

MON**TUE****WED****THU****FRI****SAT**

9:30^{AM}
Strengthen
& Stretch

9:30^{AM}
Pilates Mat

10:30^{AM}
Vinyasa Yoga

11:00^{AM}
Body Barre
& Sculpt
(45 min)

CLEANING
12^{PM}-2^{PM}

4:30^{PM}
Boxing
Conditioning

5:00^{PM}
Dirty Thirty
(30 min)

5:30^{PM}
Tighten & Tone
(45 min)

6:00^{PM}
Cycling

6:00^{PM}
Zumba®

6:15^{PM}
Ab Attack
(30 min)

7:00^{PM}
MET CON

8:30^{AM}
Wake Up,
Work Out

9:30^{AM}
Silver Krocs

9:30^{AM}
Tai Chi

10:30^{AM}
Silver Krocs

10:30^{AM}
Kundalini Yoga

CLEANING
12^{PM}-2^{PM}

5:30^{PM}
Ab Attack
(30 min)

5:30^{PM}
Body Weight
Flow

6:00^{PM}
Tabata
(45 min)

6:00^{PM}
Zumba®
(45 min)

6:30^{PM}
Vinyasa Yoga

7:00^{PM}
MET CON

9:30^{AM}
Strengthen
& Stretch

9:30^{AM}
Insanity

10:30^{AM}
Zumba®

10:30^{AM}
Cycling

10:30^{AM}
Tai Chi

CLEANING
12^{PM}-2^{PM}

5:00^{PM}
Station
Showdown
(30 min)

5:30^{PM}
Cardio Abs
& Toning
(45 min)

6:00^{PM}
Cycling

6:15^{PM}
Ab Attack
(45 min)

8:30^{AM}
Body Shock

9:30^{AM}
Strengthen
& Stretch

10:00^{AM}
Pilates

10:30^{AM}
Silver Krocs

11:00^{AM}
Total Body
Takedown

CLEANING
12^{PM}-2^{PM}

5:00^{PM}
Zumba®

6:00^{PM}
Cycling

6:00^{PM}
Ballet

7:00^{PM}
Chisel & Burn

7:00^{AM}
Core &
Stability

7:15^{AM}
Cycling

8:45^{AM}
ABC: Abs,
Buns, Cardio

9:30^{AM}
Total Body
Conditioning

9:00^{AM}
Zumba®

9:30^{AM}
Ab Attack

10:00^{AM}
Specialist
Shuffle

11:00^{AM}
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 9/28/20

CLASS DESCRIPTIONS

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.

ABC - Abs, Buns and Cardio: This is a very targeted class that sets out to challenge all participants. The progression of this class sets out to focus on the abdominal cavity, glute area and cardiovascular system in 50 minutes. You will get a great workout and leave feeling a full body burn.

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: 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.

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.

Core & Stability: 45 minutes focused on strengthening your core with a hint of stability exercises burnout style.

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.

Line Dance: Come and learn all the current line dance moves and songs with a touch of cardio. What a perfect way to work the brain and body, all while dancing and having fun.

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.

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.

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.

Station Showdown: Challenge yourself by moving through different stations that target your entire body using cardio and strengthening exercises.

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.

Sunrise Yoga: Wake your body up with an early morning stretch. This class covers yoga basics for all levels and enjoys the elements during the warmer months. Meet us on the lawn during the spring and summer and in a quiet classroom during the winter and fall.

Tabata: Work through 8 different exercises repeated for 8 rounds. 20 seconds of recovery with a 10 second break challenging your strength and aerobic fitness.

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.

Tighten & Tone: Work on your trouble areas with this class as we work on all muscle groups with a variety of aerobic and strengthening exercises. Each class is different so that you never repeat the same workout.

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

Triple-C Training (Cycling, conditioning, and Core): Get ready for a total body workout as we move from the cycling room to the gym! Try out this hybrid class where you always be doing something different.

TRX Xpress: You'll be getting a total body workout using cardio and strengthening moves using your bodyweight as the resistance when you use the TRX. It's only 30 minutes so get ready to work up a sweat!

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.

Wake Up, Work Up: Ditch the coffee and boost your energy with total body conditioning (cardio, abs & legs) for a rejuvenating start to your day. Standing exercises with and without weights will be utilized.

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 for the latest updated schedules. Please note classes are subject to change based on attendance. There are no scheduled classes on Sunday.