

RANCHO SIMI RECREATION AND PARK DISTRICT



AEROBICS

at *The Center*

Rancho Santa Susana Community Center
5005-C Los Angeles Avenue (805) 584-4456

Steps, resistance bands and hand weights provided.
Please bring your own mats. No membership requirements!

\$30/calendar month

Sign-up for the month and workout as often as you want
Monthly registration available at The Center or at rsrpd.org before the 10th of each month

OR

\$6/day

Pay at the Center front counter before class

MORNINGS

Monday	8:30 am	Jazzercise (Low Impact)
Tuesday	8:30 am	Rock Hard
Wednesday	8:30 am	Jazzercise (Low Impact)
Thursday	8:30 am	Rock Hard
Friday	8:30 am	Jazzercise (Low Impact)
Saturday	8:30 am	Jazzercise

AFTERNOON/EVENINGS

Monday	4:30 pm	Cardio Sculpt
	5:30 pm	Jazzercise
	6:30 pm	Jazzercise
Tuesday	4:15 pm	Step
	5:15 pm	Jazzercise
	6:15 pm	Jazzercise
Wednesday	4:30 pm	Muscle Conditioning
	5:30 pm	Jazzercise
	6:30 pm	Jazzercise
Thursday	4:15 pm	Step
	5:15 pm	Jazzercise
	6:15 pm	Jazzercise
Friday	6:00 pm	Jazzercise



CLASS DESCRIPTIONS

JAZZERCISE

The original dance exercise phenomenon! Each workout is an energizing mix of dance and muscle toning movements choreographed to today's hottest music.

STEP

A powerful 45-minute workout consisting of choreographed step patterns. An invigorating experience for both body and mind. You choose the intensity. Variations of movements are demonstrated to accommodate both beginning and advanced levels. Height adjustable risers provided.

CARDIO SCULPT

From beginning to advanced, utilize challenging segments of cardiovascular work, muscle conditioning and other athletic drills in station format to ensure a complete total body workout.

MUSCLE CONDITIONING

Use your own body weight, bands and dumb bells to work on a combination of balance and strength.

ROCK HARD

A H.I.I.T. class combining weight training and cardio intervals to maximize overall fitness and burn more calories in a short amount of time.

www.rsrdp.org