

**MON****TUE****WED****THU****FRI****SAT****9:30<sup>AM</sup>**

Strengthen &amp; Stretch (30 min)

**9:30<sup>AM</sup>**

Pilates Mat

**11:00<sup>AM</sup>**

Body Barre &amp; Sculpt (45 min)

**CLEANING**  
**12<sup>PM</sup>-2<sup>PM</sup>****4:30<sup>PM</sup>**

Boxing Conditioning

**5:00<sup>PM</sup>**

Dirty Thirty (30 min)

**5:30<sup>PM</sup>**

Tighten &amp; Tone (45 min)

**6:00<sup>PM</sup>**

Cycling

**6:00<sup>PM</sup>**

Zumba®

**6:15<sup>PM</sup>**

Ab Attack (30 min)

**7:30<sup>PM</sup>**

MET CON

**8:30<sup>AM</sup>**

Wake Up, Work Out

**9:30<sup>AM</sup>**

Silver Krocs

**9:30<sup>AM</sup>**

Tai Chi

**10:30<sup>AM</sup>**

Silver Krocs

**10:30<sup>AM</sup>**

Kundalini Yoga

**CLEANING**  
**12<sup>PM</sup>-2<sup>PM</sup>****5:30<sup>PM</sup>**

Ab Attack (30 min)

**5:30<sup>PM</sup>**

Body Weight Flow

**6:00<sup>PM</sup>**

Tabata (45 min)

**6:00<sup>PM</sup>**

Zumba® (45 min)

**7:30<sup>PM</sup>**

MET CON

**8:30<sup>AM</sup>**

Cardio Circuit Bootcamp (45 min)

**9:30<sup>AM</sup>**

Strengthen &amp; Stretch

**9:30<sup>AM</sup>**

Insanity

**10:30<sup>AM</sup>**

Zumba®

**10:30<sup>AM</sup>**

Cycling

**10:30<sup>AM</sup>**

Tai Chi

**CLEANING**  
**12<sup>PM</sup>-2<sup>PM</sup>****5:00<sup>PM</sup>**

Station Showdown (30 min)

**5:30<sup>PM</sup>**

Cardio Abs &amp; Toning (45 min)

**6:00<sup>PM</sup>**

Cycling

**6:00<sup>PM</sup>**

Body Weight Flow

**6:15<sup>PM</sup>**

Ab Attack (45 min)

**9:30<sup>AM</sup>**

Strengthen &amp; Stretch

**10:30<sup>AM</sup>**

Silver Krocs

**CLEANING**  
**12<sup>PM</sup>-2<sup>PM</sup>****5:00<sup>PM</sup>**

Zumba®

**5:30<sup>PM</sup>**

Triple C Training

**6:00<sup>PM</sup>**

Cycling

**7:30<sup>PM</sup>**

Chisel &amp; Burn

**7:00<sup>AM</sup>**

Core &amp; Stability

**7:15<sup>AM</sup>**

Cycling

**8:45<sup>AM</sup>**

ABC: Abs, Buns, Cardio

**9:30<sup>AM</sup>**

Total Body Conditioning

**9:00<sup>AM</sup>**

Zumba®

**9:30<sup>AM</sup>**

Ab Attack

**10:15<sup>AM</sup>**

Cardio Circuit Bootcamp

**11:00<sup>AM</sup>**

Metabolic Conditioning

# Group Ex Schedule



GEX Studio 242



GEX Studio 243



Gymnasium



Room 207

## Please Note

- Our Group Exercise Classes have a capacity of **10 participants** (plus an Instructor) per class. Please practice social distancing at all times by using the guidelines on the studio floors for reference.
- Each day, except on Sundays, the Kroc Center will **CLOSE from 12pm-2pm** for cleaning. Members will not be allowed in the Center during this time.
- Masks must be worn **AT ALL TIMES** in the Fitness Center.

- Please wipe all fitness center equipment down after use! Help stop the spread of COVID-19!
- Our Cycling Studio has been relocated to **room 207**. The room is located behind our Sunoco Foundation Learning Center (past the elevator and to the right). If you are having trouble finding the classroom, ask a fitness specialist!
- Extra cardio machines are located out in the second floor lobby area, towards the education classrooms.

**Thank you!**

updated 8/31/20