



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
Lisa

EXPRESS CYCLING
5:15AM
Kim Y.

PURE STRENGTH
5:15AM
Keith

Visit us on our website:
ROUSECENTER.COM

SEPTEMBER

MID-MORNING/DAY CLASSES

INTRO TO CYCLING
9:15AM
Michelle B.

CYCLING
9:15AM
Marisol

CYCLING
9:15AM
Melissa

CYCLING
9:15AM
Melissa

CYCLING
9:15AM
Marisol

OUTDOOR BOOTCAMP
8:30AM
Michelle M.



KETTLEBELL AMPD
9:15AM @ GYM
Kathy

MAXIMUM
9:15AM
Allison

DANCE FIT
9:15AM
Valerie

R.E.D. WARRIOR
9:15AM
ZaKia

CARDIO BARRE
9:15AM
Valerie

CYCLING
9:15AM
Keith

CARDIO & CORE
10:15AM @ GYM
Carrie

CARDIO KICKBOX
10:15AM
Marisol

PURE STRENGTH
10:15AM
Valerie

FUNTENSITY
10:15AM
Valerie

STRONG by Zumba
10:15AM
Marisol

ZUMBA
9:30AM
Kelly Jo

PURE STRENGTH
10:00AM
Kelly Jo

MOVE IT
11:15AM @ GYM
Carrie

YOGA
11:15AM
Kim F.

4EVER FIT
11:15AM @ GYM
Carrie

YOGA
11:15AM
Valerie

ZUMBA GOLD
11:15AM
JoAnna

YOGA
10:30AM
Michelle M.

ZUMBA
11:00AM
Amber

GENTLE YOGA
12:15AM
Amanda

ZUMBA GOLD
12:15PM
Kathy

MOVE IT
12:15AM @ GYM
Carrie

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YOUTH CLASSES

FIT KIDZ
4:30PM (Ages 7-9)
Kim Y.

FIT TWEENZ
4:30PM (Ages 10-13)
Kim Y.

KIDZ CYCLE
5:30PM (Ages 11-15 Min Ht 5'-0")
Lisa

KIDZ YOGA
4:30PM (Ages 7-13)
Michelle B.



ZUMBA KIDZ
11:30AM (Ages 5-13)
Kelly Jo



EVENING CLASSES

R.I.P.E.D.
5:15PM
Pam

KETTLEBELL AMPD
5:15PM @ GYM
Kathy

PURE STRENGTH
5:15PM
Kelly Jo

YOGA POWER FLOW
5:15PM
Michelle B.



FALL BACK INTO FITNESS FAMILY EVENT!
Complimentary to all Rouse Members
Ages 7+, Teams of 2!
Sat, Sept 9, 9-10:30am @ Gymnasium
FUN! Stations! Prizes!
Register by Sept. 7th
540-318-6332

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

CARDIO BARRE
6:15PM
Michelle B.

ZUMBA
6:15PM @ GYM
Lixlia

MIXED FIT DANCE FITNESS
6:15PM
ZaKia

GENERAL INFORMATION
Pass needed to join studio classes
Passes are available up to 1 hour prior
First come, first serve
Age 14+ to participate
Class duration: 50mins/Kidz 30mins
All classes are subject to change

FUN! FAB FRIDAYS @ 7:15pm
Sept 7 - Zumba
Sept 14 - Funtensity
Sept 21 - Maximum
Sept 28 - Hot Hula

YOGA
7:15PM
Lisa

YOGA RESTORE
7:15PM
Michelle M.

YOGA RELAX & RENEW
7:15PM
Kim F.

Fall Fee-Based Classes - For more information, or to register, contact the JRSSC @ 540-316-6332



Zumbini
Music & Movement for Parents & Babies 0-3yrs



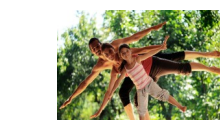
Youth Ballet
(3-14 yrs)



Adult Ballet
(3-14 yrs)



Couch to 5K
Training Program (16+ yrs)



Class Descriptions

CARDIO

BOOT CAMP

Take your fitness outdoors with this strength & cardio workout that will maximize your fitness results and leave you sweating for more!
Meet in the cafe.

FIT KIDZ

A fun combination of cardio/ strength, movement and games
Parental sign-in/out required.

ZUMBA KIDZ

A fun combination of large and small muscle movements. Parental sign-in/out is 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 body exercis-

FUNTENSITY

Looking for a FUN new way to workout? Check out this fun bootcamp based class that is 100% FUN - so fun you hardly know you are working with partners and groups!

CYCLING/EXPRESS CYCLING/

INTRO TO CYCLING

Looking to effectively train every part of your body? Ride the bike for a low impact cardio workout and watch your transformation begin!

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!

DANCE FIT

When in doubt, DANCE IT OUT!
Join us for a FUN Dance based low-impact cardio workout - that anyone and everyone can do!

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

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!

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.

FIT TWEENZ

This class is designed to introduce tweens to the benefits of exercise and healthy habits in a fun and safe environment.

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.

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!

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.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!!

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!

MAXIMUM

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

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.

MIND & BODY

CARDIO BARRE

This invigorating workout blends strength and cardio movements, designed to develop muscular endurance, dynamic balance, flexibility and core strength.

YOGA

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

KIDZ YOGA

Reach, stretch, breathe in this fun class focused on total body flexibility!
Parental sign-in/out is required.

YOGA POWER FLOW

Stretch, breathe, align... Increase your strength, balance and flexibility with this Vinyasa Yoga power flow class. Perfect for all fitness levels!

GENTLE 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 - RELAX & RENEW

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

SUNRISE YOGA

Rise and shine and awaken your body with this mixed level energizing flow class. You'll leave ready to take on the day.

YOGA RESTORE

This practice focuses on slow stretches, flexibility and opening of tight muscles to restore your balance, recover from your regular workouts and daily life stress.