

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EXPRESS CYCLE 5:15A KIM Y.		EXPRESS CYCLE 5:15A KIM Y.	OUT OF THE BOX 5:15A @ GYM KEITH		BOOTCAMP 8:30A MICHELLE M. / RENE	
CYCLING 9:15A MICHELLE B.	CYCLE & CORE 9:15A MARISOL	CYCLING 9:15A MELISSA	INTRO TO CYCLE 9:15A MELISSA	CYCLING 9:15A MARISOL	CYCLING 8:30A KEITH	
KETTLEBELL AMPD 9:15A @ GYM KATHY	MAXIMUM 9:15A MARISSA	ZUMBA 9:15A TARIF	WARRIOR WORKOUT 9:15A ZAKIA	CARDIO BARRE 9:15A RENE	ZUMBA 9:30A KELLY JO	
CARDIO BARRE 10:15A @ GYM CARRIE M.	KICK & TONE 10:15A PAM	KETTLEBELL AMPD 10:15A @ GYM KIM Y.	CARDIO SCULPT 10:15A RENE	STEP 10:15A KIM Y.	CYCLING 9:30A JESSE	PURE STRENGTH 10:00A KELLY JO
MOVE IT 11:15A @ GYM CARRIE M.	YOGA 11:15A KIM F.	MOVE IT 11:15A @ GYM CARRIE M.	YOGA 11:15A MICHELLE B.	ZUMBA GOLD 11:15A JOANNA	YOGA 10:30A MICHELLE M.	ZUMBA 11:00A AMBER
FIT KIDZ (5-9Y) 4:30P RENE	ZUMBA GOLD 12:15A KATHY					
BARRE HIIT 5:15P RENE	KETTLEBELL AMPD 5:15P @ GYM KATHY	PURE STRENGTH 5:15P KELLY JO	KICK & TONE 5:15P MARISSA	KETTLEBELL AMPD 5:15P JESSE		
INTRO TO CYCLING 6:15P MELISSA	HIIT CYCLE 6:15P MICHELLE M.	CYCLE 6:15P KEITH	ZUMBA 6:15P LIXLIA	ZUMBA 6:15P AMBER		
CARDIO SCULPT 6:15P LISA	ZUMBA 6:15P @ GYM TARIF	MIXED FIT 6:15P ZAKIA				
CORE FIT 7:15A LISA	POWER DOWN YOGA 7:15P MICHELLE M.	YOGA RELAX & RENEW 7:15P KIM F.				

**SPECIAL  
EVENTS**

**FAMILY-FRIENDLY FALL BACK  
INTO FITNESS EVENT**  
AUGUST 24  
9:30 - 10:30A  
GROUP EX STUDIO

PARENTS AND KIDDOS AGE 7+,  
JOIN US FOR STATIONS, CHALLENGES,  
FUN, AND GAMES!

Pass needed to join studio classes. 10 minute grace period. Passes are available up to 1-hour prior to class start time and are first come, first serve. Must be at least 14 years of age to participate. Kids Classes are 30 min. Express Classes are 45 min. All other classes are 50 min. Class schedules subject to change.



**CENTER HOURS**  
M - F • 5A - 10P  
SAT • 7A - 7P  
SUN • 9A - 6P

**J-CLUB HOURS**  
M-TH • 8:30A - 1P & 4P - 8:30P  
FRI • 8:30A - 1P & 4P - 8P  
SAT • 8:30A - 1P  
SUN • 9A - 1P

# GROUP EXERCISE SCHEDULE

## AUGUST 2019



## CARDIO

### BOOTCAMP

Depending on weather, this bootcamp will take place indoors and outdoors. Led by two instructors on a rotating basis, this class offers a full body cardio and strength workout.

### CYCLING/CYCLE & CORE EXPRESS CYCLING INTRO TO CYCLING

Looking to effectively train every part of your body without the jarring impact? Take a spin and watch the transformation begin.

### MAXIMUM

Take your fitness to the MAX with this total body high intensity interval cardio and strength workout that will MAXIMIZE your fitness results.

### MIXED FIT

This workout is all about the hottest current dance moves choreographed to the hottest beats, with some bootcamp exercises MIXXED in! Let go of all inhibitions and let the "nightclub" sounds move you.

### OUT OF THE BOX

Hold on tight - this FUN and challenging class is going to keep you guessing. For all the Spartan, CrossFit, Tabata, and HIIT fans out there, or anyone looking for the next level of strength training and cardio fitness, this is your class!

### ZUMBA/ZUMBA GOLD

Zumba: This exhilarating Latin-inspired dance party will move you from head to toe!

Zumba Gold: Same party, but lower-impact & easier-to-follow pace for beginners.

### STEP

Back by popular demand, STEP is back on the schedule! Join us for this FUN safe and effective cardio workout followed by focused core strengthening, toning and stretching. If you can go up and down the stairs, you can do this class. Step up and enjoy!



## STRENGTH

### CARDIO SCULPT

No complex choreography here, just basic strength and endurance training that is perfect for all fitness levels.

### KETTLEBELL AMPD

This format takes heart pumping music and kettlebell moves and combines them into 50 minutes of calorie-torching FUN!

### KICK & TONE

Kick & Tone is a combination of kickboxing and strength training using dumbbells and resistance bands. It's a synergistic workout to fast-track results.

### MOVE IT

Get movin' with this energetic chair-based work out. Fitness & fun come together as you alternate non-impact movement with strengthening exercises.

### PURE STRENGTH

This total body strength class will challenge every major muscle group, increase lean tissue, and fire up your metabolism!

### WARRIOR WORKOUT

A unique practice that fuses cardio and strength exercises with dance and boot camp type movements for an awesome workout.

### CORE FIT

Stretch, lengthen and strengthen your way to better total health and wellness with Core Fit. The perfect class for those looking to tone and tighten the core strength and improve overall flexibility at the end of the day!



## YOUTH

### FIT KIDZ

(Ages 5-9)

A FUN combination of cardio and strength based movements and games. Parental sign-in/out required.



## MIND & BODY

### BARRE HIIT

This class is an invigorating interval based cardio and strength total body workout, with a specific focus on core and lower body. Perfect for all fitness levels.

### POWER DOWN YOGA

Power down with slow mindful stretches and opening of tight muscles to restore the balance after life's daily stresses.

### RELAX & RENEW

This class is perfect for anyone wanting to relax and renew the mind, body, and spirit. Move slowly and mindfully while learning the basics of Yoga.

### YOGA

This class uses flowing poses designed to increase circulation, promote flexibility, and increase the mind/body connection for better health and wellness.

# CLASS DESCRIPTIONS



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