Mahany Fitness Center

1545 Pleasant Grove Boulevard
(916) 772-PLAY (7529)

CITY OF ROSEVILLE CALIFORNIA
Parks, Recreation & Libraries

Group Exercise Schedule · November 23 - 29, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FUNCTIONAL FITNESS 6:00-6:45am Gym Side 2 Andi	PURE STRENGTH 6:00-6:45am Gym Side 2 Heidi	HIIT Strength & Cardio 6:00-6:45am Gym Side 2 Kate				
TRX CIRCUIT* 7:00-7:45am Joan						
Balance, Strength & Core 7:30-8:15am Gym Side 2 Lisa	PILOGA 7:30-8:15am Gym Side 2 Kirsti	FIT BODY CARDIO SCULPT 7:30-8:15am Gym Side 2 Kirsti				
TRX CIRCUIT* 8:00-8:45am John		**TRX CIRCUIT*** 8:30-9:30am Kirsti				
TRX CIRCUIT* 9:00-9:45am John	**TRX CIRCUIT*** 9:00-10:00am Kirsti				**TRX CIRCUIT*** 9:00-9:45am STAFF	
FUNCTIONAL FITNESS 10:00-11:00am Batting Cages* Andi	FUNCTIONAL FITNESS 10:05-11:00am Batting Cages* Lisa	ZUMBA TONING 10:00-11:00am Batting Cages* Andi	**Happy Thanksgiving!**			
		TRX PILATES* 10:30-11:15am MaryAnn				
	TRX CIRCUIT* 4:30 - 5:15pm Joan/Lisa					
TRX CIRCUIT* 5:30 - 6:15pm Jaime	**TRX CIRCUIT*** 5:30 - 6:15pm + 6:30 - 7:15pm MaryAnn	**TRX CIRCUIT*** 5:30 - 6:15pm STAFF				
TRX CIRCUIT* 6:30-7:15pm Jaime						
	YIN YOGA 7:20-8:20pm Activity Room Alicia					

FACILITY HOURS

Monday - Friday
5:30am - 9:00pm

Saturday - Sunday
8:00am - 3:00pm

ADDITIONAL INFORMATION

Youth 13 and up allowed in the fitness room.

Always check Group Ex Pro for latest schedule and instructor updates.

*TRX, Cycle classes and Friday Night Pop-Up class have limited spots. Reserve on Group Ex Pro.

**Friday Night Pop Up Class
Class schedule, description and instructor posted on Group Ex Pro.

CANCELLATION POLICY FOR CLASS RESERVATIONS:
If you no-show without cancelling three or more times in a two week period, you will not be able to reserve a spot for a 14-day period.

Please note that classes taking place at the Batting Cages are weather dependent.

Please check Group Ex Pro for the most up to date schedule.

roseville.ca.gov/fitness

Class Descriptions
Mahany Fitness Center

$15 DROP IN OR INCLUDED WITH MEMBERSHIP

Balance, Strength, & Core: This class combines resistance training, stability and mobility work, and core focused exercises designed to improve posture, core strength, and muscular endurance through controlled movements. All levels welcome.

Barre Fusion: Develop your balance, posture and coordination while building strength and fine tuning your muscles. Class can be done barefoot or in athletic shoes.

Beyond Basic Step: This cardio based class combines fun music with choreographed patterns using a step bench (risers optional). All levels weclome.

Belly Dance (Fusion): A contemporary, electric dance style blending traditional Middle Eastern/North African belly dance with genres like hip-hop, Afrobeats, Urban Latin, flamenco, ballet, or classical Indian dance.
Belly Dance (Traditional): Traditional Middle Eastern art form that is energizing and low-impact. Explore hip, shoulder, and core muscle isolations. All levels welcome. Shoes optional.

Chair Fit: This is a perfect class for anyone wanting to improve balance and strength or those with arthritis or mobility challenges. **Chair Yoga:** Chair based yoga class for all levels.

Cycle Intervals: A cardio based cycle class on the bike. This class combines cardio and endurance, variations of speed and resitance. Bikes are compatible with SPD clip-in style shoes and have toe cages for athletic shoes. All levels welcome.

Cycle & Strength: A cycle workout followed by strength training focusing on the upper body using various fitness equipment. Bikes are compatible with SPD clip-in cycle shoes. **Cycle Express**: 35 minute class, primarily on the bike.

Fit Body Cardio Sculpt: A low impact workout that incorporates cardio, strength training, core and balancing exercises in a moderate intensity format. A great way to start your morning routine.

Functional Fitness: This class puts the "FUN" in functional fitness! Workout will include a variety of balance, core, strength and low-impact mobility movements that will help you with your daily life activities.

HIIT Cardio Circuit: Medium to high intensity mix of cardio and strength intervals. Tabata style format suitable for all fitness levels.

Mat WorX: Cross-training on a mat! This brand new format is ab/hip/glute/oblique and low back work, all done on the floor. The cross connection between the hips and shoulders is a key to our posture and core strength.

Open Exercise: This time is used for individuals to do their own workouts with use of equipment (including bikes), stretching activities, and dancing. Please clean and return equipment.

Piloga: 10-15 minutes of yoga stretches to encourage positive body circulation moving into Pilates exercises to improve strength, flexibility and posture. Tone your body through deep breathing, concentration and control.

Pure Strength: Use of dumbbells, body bars and bands while working to improve your muscular strength. Abdominal/Core work in every class.

Restore & Revive: Feel renewed with this recovery class that focuses on mobility, stability and flexibility. This gentle class will include a mix of standing and floor work using a mat and yoga blocks. Barefoot or yoga socks recommended.

Strong and Steady: This class is specifically designed to help you move through the world with ease and security. We focus on strengthening the stabilizer muscles while practicing functional balance exercises that mimic real-life movements. All levels welcome.

TRX Balance: This class uses suspension straps to create instability, forcing your core and stabilizing muscles to engage for improved balance, coordination, and fall prevention.
TRX Circuit : This 45-minute full body workout uses your own weight as resistance and provides strength, balance and stability.**TRX Pilates**: TRX PILATES takes traditional pilates up a notch utilizing suspension training. We add new twists to get a gentle but total body workout. All fitness levels welcome.
TRX Stretch: This 45 minute workout uses your own weight as resistance to provide strength with a focus on mobility and flexibility.

Yoga: Learn and practice the basic building blocks of yoga postures interwoven with flexibility, strength, balance and relaxation techniques. ***Yin Yoga:*** Deep muscle stretching with long holds in lying positions. ***YogaFit Mix:*** A slow flow yoga class that blends mindful movement and creative props to build strength, balance, and flexibility with a deep focus on your core, hips, and glutes.

Zumba®: A fun dance fitness format done to upbeat Latin rhythm music. No dance experience required. Come learn the dance steps, then put it all together and shake your body! Smooth bottom court type shoes recommended.

Zumba Sentao: the perfect way to ease into Zumba with a seated/standing format. The chair is your dance partner for this workout!

Zumba Toning: Combines targeted body-sculpting exercises and an invigorating cardio workout with zesty Latin music to create a strength-training dance fitness-party for all fitness levels. Participants learn to use lightweight maraca-like Toning Sticks to enhance rhythm and sculpt their bodies.

***Please note:** All group fitness participants are encouraged to bring their own mats, water bottles and towels. Please wipe down any equipment used immediately after class.
For questions regarding memberships, please contact the Mahany FitnessCenter at (916) 772-PLAY

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