

updated:  
October 1, 2018



\* requires reservation (15 min prior)

! new class or class time

# Fitness / Schedule

MON	TUE	WED	THU	FRI	SAT
6:30am Sunrise Yoga (Outdoors)	* 6:30am Cycling (45 min)	6:30am Total Body Conditioning	* 6:30am Cycling (45 min)	* 6:30am Cycling (45 min)	8:00am Qigong Meditation
* 6:30am Cycling (45 min)	6:30am Cardio Explosion	8:30am Cardio Bootcamp	9:15am Aquacize	8:30am ABC: Abs, Buns, & Cardio	* 8:30am Cycling (45 min)
9:30am Strengthen & Stretch (45 min)	9:30am Silver Krocs	9:30am Strengthen & Stretch (45 min)	9:30am Strengthen & Stretch (45 min)	9:30am Total Body Conditioning	9:00am Kidz Cross Fit
9:45am Pilates Mat	10:30am Silver Krocs	10:30am Zumba®	9:45am Pilates Mat	10:00am Aqua Bootcamp (45 min)	9:00am Zumba®
10:30am Aqua Bootcamp (45 min)	10:30am Kundalini Yoga	10:00am Aqua Splash	10:30am Silver Krocs	10:30am Aqua Bootcamp (45 min)	9:00am Ab Attack
* 10:30am Cycling (45 min)	10:30am Aquacize Deepwater	* 10:30am Cycling (45 min)	10:30am Vinyasa Flow Yoga	10:30am Hatha Yoga	* 9:30am Cycling (45 min)
10:30am Vinyasa Flow Yoga	11:30am Tai Chi	10:30am Hatha Yoga	10:30am Aquacize Deepwater	11:00am Aquacize Deepwater	10:00am Yoga Basics
11:30am Aquacize Deepwater	5:45pm Sculpt I.T. (45 min)	5:00pm Strictly Strength	11:30am Tai Chi	11:30am Gentle Yoga	10:15am Circuit Boot Camp
11:30am Body Barre & Sculpt	6:00pm Kundalini Yoga	6:30pm Jazz Jams	11:30am Gentle Yoga (with chair option)	11:30am Gentle Yoga	! 11:00am Metabolic Conditioning
4:30pm Station Showdown	6:30pm Tabata	5:30pm Cardio Abs & Toning	4:30pm Line Dance		11:00am Kidz Fit + Fun (in Pool last Sat.)
4:30pm Boxing Conditioning	* 6:30pm Cycling (45 min)	6:30pm Hatha Yoga	5:30pm Lean Extreme		
5:00pm Dirty Thirty (30 min)	7:30pm Zumba®	6:30pm Hatha Yoga	* 6:30pm Cycling (45 min)		
5:30pm Monday Mixup (45 min)	6:30pm Aqua Splash	6:30pm Ab Attack (30 min)	6:30pm Ballet (13+)		
* 6:30pm Cycling (45 min)	7:30pm Metabolic Conditioning		6:30pm Aqua Splash		
6:30pm Ab Attack (30 min)			6:30pm Turbo Kick		
6:30pm Zumba®			7:30pm Zumba®		
7:30pm Vinyasa Yoga			7:30pm Pilates		
7:30pm Metabolic Conditioning					

## PERSONAL TRAINING



**Introduction Package**  
3 Sessions: \$119

**Buddy Training (for 2)**  
4 Sessions: \$219

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

**Ab Attack:** 30 minutes focused on burning out the abdominal muscles through sustained holds and breathing. This class uses every speed and utilizes the standing position as well as the floor.

**Adult African Dance:** Come all. This class is for beginners. The basics and origins of African dance and its many styles will be taught. Have fun learning songs and the moves to go with them and you enjoy the drums and communal feel.

**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 Boot Camp:** Achieve your fitness goals in the water with this high-energy, drill-based, interval workout session! Take charge of your day with this balanced workout combining cardio and strength exercises. We will use functional movements to improve the cardiovascular and muscular systems. Your agility, strength, cardiovascular fitness and core stabilization will be challenged through body weight and aqua weights.

**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.

**Boxing Conditioning:** A full body conditioning by way of boxing forms, technique, drills and overall cardio.

**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 Boot Camp:** This class is a challenging cardiovascular driven class that uses equipment and extended periods of working for a full body push.

**Cardio Explosion:** This fun, high energy packed class targets the cardiovascular system through high impact movement and endurance driven activity.

**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.

**Circuit Boot Camp:** A class that is structured in a circuit style format to target the body from top to bottom. This class may incorporate equipment.

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

**Dirty Thirty:** Come get a full body burn with a variety of 30 exercise targeting cardio, strength, and endurance.

**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.

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

**Metabolic Conditioning:** This class targets a specific work/rest structure in order to gain a set goal and body response. The body's energy system is targeted through maximum efficiency of activity. The end result is high energy, max calories burned and a total bodily system workout.

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

**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.

**Pilates Toning:** Basic Pilates concepts are combined with weight training to create a blended full body tone and muscle target.

**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.

**Qigong Meditation:** a part of Ayurveda Yoga, this study uses breathing techniques, set movements and postures to focus on a cleared energy in order to invoke a meditative state.

**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!

**Shock Circuit:** Relive your childhood and get fit at the same time. This is a 30 min cardio class will challenge your body using the rope and jumping movements as well as various equipment.

**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.

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

**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.

**Turbo Kick:** Trademarked fat-blasting, ab defining cardio workout that allows up to 1,000 calories burned in 1 hour. This class uses a mix of kick boxing and dance moves to get the heart pumping.

**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.**