

updated:  
June 18, 2017



\* requires reservation (15 min prior)

! new class or class time

# Fitness / Schedule

MON	TUE	WED	THU	FRI	SAT
<p>5:45am Monday Morning Meltdown!</p> <p>* 6:30am Cycling (45 min)</p> <p>9:30am Strengthen &amp; Stretch (45 min)</p> <p>9:30am Pilates Mat</p> <p>10:30am Aqua Splash (45 min)</p> <p>* 10:30am Cycling (45 min)</p> <p>10:30am Vinyasa Flow Yoga</p> <p>11:30am Aquacize Deepwater</p> <p>11:30am Body Barre &amp; Sculpt</p> <p>4:30pm Step Up &amp; Burn Express</p> <p>4:30pm Boxing Conditioning</p> <p>5:30pm Cardio Evolution (45 min)</p> <p>* 6:30pm Cycling (45 min)</p> <p>6:30pm Ab Attack (30 min)</p> <p>6:30pm Zumba®</p> <p>7:30pm Vinyasa Yoga</p>	<p>* 6:30am Cycling (45 min)</p> <p>6:30am Cardio Explosion</p> <p>9:30am Silver Krocs</p> <p>10:30am Silver Krocs</p> <p>10:30am Kundalini Yoga</p> <p>10:30am Aquacize Deepwater</p> <p>11:30am Tai Chi</p> <p>5:45pm Sculpt I.T. (45 min)</p> <p>6:00pm Kundalini Yoga</p> <p>6:30pm Tabata</p> <p>* 6:30pm Cycling (45 min)</p> <p>7:30pm Zumba®</p> <p>6:30pm Aqua Splash</p>	<p>6:30am Total Body Conditioning</p> <p>8:30am Cardio Bootcamp</p> <p>9:30am Strengthen &amp; Stretch (45 min)</p> <p>10:30am Zumba®</p> <p>10:00am Aqua Splash</p> <p>* 10:30am Cycling (45 min)</p> <p>10:30am Hatha Yoga</p> <p>4:30pm Step Up &amp; Burn</p> <p>5:30pm Adult African Dance</p> <p>5:30pm Cardio Abs &amp; Toning</p> <p>6:30pm Hatha Yoga</p> <p>* 6:30pm Cycling (45 min)</p> <p>6:30pm Ab Attack (30 min)</p>	<p>* 6:30am Cycling (45 min)</p> <p>9:15am Aquacize</p> <p>9:15am Strengthen &amp; Stretch (45 min)</p> <p>9:45am Pilates Mat</p> <p>10:30am Silver Krocs</p> <p>10:30am Vinyasa Flow Yoga</p> <p>10:30am Aquacize Deepwater</p> <p>11:30am Tai Chi</p> <p>11:30am Gentle Yoga</p> <p>4:30pm Line Dance</p> <p>5:30pm Pilates Mat</p> <p>5:30pm Body Sculpting</p> <p>* 6:30pm Cycling (45 min)</p> <p>6:30pm Ballet (13+)</p> <p>6:30pm Aqua Splash</p> <p>6:30pm Turbo Kick</p> <p>7:30pm Zumba®</p> <p>! 7:30pm Pilates</p>	<p>* 6:30am Cycling (45 min)</p> <p>8:30am Turbo Kick</p> <p>9:30am Total Body Conditioning</p> <p>10:00am Aqua Blast (45 min)</p> <p>10:30am Hatha Yoga</p> <p>11:00am Aquacize Deepwater</p> <p>11:30am Gentle Yoga</p>	<p>* 8:30am Cycling (45 min)</p> <p>9:00am Zumba®</p> <p>* 10:00am Super Cycle</p> <p>9:00am Hatha Yoga</p> <p>9:30am Ab Attack (30 min)</p> <p>10:00am Circuit Boot Camp</p> <p>11:00am Body Sculpting</p> <p>11:00am Kid's Fun &amp; Games (Ages 5-8) <i>Held in Water Park on 2nd + 4th weeks</i></p>

## PERSONAL TRAINING



**Introduction Package**  
3 Sessions: \$99

**Buddy Training (for 2)**  
4 Sessions: \$189

See a Fitness Staff Member  
for details

Group Exercise Studio (Room 242)

Dance Studio (Room 243)

Cycling Studio (2nd floor Fitness Center)

Aquatics (Family Water Park & Competition Pool)

Gymnasium

Small Group Training (see staff for pricing)

**Aquacize:** A fun pool class incorporating cardiovascular work and strength training exercises using pool resistance equipment. This workout uses weights and/or body bars to promote muscular endurance, flexibility and body alignment.

**Aqua Blast:** Start your weekend off with a blast! A high-energy, fun pool class incorporating cardiovascular dance moves and strength training exercises using pool resistance equipment. This workout uses weights and/or noodles to promote muscular endurance, flexibility and body alignment.

**Aquacize Dance:** Maximize your workout in 45 min! Dance and groove in the water! Dance styles of the 40's 50's 60's & 70's up. We also explore dances of other cultures with the music of the era and of we do our World Famous Aqua Soul train dance line. Come get your Groove on with AquaDance!

**Aquacize DeepWater:** A challenging class held in the Kroc Competition Swim pool. A total body workout using water resistance eliminating impact and stress on joints. It exercises your heart and lungs and boosts your cardiovascular system! Flotation belts are optional.

**AquaSplash:** NEW! A fun and very effective workout for all abilities - designed to "wash your worries away" - and get fit too! Excellent for Seniors and those suffering from Arthritis and injury post-rehab.

**Ballet:** 13 + Adult. Classical ballet technique focusing on barre, floor exercises, center work and building choreography.

**Body Barre & Sculpt:** A total body workout that sculpts long lean muscles and increases stamina! Ballet and Pilates exercises are combined using the ballet barre and incorporating floor exercises.

**Body Sculpting:** This workout uses weights and/or body bars to promote muscular endurance, flexibility and body alignment.

**Cardio Abs & Toning:** Burn calories and tighten up those abs while building strength and flexibility. An abdominal workout that starts with standing core conditioning then drops down to mat to tone the entire upper body. Build strength and endurance in this core conditioning class.

**Cardio Evolution:** Each month will focus on a different piece of equipment so that you're never doing the same exercises twice.

**Cardio Kickboxing:** A non-contact workout that includes cardio and strength training. It has the basics of kickboxing along with fat burning cardio. Everyone from beginner to highly experienced can benefit from this class. It will help participants achieve personal fitness goals in a fun energized class.

**Children's African Dance:** Class begins with warm-up exercises that condition the body for this form of dance by developing strength, aerobic stamina, coordination, flexibility, and rhythmic awareness. Learn authentic dances and songs from Africa.

**Cycling:** Try a challenging forty-five minute stationary cycling class that utilizes various training techniques and motivational strategies to simulate actual riding experiences.

**Gentle Yoga - Senior Yoga:** a series of seated and standing yoga poses. Chairs provide support for various postures designed to increase flexibility, balance and range of movement. Breathing exercises and a relaxation period reduce stress and improve mental clarity.

**Hatha Yoga:** This form of yoga incorporates an eclectic blend of two or more yoga styles, while focusing on posture and breathing. Most of the poses are seated and held longer than usual. Along with promoting relaxation it develops muscular strength, suppleness and flexibility. Yoga straps and blocks are also incorporated.

**Kundalini Yoga:** A way of healing for balance, strength and inner growth. Its dynamic blend of breathing, stretching, movement, mantra, meditation and relaxation that will empower you on all levels, giving you the energy and impetus for strength, success, and well-being. These classes are ideally suited for those who want to lead relaxed and happy lives amid the pressures of modern society.

**Pilates Mat:** Developed by Joseph H. Pilates, the focus of this

discipline is to strengthen and stretch the abs and back by solely using the body. Technique involves proper breathing and control over various muscles.

**Power Vinyasa Yoga:** This power vinyasa yoga class is a specifically sequenced set of postures designed to tone, and detoxify your body. The focus is on the foundations of power yoga, body alignment, physical conditioning, and mindfulness. The yoga class is for all levels from the beginner to most advanced student.

**Sculpt IT (Interval Training):** a nonstop, powerhouse workout that is guaranteed to burn calories and get your heart pumping! Throughout this class you improve your cardiovascular fitness level as you strengthen and tone every major muscle group in your body through timed intervals. This is the most fun you'll have doing cardio and lifting weights!

**Silver Krocs - Senior Fitness:** Have fun and move to the music while doing various exercises designed to increase strength, range of movement, and activity for daily living. Hand-held weights, elastic tubing with handles, and physio balls provide resistance. Chairs are used for support.

**Strengthen & Stretch:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance.

**Step Up and Burn:** Are you ready to step up your workout routine?! Then get ready for this high-energy cardio dance and step aerobics class designed to burn calories, tone your lower body along with fun core work.

**Super Cycle:** A challenging full 60 minute stationary cycling class that utilizes various training techniques and motivational strategies to simulate actual riding experiences.

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**Tabata:** High intensity interval training that uses 20-second increments of ultra-intense exercise. With quick cardio elevation and less recovery time, this class will push your body to its fitness limit.

**Tai - Chi:** Learn the movements of Tai Chi to improve your health and wellness and achieve mind, body, spirit. Take advantage of the proven benefits of Tai Chi including: improved balance and posture, increased strength, and decreased stress. We will focus on proper form and technique as we break down the individual movements of the sequence.

**Total Body Conditioning:** Get your body into complete shape with intervals of aerobic exercises and weights to firm your body and burn calories.

**Vinyasa Flow Yoga:** A dynamic style of yoga with special attention paid to linking breathing with movement. There is an emphasis on standing postures.

**Zumba®:** The Zumba® Program fuses hypnotic Latin rhythms and easy - to - follow moves to create a one of a kind fitness program! The routines feature some interval training sessions where fast and slow rhythms increase fat burning.

**All classes are 55 minutes unless otherwise specified. Classes start promptly at the scheduled times; admittance may be denied after class has begun. Visit our website at: [www.SalvationArmyKrocCenter.org](http://www.SalvationArmyKrocCenter.org) for the latest updated schedules. Please note classes are subject to change based on attendance. There are no scheduled classes on Sunday.**