



JEFF ROUSE SWIM AND SPORT CENTER GROUP EXERCISE SCHEDULE

Center Hours: M-F: 5:00A-10:00P, Sa: 7:00A-7:00P, Su: 8:00A-6:00P

J-ClubHours: M-F 8:30A-1:00P & 4:00P-8:30P (Fridays 4:00-8P), Sat 8:30A-1:00P, Sun 9:00A-1:00P

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

EXPRESS CYCLING

5:15AM

Kim Y.

SUNRISE YOGA

5:15AM

Michelle B.

EXPRESS CYCLING

5:15AM

Kim Y.

PURE STRENGTH

5:15AM

Keith/Marisol



MARCH

MID-MORNING/DAY CLASSES

INTRO TO CYCLING
9:15AM

Jesse

CYCLING
9:15AM

Marisol

CYCLING
9:15AM

Jesse

CYCLING
9:15AM

Michelle B.

CYCLING
9:15AM

Marisol

CYCLING
9:15AM

Keith

ZUMBA
9:15AM
(Gymnasium)

Kathy

CORE & MORE
9:15AM

Valerie

CARDIO FIX
9:15AM

Carrie

TRIPLE THREAT
9:30AM

Jesse

CARDIO BARRE
9:15AM

Valerie

TRIPLE THREAT
9:15AM

Jesse

PURE STRENGTH
10:15AM
(Gymnasium)

Carrie

CARDIO KICKBOX
10:15AM

Marisol

KETTLEBELL AMPD
10:15AM

Jesse

HOT HULA
10:30AM

ZaKia

STRONG
by Zumba
10:15AM

Marisol

AMPD POWER FLOW
10:15AM

Michelle

PURE STRENGTH
10:00AM

MOVE IT
11:15AM
(Gymnasium)

Carrie

YOGA
11:15AM

Kim F.

MOVE IT
10:15AM
(Gymnasium)

Carrie

YOGA/PILATES
11:30AM

Valerie

ZUMBA GOLD
TONING
11:15AM

JoAnna

ZUMBA
11:00AM

Tarif

ZUMBA GOLD
12:15PM

Kathy

MOVE IT
11:15AM
(Gymnasium)

Carrie

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ROUSECENTER.COM



facebook.com/rousecenter

YOUTH CLASSES

DRUMS ALIVE KIDS
4:30PM
(Ages 5-13)

Kathy

KIDS IN MOTION
4:30PM
(Ages 5-13)

Jesse

FIT KIDZ
4:30PM
(Ages 4-7)

Kathy

KIDS IN MOTION
11:15AM
(Ages 5-13)

Various

EVENING CLASSES

BARRE
5:15PM

Kathy

KETTLEBELL AMPD
5:15PM
(Gymnasium)

Jesse

TRIPLE THREAT
5:15PM

Michelle B.

AMPD POWER FLOW
5:15PM

Kathy

CYCLING
6:15PM

Kim Y.

INTRO TO CYCLING
6:15 PM

Michelle M.

CYCLE & CORE
6:15PM

Lisa

ZUMBA
6:15PM

Tarif

MARCH FRIDAY
NIGHT SPECIAL
6:15PM

MARCH MAYHEM FRIDAY NIGHT
CLASS CHALLENGE

Armed & Dangerous 3/2
Rock Bottom 3/9
R.I.P.E.D. 3/16
Overdrive 3/23
Kettlebell AMPD 3/30

Attend at least 4 March Friday night classes
and enter to win FUN prizes.
Challenge Cards available at the front desk.
Instructor's signature required after each class.

Step & Sculpt
6:15PM

Lisa

ZUMBA
6:15PM
(Gymnasium)

Lixlia

MIXXED FIT
DANCE FITNESS
6:15PM

ZaKia

YOGA
7:15PM

Lisa

YIN YOGA RESTORE
7:15PM

Michelle M.

STRONG
by Zumba
7:15PM

Marisol



MINI YOGA RETREAT
March 24th 10am - 12pm



3/25 at 3PM

Welcome to JRSSC Group Exercise!
◆ Pass needed to join studio classes ◆ Passes are available up to 1 hour prior
◆ First come, first served ◆ Age 14+ to participate
◆ Class duration: 50mins/Youth 30mins

We strive to provide the best program possible for our members. Our classes, days, times and formats are all subject to change.

Class Descriptions

CARDIO

CARDIO FIX

Spice up your cardio workout & blast your fitness to the next level! This class provides the variety your body needs to see results by combining non-stop cardio & total body exercises. Great for all levels.

HOT HULA

A unique & exciting dance workout providing a total body work out! It incorporates easy dance moves accompanying sounds of Polynesian Drums infused with other rhythms.

CYCLING

Looking to effectively train every part of your body? Ride the bike and watch your transformation begin! The cycling class will help you get the most bang for your buck!

MIXXED FIT

This explosive workout is all about the hottest current dance moves choreographed to the hottest beats, with some boot camp exercises MIXXED in! Let go of all inhibitions and let the 'night club like' sounds move you!

DRUMS ALIVE KIDS

This awesome class combines fun moves with powerful drum beats. Class duration is 30 mins and parental sign-in/out required.

ZUMBA

Join the Party! This exhilarating easy-to-follow, Latin inspired, calorie burning, fitness party will move you. It features interval training that tone & sculpt the body.

FIT KIDZ

A fun combo of dance fitness & games designed for your youngster. **KIDS IN MOTION** A fun combo of resistance training & games specifically designed for Kids. 30 mins, parental sign-in/out required.

ZUMBA GOLD

Move to the beat at your own pace! Zumba Gold provides modified, low-impact & easy-to-follow pacing for beginners who love music and movement. Come join the party!

STRENGTH & CARDIO

CARDIO KICKBOX

An action-packed workout that combines a series of punching & kicking combinations. A great workout for everyone interested in improving strength, muscle tone and stamina!

PURE STRENGTH

This total body strength class will challenge every major muscle group, increase lean tissue & fire up your metabolism with traditional weight-lifting exercises, using barbells/dumbbells, and functional conditioning. Set to fun music, this class is for all levels and anyone who wants to increase their muscular strength and endurance.

CORE N' MORE

In this class you will strengthen core muscles that you never knew existed. Every move is focused on the back & core with the use of various equipment. All levels welcome.

STEP & SCULPT

Step your way to a toned body! This dynamic two-in-one class combines easy-to-follow step combinations with strengthening exercises to provide a total body work-out.

TRIPLE THREAT

Three DYNAMIC formats packed into one intense class! A combo of strength, cardio and core. Perfect for those who enjoy variety and have a short amount of time. Every week will be a surprise!

KETTLEBELL AMPD

This format takes heart pumping music and kettlebell moves and combines them into 50 minutes of calorie torching FUN! Kettlebell Ampd is a full body workout.

STRONG by Zumba

This class combines high intensity interval training with music and moves that pushes you past your perceived limits. Reach your fitness goals faster and feel stronger!

ZUMBA TONING

This Zumba-inspired class uses special "Zumba Toning Sticks" to provide a great body-sculpting workout with the same Zumba moves and music you already enjoy at a slightly slower pace.

MOVE IT

Get Movin' with this energetic chair-based work out. Specifically designed for beginners & rehabilitating individuals. Fitness & fun come together as you alternate non-impact movement with strengthening exercises. This class will improve your range of motion and overall strength.

MIND & BODY

AMPD POWER FLOW

A fun fusion of kettlebells, resistance bands, and yoga inspired moves. It delivers a calorie burning low impact workout that will help you gain strength & balance, all while moving to fun, flowy music.

SUNRISE YOGA

Rise and shine and awaken your body with this mixed level energizing flow class. You'll leave prepared to take on your day. All levels welcome. Class duration: 45 mins

BARRE

This invigorating workout blends Pilates, ballet & conditioning movements, designed to develop muscular endurance, dynamic balance, flexibility and of course core strength.

YIN YOGA RESTORE

This practice focuses on slow stretches, flexibility and opening of tight muscles to restore and rejuvenate. Relax and recover from your regular workouts and your overall life

CHAIR/GENTLE YOGA

A gentle flow, calm and therapeutic in nature. Deep breathing with stretches to strengthen the body gradually.

YOGA

Yoga for all levels. This class uses powerful flowing poses designed to increase circulation, promote flexibility and increase the mind/body connection.

PILATES/YOGA

This class combines Pilates and Yoga moves to leave you feeling relaxed and strong. A unique class designed to improve flexibility, gain strength and foster mind & body harmony.