Maidu Community Center

1550 Maidu Drive
(916) 772-PLAY Option 4

CITY OF ROSEVILLE CALIFORNIA

Group Exercise Schedule · **November 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Sunrise Yoga & Stretch 8:00 - 8:45am NEW! Christine
Chair Fit Mix Fusion 9:00 - 9:45am Debbie	Never Too Late Aerobics 9:00 - 9:45am Gina	Chair Fit Mix Fusion 9:00 - 9:45am Debbie	Zumba Sentao 9:00 - 9:45am Debbie	Never Too Late Aerobics 9:00 - 9:45am NEW! Christine
Tranquil Chair Yoga 10:00 - 10:45am Debbie	Chair Fit Mix 10:00 - 10:45am Gina	Tranquil Chair Yoga 10:00 - 10:45am Debbie	Tranquil Chair Yoga 10:00 - 10:45am Debbie	Functional Fitness 10:00-10:45am Shelly
YogaFit Mix 11:00 - 11:45am Debbie	Gentle Yoga 11:00 - 11:45am Gina	YogaFit Mix 11:00 - 11:45am Debbie	YogaFit Mix 11:00 - 11:45am Debbie	Chair Fit Mix 11:00 - 11:45am Shelly
Functional Fitness 12:00 - 12:45pm Shelly		Functional Fitness 12:00pm-12:45pm Shelly		
Chair Fit Mix 1:00 - 1:45pm Shelly		Chair Fit Mix 1:00 - 1:45pm Shelly		

FACILITY HOURS
Monday-Friday
8:00am - 5:00pm

Saturday/Sunday
Closed

MODIFIED HOURS
November 11 - Facility CLOSED

November 26 and 27 - Facility CLOSED

Chair Fit Mix: Exercises are performed primarily seated, with optional standing movements using the chair for support. participants will work on strength, flexibility, balance, and cardiovascular health through a variety of gentle, effective movements using a variety of equipment.

Chair Fit Mix Fusion: A primarily seated, chair-based class with optional opportunities to stand using the chair for support. Participants will engage the legs, arms, and core through a variety of heart-healthy movements and exercises. Individual options are provided to accommodate different fitness levels and abilities.
Equipment may include light weights, balls, gliders, resistance bands, and balance discs.

Functional Fitness: This class puts the "FUN" in functional fitness! Enjoy a full-body workout featuring balance, mobility, strength, and core exercises designed to support and improve your every day activities.

Never Too Late Aerobics: A fun, Low impact aerobics class with easy-to-follow movements that improve cardiovascular health, strength, coordination, and balance. Come ready to mave, and have fun!

Sunrise Yoga & Stretch: Increase balance, flexibility, and relaxation with a combination of seated and standing yoga and QI Gong based movements. Closed toe/heel shoes are recommended.

Tranquil Chair Yoga: A gentle, primarily seated class that combines mindful movement with meditative breath awareness. Class includes a warm up, seated sun salutations, and a variety of optional standing poses using the chair for support. Improve balance, flexibility, mobility, and core strength at your own pace, followed by a relaxing cooldown with mindful breathing. **GENTLE YOGA:** full body stretch on the mat with a combination of standing and lying postures.

Yogafit mix: Build strength, balance, and flexibility in this Slow Flow Yoga experience. Enhance your practice with the dynamic use of props including yoga straps, stretch bands, body bars, Pilates rings, gliders, stability balls, and light weights offering fresh movement, and gentle challenge. Footwear: barefoot or yoga socks for optimal grounding and stability.

Zumba Sentao: Zumba Sentao (means sitting) combines cardiovascular and resistance training with innovative dance fitness moves, all centered around a chair.

roseville.ca.gov/fitness