



# 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 @ GYM  
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**  
12:15PM  
Amanda

**ZUMBA GOLD**  
12:15PM  
Kathy

**MOVE IT**  
12:15PM @ 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 8, 9-10:30am @ Gymnasium  
FUN! Stations! Prizes!  
Register @ Front Desk  
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 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.

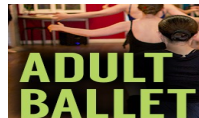
Fall Fee-Based Classes - For more information, or to register, contact the JRSSC @ 540-316-6332



**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 cardio & total body exercises.

### 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 utilizing top 40, pop music and more - 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 arm, core and leg drills. A great workout for everyone interested in improving strength 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.

### 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 POWER FLOW

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

### KIDZ YOGA

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

### 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 the your balance, recover from your regular workouts and daily life stress.