

Adult Fitness

Location:
Rusch Park Auditorium

Sit and Fit - Beginner

Great for those looking to get back into a regular conditioning routine.

Mon/Wed/Fri 11:00am - 12:00pm

4501.301	10/2 - 10/30	\$28
4501.302	11/1 - 11/29*	\$24
4501.303	12/1 - 12/15	\$16
4501.304	1/3 - 1/31*	\$26
4501.305	2/2 - 2/28*	\$24
4501.306	3/2 - 3/30	\$28

Power Hour - Intermediate

A fun class for those looking to stay active, and keep their bodies in good shape.

Mon/Wed/Fri 8:15 - 9:15am

4301.301	10/2 - 10/30	\$28
4301.302	11/1 - 11/29*	\$24
4301.303	12/1 - 12/15	\$16
4301.304	1/3 - 1/31*	\$26
4301.305	2/2 - 2/28*	\$24
4301.306	3/2 - 3/30	\$28

Push the Limit - Advanced

This class is for those looking for more of a challenge. There is no chair-work done in this class.

Mon/Wed/Fri 9:30 - 10:45am

4321.301	10/2 - 10/30	\$28
4321.302	11/1 - 11/29*	\$24
4321.303	12/1 - 12/15	\$16
4321.304	1/3 - 1/31*	\$26
4321.305	2/2 - 2/28*	\$24
4321.306	3/2 - 3/30	\$28

These fitness classes are for adults and mature adults looking to improve strength, endurance, balance, and flexibility. Classes will include chair aerobics, strength training and breathing exercises. Participants will be given the option of standing aerobics and mat work for the second half of the class.

Option to bring small dumbbells for added intensity (ex: 1 lb., 2 lb., 3lb.). Think small!

Please wear fitness appropriate shoes.

***No class 11/10, 11/24, 1/15, 2/19**



7801 Auburn Blvd.
Citrus Heights, CA 95610
(916) 725-1585
(916) 725-2541 fax
www.sunriseparks.com

[View Activities & Register Online](#)



**Parks
Make
Life
Better!**

Follow us:

