

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

EXPRESS CYCLE
5:15A @ CYCLE
JESSE/MARISOL

BEAT THE HEAT BOOTCAMP
8:15A OUTSIDE
MICHELLE M. / RENE'

CYCLE
8:15A CYCLE
KEITH

CYCLE
9:15A @ CYCLE
MICHELLE B.

CYCLE
9:15A @ CYCLE
MARISOL

CYCLE
9:15A @ CYCLE
MELISSA

CYCLE
9:15A @ CYCLE
MELISSA

CYCLE
9:15A @ CYCLE
JESSE

CYCLE
9:30A @ CYCLE
JESSE

CYCLE
9:30A @ CYCLE
MARISOL

TABATA
9:15A @ GYM
MARISSA

ZUMBA
9:15A @ GYM
TARIF

KETTLEBELL AMPD
9:15A @ GYM
JESSE

CARDIO BARRE
9:15A @ GYM
CARRIE

YOGA
10:30A @ CYCLE
MICHELLE M.

YOGA
11:15A @ CYCLE
MICHELLE B.

MOVE IT
11:15A @ GYM
CARRIE

YOGA
11:15A @ CYCLE
MICHELLE B.

SPECIAL EVENT!
90 MINUTE CYCLE FEST
FRIDAY, AUGUST 21ST
5:30P-7:00P
REGISTRATION REQUIRED

SCULPT & CORE
5:30P @ CYCLE
MICHELLE M. / RENE'

CYCLE
5:30P @ CYCLE
KIM Y.

AMPD FUSION
5:30P @ CYCLE
JESSE

CYCLE
5:30P @ CYCLE
KIM Y.

CYCLE
6:30P @ CYCLE
MICHELLE M.

ZUMBA
6:30P @ CYCLE
TARIF

CYCLE
6:30P @ CYCLE
MICHELLE M. / KEITH

MIXED FIT
6:30P @ CYCLE
ZAKIA

EVENING RELEASE
YOGA
7:30P @ CYCLE
MICHELLE M.

EVENING RELEASE
YOGA
7:30P @ CYCLE
RENE'

PHASE 3 REMINDERS:

- YOU ARE ABLE TO SIGN UP ONLINE OR OVER THE PHONE
- ALL CLASSES ARE 45-MINUTES TO ALLOW TIME FOR CLEANING
- PLEASE BRING YOUR OWN MAT
- ALL EVENING CLASSES WILL BE HELD IN THE GROUP EXERCISE STUDIO

TIMES, CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE



CENTER HOURS
M - F • 5A - 9P
SAT • 7A - 5P
SUN • 8A - 5P

J-CLUB HOURS
M - F • 9A-10:15A, 10:30A-11:45A,
12P-1:15P, 5P-6:15P, 6:30P-7:45P
SAT • 8A-9:15A, 9:30A-10:45A, 11A-12:15P

GROUP EXERCISE SCHEDULE
AUGUST 2020
(540) 318.6332 • ROUSECENTER.COM

CARDIO

BARRE STRENGTH

This class is an invigorating total body strength based class with a specific focus on sculpting the core and the lower body.

CARDIO BARRE

Looking for all of the benefits of cardio, strength, balance and core training without the impact? This class is for you! Perfect for all fitness levels.

CYCLE & CORE

All the cardio benefits of Cycle followed by core strengthening exercises.

CORE & MORE

Looking for a little more for the core? Try Core & More and enjoy a total body core-focused workout!

CYCLE: HILLS & SPRINTS CYCLE: RACE DAY

Take a spin on some hills and flats or try a race to increase overall cardio and strength levels.

EXPRESS CYCLE

Short on time? Try to the 45 min Express Cycle class for a full cardio workout to kick off your day!

HIGH

If you are ready to take your fitness levels HIGH-er, this class is for you. All the benefits of strength based body-weight exercises plus all the benefits of cardio interval training in a fun environment.

H.I.I.T.

High-Intensity Interval Training (HIIT), similar to Boot Camp, is a form of interval training, individually or in groups, that alternates short intense periods of various body weight, strength based and/or core-focused exercises with less intense recovery periods.

INTRO TO CYCLE

New to Cycle or looking for a quicker workout? Join us for a 30 minute heart pumping, calorie torching, ride covering all the basics of Cycle for new participants followed by 15 glorious minutes of stretching and strengthening.

MIXXED 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 challenging strength and cardio 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!

SPINTENSTITY

High Intensity Interval Training meets Cycle in this class. All the benefits of calorie torching HIIT without the impact.

STEP & SCULPT

Back by popular demand, STEP is back on the schedule! Join us for this total body toning, 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!

ZUMBA

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

STRENGTH

AMPD FUSION

Love KB AMPD? Love KB Strength? Put them together and you have AMPD Fusion. The best of both Kettlebell strength training worlds.

AMPD STRENGTH

If you like Kettlebell AMPD, you will love AMPD Strength which expands on the traditional KB AMPD format to include BARBELLS!

KETTLEBELL AMPD

This format takes heart pumping music and kettlebell moves and combines them into a 50-minute total body strengthening workout!

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.

TONE & SCULPT

'Tone, tighten and sculpt your total body with this strength-based class utilizing barbells, free weights and bodyweight and watch the transformation begin.

TOTAL STRENGTH

Total Strength is a total body cardio and strength workout that will increase cardio strength, strengthen all the major muscle groups, and tighten up the core.

UPPER BODY BLAST

Who wants beautiful sculpted arms? In this class you'll have fun toning and strengthening your upper body while focusing on specific exercises to tone arms, shoulders and upper back.

WARRIOR WORKOUT

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

MIND & BODY

INTRO TO YOGA

If you are thinking about trying yoga for the first time, check out this class. All the basics of a yoga flow, the terminology and safety are covered before, during and after the practice.

YOGA

This class uses continuous, systematic flowing poses and synchronized breathing to help release tightness in the body, while increasing core strength and overall balance. Treat your body, soul and spirit to this class and recover better overall health and wellness.

YOGA FLOW

Flow through your sun salutations to stretch, lengthen and strengthen your muscles and improve your overall balance.

YOUTH

FIT KIDZ (AGES 5-9)

A FUN combination of cardio and strength based movements and games.

*** Parental sign-in/out required.

ZUMBA KIDS (AGES 5-9)

Kids just wanna have FUN, so let them shake, wiggle, jump to the beat with a kid-sized movement-based Zumba class!

*** Parental sign-in/out required.

GROUP EXERCISE CLASS DESCRIPTIONS



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