

Roseville Sports Center

1545 Pleasant Grove Boulevard

(916) 772-PLAY (7529)



**Parks, Recreation
& Libraries**

Group Exercise Schedule • June 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FIT BODY CARDIO SCULPT 7:30am-8:15am Lisa		FIT BODY CARDIO SCULPT 7:30am-8:15am Kirsti		FIT BODY CARDIO SCULPT 7:30am-8:15am Lisa		
	PILOGA 8:00-8:45am Kirsti		PILOGA 8:00-8:45am Kirsti			
CYCLE & STRENGTH 8:45-9:45am Leslie		CYCLE & STRENGTH 8:45-9:45am Leslie		CYCLE & CORE 8:45-9:45am Sarah	CYCLE & STRENGTH 8:45-9:45am Sarah/Kirsti	
	ZUMBA® 9:00-10:00am Andi		ZUMBA® 9:00-10:00am Andi			
BALL, BARRE & BALANCE 10:00-11:00am Gina		ZUMBA TONING 10:00-11:00am Andi		ZUMBA TONING 10:00-11:00am Andi	PILOGA 10:00-11:00am Sarah/Kirsti	
	STRENGTH & STRETCH 10:15-11:00am Lisa		STRENGTH & STRETCH 10:15-11:00am Lisa			
GENTLE YOGA 11:15-12:00pm Gina		MAT WORX 11:15-12:00pm Andi		CHAIR YOGA CHI 11:15-12:00pm Jody		
	YOGA 12:00-1:00pm Jessica		YOGA 12:00-1:00pm Jessica			
BELLY DANCE 5:00-6:00pm Andi	STRONG NATION® 5:15-6:00pm Carrie	BELLY DANCE 5:00-6:00pm Andi	STRONG NATION® 5:15-6:00pm Carrie	FAMILY YOGA June 4th only 5:15pm-6:00pm Alicia	FIRST FRIDAY FAMILY YOGA AGES 5+	
CARDIO BLITZ 6:15-7:00pm Kim	ZUMBA 6:15-7:00pm Carrie	CARDIO BLITZ 6:15-7:00pm Kim	CYCLE CIRCUIT 6:15-7:00pm Leslie			

FACILITY HOURS

Facility Hours

Monday-Friday
5:30am-7:00pm

Saturday-Sunday
8:00am-1:00pm

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

Punch Cards

\$55 for 10 visits
\$65 Non Resident

\$105 for 20 visits
\$115 Non Resident

Try a Class

\$11 Drop-in rate

Class Descriptions

Roseville Sports Center

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

Ball, Barre and Balance: The "three B's" to cover the basics of balance and strength. We will use the ballet barre, exercise balls and hand weights to target all areas of the body while working on our balance. All fitness levels welcome.

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.

Cardio Blitz!: Full Body workout using compound movements and a variety of equipment. Class always ends with abdominal work. Modifications given for all levels.

Chair Yoga Chi: Chair based yoga class followed by 15 minutes of a gentle Tai Chi practice.

Cycle & Core: A cycle workout followed by core training. Bikes are compatible with SPD clip-in cycle shoes.

Cycle & Strength: 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.

First Friday Family Yoga: A fun and energetic class for the whole family, ages 5+. This class will take place the first Friday of each month and will work through different themes and poses throughout the year. May 7 at 5:15pm.

Fit Body Cardio Sculpt: 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.

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

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.

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.

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

Strong Nation: 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.

Total Body Strength: A full body weight training class using dumbbells, body bars and bands. Build muscle to burn fat! (coming in June!)

Yoga: Learn and practice the basic building blocks of yoga postures interwoven with flexibility, strength, balance and relaxation techniques. **Gentle Yoga:** Slower pace and limited "up and down" from the floor movements.

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.

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.

***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. Face coverings are required when entering/exiting the facility and during workouts/group fitness classes.

To make a fitness class reservation, please visit roseville.ca.us/fitness

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