WEST SACRAMENTO RECREATION CENTER

GROUP EXERCISE

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Step Aerobics Paula Joy - 7am Group Ex Room	**Mat Pilates** Darcy - 7am Group Ex Room	**Spin** Kristy - 6am Kinesis / Spin Studio	**Barre** Elise - 9am Group Ex Room	**Functional Fitness** Briana - 7am Group Ex Room	**Step Aerobics** Paula Joy - 8:05am Group Ex Room
Tone It Up! Satu - 9am Group Ex Room	**Kinesis & More** Marcella - 8am Kinesis / Spin Studio	**Functional Fitness** Briana - 9:15am Group Ex Room	**Gentle Yoga & Meditation** Elise - 10am Group Ex Room	**Kinesis & More** Briana - 8am Kinesis / Spin Studio	**Zumba** Varies - 10:05am Group Ex Room
Kinesis Briana 9am & 9:35am Kinesis / Spin Studio	**Yoga** Elise - 9am Group Ex Room	**Kinesis** Marcella 9am & 9:30am Kinesis / Spin Studio	**Kinesis & More** Marcella - 12pm Kinesis / Spin Studio	**Functional Fitness** Briana - 9am Group Ex Room	
Stretch Karen - 10:15am Group Ex Room	**Fit & Flow** Marcella - 10:15am Group Ex Room	**Cardio Lift** Briana 5:15pm Group Ex Room	**Cardio Lift** Nyssa - 4:15pm Group Ex Room	**Low Impact Mix** Satu -10:15am Group Ex Room	
Mat Pilates Karen - 11:10am Group Ex Room	**Cardio Lift** Nyssa - 4:15pm Group Ex Room	**Kinesis & More** Nyssa - 5:30pm Kinesis / Spin Studio	**Kinesis & More** Nyssa 5:15pm Kinesis / Spin Studio	**Stretch & Flex** Satu - 11am Group Ex Room	
Kinesis & More Nyssa - 12pm Kinesis / Spin Studio	**Kinesis & More** Nyssa - 5:15pm Kinesis / Spin Studio	**Zumba** Varies - 6:05pm Group Ex Room	**Yoga** Renee - 5:30pm Group Ex Room		
Cardio Lift Nyssa - 5:15pm Group Ex Room	**Yoga** Lance - 5:30pm Group Ex Room	**Spin** Kelly - 6:30pm Kinesis / Spin Studio	**Spin** Marie - 6:30pm Kinesis / Spin Studio		
Zumba Varies - 6:05pm Group Ex Room	**Zumba** Vivien - 7:05pm Group Ex Room		**Zumba** Jem - 6:35pm Group Ex Room		
Kinesis Briana - 6pm Kinesis / Spin Studio					
Spin Briana - 6:30pm Kinesis / Spin Studio					

Updated 9/14/2026

Group Training Sessions

Tuesday	Thursday
	Strength & Conditioning: Coach Marcella - 9am

Class Descriptions:

Barre Sculpt and tone your legs and upper body with a blend of barre, core, and strength-training exercises.

Cardio Lift is a full-body workout combining cardio, strength, and conditioning for maximum results!

Fit & Flow is a low-impact class that blends resistance training with smooth, mobility-focused movements to improve strength and balance.

FUNctional Fitness is a fun, upbeat interval workout that incorporates functional movement, strength, stability, and cardio — great for all fitness levels!

Group Training sessions are perfect for those seeking specialty training in a group setting. Coaches guide you through challenging, effective sessions that include strength, conditioning, and cardio.

Kinesis is a workout focused on improving balance, flexibility, and strength. Suitable for a wide range of ability levels.

Mat Pilates focuses on core strength, flexibility, and overall body alignment. Strengthen, stretch, and improve balance using controlled movements on the mat.

Spin is a high-energy endurance ride for a great calorie burn. Our Matrix Ride bikes provide performance metrics to help you improve every session.

Step Aerobics is a fun, high-energy workout where you step up, down, and around a platform to music—boosting cardio, coordination, and strength.

Stretch Increase your range of motion and support recovery in this guided stretching class.

Tone It Up! A full-body workout featuring cardiovascular and strength movements using resistance bands, core exercises, and more.

Total Strength Build strength in every major muscle group using bars, bands, dumbbells, and more for a complete full-body workout.

Yoga Tone, strengthen, and stretch your body while enjoying the benefits of improved fitness and posture.

Zumba is a fun Latin-inspired dance fitness class designed for everyone — no dance experience needed!