include both standing dance & technique followed by floor work and stretching. Class is done barefoot or in socks/ballet slippers.

Fit Body Cardio Sculpt: A high/low impact workout that incorporates cardio, strength training, core and balance exercises in a mixed intensity format for all levels.

Functional Fitness: This class puts the "FUN" in functional fitness! Classes will include a variety of balance, core, strength and low-impact mobility movements that will help you with your daily life activities. This is a full body workout using weights, balls, bands and various equipment.

HIIT Cardio Circuit: Medium to high intensity mix of cardio and strength intervals. Tabata format suitable for all levels with lots of modifications given.

Mat WorX: Cross-training on a mat! This core based format is ab/hip/glute/oblique and low back work. The cross connection between the hips and shoulders is a key to our posture and core strength. Standing and floor work included.

Piloga: 10-15 minutes of yoga stretches to encourage positive body circulation moving into Pilates exercises to improve strength, flexibility and posture.

Pure Strength: Full body strength workout targeting every major muscle group. Challenge your body and get stronger every week.

Tai Chi: Tai Chi for energy, Meditation in Movement and practicing the 12 movements by Dr. Paul Lam.

TRX Circuit: This 45-minute full body workout uses your own weight as resistance and provides strength, balance and stability. Reservation on Group Ex Pro highly recommended to guarantee a spot.

Yoga: Learn the basic building blocks of yoga postures interwoven with flexibility, strength, balance and relaxation techniques. **Yin Yoga:** The ultimate zen experience and full body stretch. Deep muscle stretching with long holds in lying poses and traditional yoga relaxation. **Chair Yoga:** Chair based yoga class. **Yoga on the Ball:** Yoga mat friendly, using the stability ball to assist with transitions between standing and mat work.

Zumba®: A fun dance fitness format done to upbeat Latin rhythm music. Smooth bottom court type shoes recommended.

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.

***Please note:** All group fitness participants are asked to bring their own mats, water bottles and towels. Please wipe down any equipment used immediately after class.

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