



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



APRIL

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

OUTDOOR BOOTCAMP
8:30AM
Jesse

KETTLEBELL AMPD
9:15AM
(Gymnasium)
Kathy

STEP IT UP
9:15AM
Norka

ZUMBA
9:15AM
Tarif

TRIPLE THREAT
9:30AM
Jesse

CARDIO BARRE
9:15AM
Valerie

CYCLING
9:15AM
Keith

CARDIO & CORE
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

ZUMBA
9:15AM
Kelly Jo

PURE STRENGTH
10:00AM
Kelly Jo

MOVE IT
11:15AM
(Gymnasium)
Carrie

YOGA
11:15AM
Kim F.

4EVER FIT
10:15AM
(Gymnasium)
Carrie

YOGA/PILATES
11:30AM
Valerie

ZUMBA GOLD TONING
11:15AM
JoAnna

AMPD POWER FLOW
10:15AM
Michelle

ZUMBA
11:00AM
Amber

TAI CHI
12:15PM
Norka

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 6-10)
Kathy

KIDS IN MOTION
4:30PM
(Ages 7-10)
Jesse

FIT KIDZ
4:30PM
(Ages 4-6)
Kathy

ZUMBA KIDS
11:15AM
(Ages 5-13)
Kelly Jo

EVENING CLASSES

BARRE
5:15PM
Kathy

KETTLEBELL AMPD
5:15PM
(Gymnasium)
Jesse

PURE STRENGTH
5:15PM
Michelle B.

BODY SHRED
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

ZUMBA
6:15PM
Amber

R.I.P.P.E.D.
6:15PM
Pam

ZUMBA
6:15PM
(Gymnasium)
Lixlia

MIXED FIT DANCE FITNESS
6:15PM
ZaKia

YOGA
7:15PM
Lisa

YIN YOGA RESTORE
7:15PM
Michelle M.

RELAX & RENEW
7:15PM
Kim F.

zumbini.

CREATED BY ZUMBA & BabyFirst.



For ages 0-3 with Caregiver

FREE DEMO on 4/11 & 4/18 at 12:30 & 2pm

Pre-registration required



4/27 @ 7:30pm

Indoor Triathlon -4/15 @7am



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

BOOT CAMP

Expect the unexpected in this 55 minute high intensity workout that combines strength & cardio training to maximize your fitness results and leave you sweating for more! Class is held outdoors. Meet in the cafe. Seasonal- April - Sept.

FIT KIDZ

A fun combo of fitness & games designed for ages 4-6. **KIDS IN MOTION** a fun combo of dance, resistance training & games specifically designed for ages 7-9. Parental sign-in/out required.

CARDIO & CORE

Spice up your cardio workout & exercise your ab muscles like never before! This class provides the variety your body needs to see results by combining non-stop cardio & total

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!

MIXED FIT

This explosive workout is all about the hottest current dance moves choreographed to the hottest beats, with some boot camp exercises MIXED in! Let go of all inhibitions and let the "night club" 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. **Zumba Gold** provides modified, low-impact & easy-to-follow pacing for beginners.

STRENGTH & CARDIO

BODY SHRED

This fun, high paced, high intensity metabolic conditioning workout will shake up your exercise regimen and accelerate your results.

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.

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!

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!

R.I.P.E.D.

Spring into a new fitness routine with this one stop body shock! This total body, high intensity style workout utilizes free weights, resistance and body weight.

TRIPLE THREAT

Three dynamic formats packed into one intense class! A combo of strength, cardio & core. Perfect for those who enjoy variety and have a short amount of time.

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.

STEP IT UP

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.

TWEEN FIT

This class is designed introduce tweens (ages 10-13) to the benefits of exercise and develop healthy habits. Classes include cardio, strength and flexibility workouts in a fun & safe environment.

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.

4EVER FIT

Aerobic and weight training for all muscle groups, improves cardiovascular, relieves stress, and renews energy. Come join us for some catchy music and calorie burning fun!

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.

BARRE

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

TAI CHI

This ancient Chinese art promotes serenity through gentle movements connecting mind, body & soul. Tai Chi reduces stress, improves balance, strengthens muscles, bones, and the cardiovascular system. Come learn to relax and improve your health!

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.

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.

RELAX & RENEW

This class perfect for anyone wanting to relax and renew the mind, body & spirit. Move slowly and mindfully while learning the basics of Hatha Yoga. Yoga postures, breathing practices, and relaxation are explored in this all level class.

YOGA

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