



ROSEVILLE  
HEALTH & WELLNESS  
CENTER

# Land Class Schedule

1650 Lead Hill Boulevard  
Roseville CA 95661  
(916) 677-1200

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
<b>6:00AM</b>	Follow the leader Cardio Spin 45 min	Breakfast Burn 45 min	Follow the leader Cardio Spin 45 min	Breakfast Burn 45 min	1 <sup>st</sup> and 3 <sup>rd</sup> of the month End of week Stretch Class	
<b>8:00AM</b>		Yoga 60 min		Yoga 60 min	Yoga 60 min	Zumba 60 min
<b>9:00AM</b>	Spin and Sculpt 60 min	Cardio Train 60 min	Spin and Sculpt 60 min	Cardio Train 60 min	Body Conditioning 60 min	Yoga/ Pilates 60 min
<b>10:15AM</b>	Yoga 75 min					
<b>12:15PM</b>		Body Conditioning 60 min	Tai Chi 45 min	Fit Ball 11 45 min		
<b>1:00PM</b>			Fit Ball 1 45 min			
<b>4:30PM</b>	Mat Pilates 45 min	Circuit Training 45 min	Mat Pilates 45 min	Circuit Training 45 min	Mat Pilates 45 min	
<b>5:30PM</b>	Spin 45 min	Yoga 75 min	Spin 45 min	Spin 45 min		
<b>6:30PM</b>	Yoga 75 min		Zumba 45 min			

