

Roseville Health Wellness Center

1650 Lead Hill Blvd . Roseville CA 95661

916-677-1200

	Monday	Tuesday	Wednesday	Thursday	Friday
6am		Strength Training Kaitlyn Wise		Strength Training Kaitlyn Wise	
8am		Yoga Deeann Kelly		Yoga Deeann Kelly	
8:30am					
9am	Spin Kaitlyn Wise		Cardio Blast Kaitlyn Wise		Circuit Training Al Biancani
10am	Chair Yoga (paid program)	Functional Balance (paid program)	Chair Yoga (paid program)	Functional Balance (paid program)	
11am					
12pm		Spin & Sculpt Lisa Robinson	Tai Chi Dr. Chang	Spin & Sculpt Lisa Robinson	
4:30pm		Fit Challenge Kaitlyn Wise		Fit Challenge Kaitlyn Wise	
5:00pm	Yoga/Stretch Blythe Lehman				
5:30pm		Yoga Christina			
6:30pm					

ON GOOD DAYS,
WORK OUT.
ON BAD DAYS,
WORK OUT
HARDER.



“COMMIT
TO BE
FIT.”

*updated August 1, 2024