



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

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|--|--|--|--|-------------|--|--|
| EXPRESS CYCLING 5:15AM Kim Y. | SUNRISE YOGA 5:15AM Michelle B. | EXPRESS CYCLING 5:15AM Kim Y. | PURE STRENGTH 5:15AM Keith/Lisa | JUNE | | |
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MID-MORNING/DAY CLASSES

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|--|---|--|--|--|--|---|
| INTRO TO CYCLING 9:15AM Michelle B. | CYCLING 9:15AM Marisol | CYCLING 9:15AM Kim Y. | CYCLING 9:15AM Michelle B. | CYCLING 9:15AM Marisol | OUTDOOR BOOTCAMP 8:30AM Michelle M. | |
| KETTLEBELL AMPD 9:15AM Kathy | TRIPLE THREAT 9:15AM Kim Y. | ZUMBA 9:15AM Kelly Jo | R.E.D. WARRIOR 9:15AM ZaKia | CARDIO BARRE 9:15AM Valerie | CYCLING 9:15AM Keith | |
| CORE & CARDIO 10:15AM Carrie | CARDIO KICKBOX 10:15AM Marisol | PURE STRENGTH 10:15AM Norka | HOT HULA 10:15AM ZaKia | STRONG by Zumba 10:15AM Marisol | ZUMBA 9:15AM Kelly Jo | PURE STRENGTH 10:00AM Kelly Jo |
| MOVE IT 11:15AM Carrie | YOGA 11:15AM Kim F. | MOVE IT 11:15AM Carrie | YOGA 11:15AM Valerie | ZUMBA GOLD 11:15AM JoAnna | YOGA 10:15AM Michelle M. | ZUMBA 11:00AM Amber |
| TAI CHI I 12:15PM Norka | ZUMBA GOLD 12:15PM Kathy | 4EVER FIT 12:15PM Carrie | Visit us on our website: ROUSECENTER.COM | | | |

facebook.com/rousecenter

YOUTH CLASSES

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|---|---|--|---|
| DRUMS ALIVE KIDS 4:30PM (Ages 6-10) Kathy | FIT TWEENZ 4:30PM (Ages 10-13) Kim Y. | FIT KIDZ 4:30PM (Ages 4-6) Norka | ZUMBA KIDS 11:15AM (Ages 5-13) Kelly Jo |
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EVENING CLASSES

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|--------------------------------------|--|--|--------------------------------------|---------------------------------|
| BARRE 5:15PM Kathy | KETTLEBELL AMPD 5:15PM Kathy | PURE STRENGTH 5:15PM Michelle B. | TAI CHI II 5:15PM Norka | |
| CYCLING 6:15PM Kim Y. | INTRO TO CYCLING 6:15PM 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 Lixlia | MIXXED FIT DANCE FITNESS 6:15PM ZaKia | June 24th @ 3pm | |
| YOGA 7:15PM Lisa | YOGA RESTORE 7:15PM Michelle M. | YOGA RELAX & RENEW 7:15PM Kim F. | | |



Free Class 6/7 @ 7:15pm

SWING IN TO SUMMER

Senior Social June 8th
Swing Class @ 11:15am
*Luncheon @ 12:30pm
Register early!

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 combination of dance, resistance training & games specifically designed for ages 7-9. Parental sign-in/out required.

CORE & CARDIO

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 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" 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

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 mus-

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.E.D. Warrior

A unique practice that fuses cardio, strength, exercises with dance and boot camp type movements for an awesome workout! You can't get it wrong!!

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.

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.

R.I.P.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.

FIT TWEENZ

This class is designed to 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 cardio health relieves stress, and renews energy. Come join us for great music & calorie burning fun!

MIND & BODY

BARRE

This invigorating workout blends Pilates, ballet & conditioning movements, designed to develop muscular endurance, dynamic balance, flexibility

YOGA -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.

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.

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.

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!

YOGA

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