

# GROUP EXERCISE CLASS SCHEDULE – Summer, 2017

EFFECTIVE: 5/9/2017

MON	TUES	WED	THURS	FRI	SAT/SUN
<b>Indoor Cycling#</b> 6am – 7am Carlos	<b>Vinyasa Flow</b> <b>Yoga</b> 6am – 7am Kristen	<b>Indoor Cycling#</b> 6am – 7am Carlos	<b>Vinyasa Flow</b> <b>Yoga</b> 6am – 7am Tamra	<b>Indoor Cycling#</b> 6am – 7am Carlos	<b>SATURDAY:</b>
<b>OPEN STUDIO</b> 7:15am – 8:15am	<b>OPEN STUDIO</b> 7am – 8am	<b>OPEN STUDIO</b> 7:15 am – 8:15am	<b>OPEN STUDIO</b> 7:15am – 8am	<b>OPEN STUDIO</b> 7:15am – 8:15am	<b>Glutes &amp; Abs</b> 9am–9:45am Dan
<b>Indoor Cycling#</b> 8:30am – 9:30am Michelle	<b>Indoor Cycling#</b> 8:15am – 9am Denise	<b>Indoor Cycling#</b> 8:30am – 9:30am Michelle	<b>Indoor Cycling#</b> 8:15am – 9am Denise	<b>Indoor Cycling#</b> 8:30am – 9:30am Michelle	<b>Zumba</b> 10am – 11am Beth
<b>Cardio</b> <b>Kickboxing</b> 9:45am –10:45am Michelle	<b>TRX Training #</b> 8:30am – 9:30am Michelle- GYM	<b>Cardio</b> <b>Kickboxing</b> 9:45am – 10:45am Michelle	<b>TRX Training #</b> 8:30am – 9:30am Michelle- GYM	<b>Cardio</b> <b>Kickboxing</b> 9:45am – 10:45am Michelle	<b>CHAIR YOGA</b> 11:15am- 12:15pm Corrine Beginning 5/13/17
<b>Sculpt</b> 9:45am - 10:25am Sara- GYM	<b>Gentle</b> <b>FUNctional</b> <b>Strength (GFS)</b> 9:15am – 10am Denise	<b>Sculpt</b> 9:45am - 10:25am Sara- GYM	<b>Gentle</b> <b>FUNctional</b> <b>Strength (GFS)</b> 9:15am -10am Denise	<b>Sculpt</b> 9:45am - 10:25am Hayley- GYM	<b>Pre-Set FOD</b> <b>Class</b> 12:30– 1:30pm
<b>Stretching 101</b> 10:30am – 11am Sara- GYM		<b>Stretching 101</b> 10:30am – 11am Sara- GYM		<b>Stretching 101</b> 10:30am– 11am Hayley- GYM	<b>OPEN STUDIO</b> 1:30pm – 7pm
<b>Power Yoga</b> 11am – Noon Tamra	<b>BODYFIT</b> 10:15am–11:15am Hayley	<b>Yoga Fusion</b> 11am - Noon Kristen	<b>BODYFIT</b> 10:15am–11:15am Hayley	<b>Power Yoga</b> 11 am - Noon Tamra	
<b>Zumba</b> 11:05am-11:45am Paula - GYM	<b>ABSolute Core</b> 11:30 am – Noon Michelle	<b>Zumba</b> 11:05am - 11:45am Paula- GYM	<b>ABSolute Core</b> 11:30 am – Noon Michelle	<b>Zumba</b> 11:05am - 11:45am Sarah- GYM	<b>SUNDAY:</b>
<b>KROC CORPS</b> <b>BOOTCAMP</b> 12:10 -12:50pm Dan - GYM	<b>Pilates</b> 12:10 pm - 1 pm Debra	<b>KROC CORPS</b> <b>BOOTCAMP</b> 12:10pm - 12:50pm Dan- GYM	<b>Pilates</b> 12:10 pm - 1 pm Debra	<b>KROC CORPS</b> <b>BOOTCAMP</b> 12:10- 12:50pm Dan- GYM	<b>OPEN STUDIO</b> 1 pm – 1:55 pm
<b>Quicksilver</b> 1:15pm - 2:15pm Michelle - GYM	<b>PUMPI!</b> 12:10 pm - 1 pm Sara -GYM	<b>Zumba GOLD!</b> 12:30pm – 1pm Billy	<b>PUMPI!</b> 12:10 pm - 1 pm Sara - GYM	<b>Quicksilver</b> 1:15pm – 2:15pm Michelle - GYM	<b>Zumba</b> 2 pm – 3 pm Beth
<b>Pre-Set FOD</b> <b>Classes</b> 2 pm – 2:30pm	<b>CHAIR YOGA</b> 1:15pm – 2:15pm Judy	<b>Quicksilver</b> 1:15pm - 2:15pm Michelle - GYM	<b>CHAIR YOGA</b> 1:15pm – 2:15pm Judy	<b>Pre-Set FOD</b> <b>Classes</b> 12:15pm – 2:30pm	<b>Pre-Set FOD</b> <b>Class</b> 3:15 pm – 4 pm
Studio Closed for Cleaning 2:30pm – 3:30pm	Studio Closed for Cleaning 2:30 pm – 3pm	Studio Closed for Cleaning 2:00 pm – 2:30pm	Studio Closed for Cleaning 2:30pm – 3pm	Studio Closed for Cleaning 2:30pm – 3:30pm	<b>OPEN STUDIO</b> 4 pm – 5 pm
<b>OPEN STUDIO</b> 3:30 pm – 5:45 pm	<b>Yoga</b> 3 pm - 4 pm Debra	<b>OPEN STUDIO</b> 2:30 pm – 5:45 pm	<b>Yoga</b> 3 pm - 4 pm Julie	<b>OPEN STUDIO</b> 3:30 pm – 5:30 pm	Studio Closed for Cleaning 5 pm
<b>TRX Training #</b> 5pm – 5:45pm Sara- GYM	<b>Total Body</b> <b>Tabata</b> 4:25pm – 5:25pm Tammy	<b>TRX Training #</b> 5pm – 5:45 pm Sara- GYM	<b>Total Body</b> <b>Tabata</b> 4:25pm – 5:25pm Tammy	<b>Pre-Set FOD Class</b> 5:30pm – 6:30 pm, 6:45pm – 7:15 pm	<i>Class schedule is subject to periodic change without advance notice.</i>
<b>STRONG</b> 5:45 pm - 6:45 pm Beth	<b>Zumba</b> 5:30 pm – 6:30 pm Billy	<b>STRONG</b> 5:45 pm - 6:45 pm Beth	<b>Zumba</b> 5:30pm – 6:30 pm Billy	<b>OPEN STUDIO</b> 7:30 pm – 8 pm	
<b>K-30</b> 6 pm – 6:30 pm Dan –GYM B	<b>AB Attack</b> 6:45 – 7:15 pm Dan	<b>K-30</b> 6 pm – 6:30 pm Dan - GYM B	<b>AB Attack</b> 6:45 – 7:15 pm Dan		
<b>Yoga</b> 6:45 pm – 7:45 pm Julie		<b>Yoga</b> 6:45 pm – 7:45 pm Corrine Beginning 5/24/17	<b>School of</b> <b>Performing Arts</b> 7:30pm-9pm		



**KROC**  
**KERRVILLE**



# Fitness Class Descriptions and Times – SUMMER, 2017 (5/9/17)



	Build a more powerful, stable abdomen and improve posture with this fun, high-energy half-hour attack on ALL the core muscles. Get a vigorous core-building (abs & back) experience! <b>INTERMEDIATE-ADVANCED</b>	Tue & Thurs 11:30 am - Noon			
	Attack your ab muscles through high-intensity, isolation exercises! <b>INTERMEDIATE-ADVANCED</b>	Tue & Thurs 6:45 – 7:15 pm			
	Unique blend of strength, core and cardio that changes weekly in order to fight boredom and keep your body guessing! <b>INTERMEDIATE-ADVANCED</b>	Tues & Thurs 10:15 – 11:15 am			
	A cardiovascular workout with a mixture of boxing, martial arts and aerobics. <b>INTERMEDIATE-ADVANCED</b>	Mon Wed Fri 9:45- 10:45 am			
	Improve muscular strength, toning & stamina while building a foundation of cardio endurance, basic everyday movement skills, balance and flexibility! <b>BEGINNER.</b>	Tue & Thurs 9:15 - 10 am			
	This 45 minute class will firm, strengthen and shape your “bum” like no other! <b>BEGINNER-INTERMEDIATE.</b>	Saturday 9 - 9:45 am			
	Fast-paced workout on a stationary bike. Climb, sprint, interval and more with incredible music & extraordinary instruction! Burns a TON of calories! <b>BEGINNER - ADVANCED</b>	Mon Wed Fri 6 - 7 am & 8:30 - 9:30 am	Tue & Thurs 8:15- 9 am		
	An accelerated class that packs 60 minutes of interval training into 30 minutes. Weights, calisthenics, bodyweight drills and cardio address the entire body. <b>INTERMEDIATE-ADVANCED.</b>	Mon & Wed 6 - 6:30 pm			
	Move through a challenging circuit-training obstacle course that provides a total-body, compete workout. <b>INTERMEDIATE-ADVANCED.</b>	Mon Wed Fri 12:10 - 12:50 pm			
	Tone and strengthen your abdominals, hips and back. This classic matwork Pilates class emphasizes precise body alignment, mental focus and breath work for a refreshing mind/body workout. <b>BEGINNER – INTERMEDIATE.</b>	Tues & Thurs 12:10 – 1 pm			
	Challenging group-strength training class that utilizes dumbbells, barbells, medicine balls, stability balls, resistance tubing, steps and your own body weight. <b>INTERMEDIATE-ADVANCED.</b>	Tue & Thurs 12:10 – 1 pm			
	<b>Balance, Strength &amp; Fall Prevention for Seniors:</b> Learn how to stabilize and balance while using full-body strength, core strength and proprioception training techniques. <b>BEGINNER.</b>	Mon Wed Fri 1:15 - 2:15 pm			
	Full-body, strengthening & toning class is designed to sculpt long, lean, cut muscles without adding bulk or mass. Weights, cardio & abs. <b>BEGINNER-INTERMEDIATE.</b>	Mon Wed Fri 9:45 - 10:25 am			
	This relaxing and restorative class involves deep, relaxing breathing, combined with deep stretching. Props may be used to facilitate a deeper stretch. <b>BEGINNER.</b>	Mon Wed Fri 10:30 – 11 am			
	Full-body exercises that work the body as one functional unit! Intense bursts of activity, followed by brief rest periods keep your body constantly adapting, always improving, and endlessly burning calories! <b>INTERMEDIATE-ADVANCED.</b>	Tue & Thurs 4:25 - 5:25 pm			
	Suspension trainer leverages bodyweight through hundreds of functional exercises that build strength, balance, flexibility, explosiveness and joint mobility. <b>BEGINNER – ADVANCED.</b>	Mon & Wed 5 – 5:45 pm	Tue & Thurs 8:30 -9:30 am		
	Everything is done from the support of chair. Gentle yoga, stretching and relaxation techniques that will lengthen your muscles, strengthen your core, and provide a relaxing “re-set” to your day! <b>BEGINNER.</b>	Tue & Thurs 1:15 – 2:15 pm	Sat 11:15 - 12:15 pm		
	Yoga that combines traditional Hatha yoga poses with fluid movement and deep breathing, to create a high-energy, challenging workout! <b>INTERMEDIATE.</b>	Mon & Fri 11 am – Noon			
	Advanced yoga class involving intense cardio and strength-building exercises, core work, and a handful of asanas to increase flexibility! <b>BEGINNER-INTERMEDIATE.</b>	Tue & Thurs 6 – 7 am			
	For all levels of yoga students. No prior knowledge of yoga is necessary. Reduce stress, increase strength & flexibility, improve balance and focus, lower blood pressure, improve circulation, and live a healthier lifestyle! <b>BEGINNER.</b>	Mon & Wed 6:45 – 7:45 pm	Tues & Thurs 3 - 4 pm		
	A traditional, Vinyasa-based yoga infused with Pilates, and a little extra “kick” for the core! <b>BEGINNER – INTERMEDIATE.</b>	Wed 11 am - Noon			
	A mix of freestyle and hip-hop, Latin/salsa dance moves. Tone and sculpt every part of your body. <b>BEGINNER – ADVANCED.</b>	Mon, Wed, Fri 11:05-11:45 am	Tue & Thurs 5:30-6:30 pm	Sat 10-11 am	Sun 2-3 pm
	STRONG by Zumba™ combines high intensity interval training with the science of Synced Music Motivation. In every class, music and moves sync in a way that pushes you past your perceived limits, to reach your fitness goals faster. <b>BEGINNER – INTERMEDIATE</b>	Mon & Wed 5:45 – 6:45 pm			
	This class is designed for the active older adult and addresses the anatomical, physiological, and psychological needs specific to this population. <b>BEGINNER.</b>	Wed 12:30 – 1 pm			