

# Group Exercise at Roseville Health & Wellness Center

Time	Monday	Tuesday	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am		<b>Strength Training</b> Kaitlyn Wise	<b>Spin-tervals</b> Dee Roberts	<b>Strength Training</b> Kaitlyn Wise		
8:00 am		<b>Yoga</b> Ellen		<b>Yoga</b> Christian	<b>Yoga</b> Ellen	
9:00 am	<b>Spin</b> Mike Makela	<b>*Bootcamp 8:30 am</b>	<b>Cardio Blast</b> Kaitlyn Wise	<b>*Bootcamp 8:30 am</b>	<b>Circuit training</b> Al Biancani	<b>Yoga</b> Lex
10:00 - 10:30 am	<b>*Chair Yoga 10:30</b>	<b>*Functional balance</b>		<b>*Functional balance</b>	<b>*Chair Yoga 10:30</b>	
11am			<b>Tai Chi 11am</b> Dr. Terrance Chang			
12:00pm	<b>Yoga</b> Ellen	<b>Spin &amp; Sculpt</b> Lisa Schetter		<b>Spin &amp; Sculpt</b> Lisa Schetter		
4:30 pm	<b>Mat Pilates</b> 45 min Dawn Niemi	<b>Fit Challenge</b> 45 min Kaitlyn Wise	<b>Mat Pilates</b> 45 min Dawn Niemi	<b>Fit Challenge</b> 60 min Kaitlyn Wise		
5:30 pm	<b>Spin</b> 45 min Kaitlyn Wise	<b>Yoga</b> 75 min Ellen				
5:45 pm			<b>Spin</b> 45 min Dee Roberts			
6:30 pm	<b>Yoga Stretch</b> 75 min Blythe Lehman					** All classes 1 hour Unless indicated

*\*Classes in Orange are paid programs. Ask the front desk for more details*