

# GROUP EXERCISE CLASS SCHEDULE – FALL, 2017

EFFECTIVE: 10/2/2017

MON	TUES	WED	THURS	FRI	SAT/SUN
<b>Indoor Cycling#</b> 6 – 7 am Carlos	<b>Vinyasa Flow Yoga</b> 6 – 7 am Kristen	<b>Indoor Cycling#</b> 6 – 7 am Carlos	<b>OPEN STUDIO</b> 5:30 – 8 am	<b>Indoor Cycling#</b> 6 – 7 am Carlos	<b>SATURDAY:</b>
<b>OPEN STUDIO</b> 7:15 – 8:15 am	<b>OPEN STUDIO</b> 7:15 – 8 am	<b>OPEN STUDIO</b> 7:15 – 8:15 am		<b>OPEN STUDIO</b> 7:15 – 8:15 am	<b>Glutes &amp; Abs</b> 9 – 9:45 am Dan
<b>Indoor Cycling#</b> 8:30 – 9:30 am Michelle	<b>Indoor Cycling#</b> 8:15 – 9 am Denise	<b>Indoor Cycling#</b> 8:30- 9:30 am Michelle	<b>Indoor Cycling#</b> 8:15 – 9 am Denise	<b>Indoor Cycling#</b> 8:30 - 9:30 am Michelle	<b>Zumba</b> 10 – 11 am Beth
<b>Cardio Kickboxing</b> 9:45 – 10:45 am Emily	<b>TRX #</b> 8:30 – 9:30 am Michelle- GYM	<b>Cardio Kickboxing</b> 9:45 – 10:45 am Emily	<b>TRX #</b> 8:30 – 9:30 am Michelle- GYM	<b>Cardio Kickboxing</b> 9:45 – 10:45 am Emily	<b>Chair Yoga</b> 11:15 am -12:15pm Corrine
<b>Sculpt</b> 9:45 - 10:25 am Sara- GYM	<b>GFS</b> 9:15 – 10 am Denise	<b>Sculpt</b> 9:45 - 10:25 am Sara- GYM	<b>GFS</b> 9:15 -10 am Denise	<b>Sculpt</b> 9:45 - 10:25 am Hayley - GYM	<b>Pre-Set FOD Class</b> 12:30 – 1:30 pm
<b>Stretching</b> 10:30 – 11 am Sara- GYM		<b>Stretching</b> 10:30 – 11 am Sara- GYM		<b>Stretching</b> 10:30 – 11 am Hayley - GYM	<b>OPEN STUDIO</b> 1:30 – 7 pm
<b>Power Yoga</b> 11 am – Noon Tamra	<b>BODYFIT</b> 10:15–11:15 am Hayley	<b>Vinyasa Flow Yoga</b> 11 am - Noon Kristen	<b>BODYFIT</b> 10:15a – 11:15 am Hayley	<b>Power Yoga</b> 11 am - Noon Tamra	
<b>Zumba</b> 11:05 - 11:55 am Sarah - GYM	<b>ABSolute Core</b> 11:30 am – Noon TBA	<b>Zumba</b> 11:05 - 11:55 am Sarah- GYM	<b>ABSolute Core</b> 11:30 am – Noon TBA	<b>Zumba</b> 11:05 - 11:55 am Sarah- GYM	<b>SUNDAY:</b>
<b>BOOTCAMP</b> 12:10 - 12:50 pm Dan – GYM	<b>Pilates</b> 12:10 - 1 pm Debra	<b>BOOTCAMP</b> 12:10 - 12:50 pm Dan- GYM	<b>Pilates</b> 12:10 - 1 pm Debra	<b>BOOTCAMP</b> 12:10- 12:50 pm Dan- GYM	<b>OPEN STUDIO</b> 1 – 1:55 pm
<b>Quicksilver</b> 1:15 - 2:15 pm Corrine - GYM	<b>PUMP!</b> 12:10 - 1 pm Sara -GYM	<b>Zumba GOLD!</b> 12:30 – 1 pm Billy	<b>PUMP!</b> 12:10 - 1 pm Sara - GYM	<b>Quicksilver</b> 1:15 – 2:15 pm Corrine - GYM	<b>Zumba</b> 2 – 3 pm Beth
<b>Pre-Set FOD Classes</b> 2 – 2:30 pm	<b>Chair Yoga</b> 1:15 – 2:15 pm Judy	<b>Quicksilver</b> 1:15 - 2:15 pm Corrine - GYM	<b>Chair Yoga</b> 1:15 – 2:15 pm Judy	<b>Pre-Set FOD Classes</b> 12:15 – 2:30 pm	<b>Pre-Set FOD Class</b> 3:15 – 4 pm
<b>Studio Closed for Cleaning</b> 2:30 – 3:30 pm	<b>Studio Closed for Cleaning</b> 2:30 – 3 pm	<b>Studio Closed for Cleaning</b> 2:00 – 2:30 pm	<b>Studio Closed for Cleaning</b> 2:30 – 3 pm	<b>Studio Closed for Cleaning</b> 2:30 – 3:30 pm	<b>OPEN STUDIO</b> 4 – 5 pm
<b>OPEN STUDIO</b> 3:30 – 5:15 pm	<b>Yoga</b> 3 - 4 pm Debra	<b>OPEN STUDIO</b> 2:30 – 5:15 pm	<b>Yoga</b> 3 - 4 pm Julie	<b>OPEN STUDIO</b> 3:30 – 5:30 pm	<b>Studio Closed for Cleaning</b> 5 pm
<b>TRX #</b> 5 – 5:45 pm Michelle- GYM	<b>Total Body Tabata</b> 4:25 – 5:25 pm Emily	<b>TRX #</b> 5 – 5:45 pm Michelle- GYM	<b>Total Body Tabata</b> 4:25 – 5:25 pm Emily	<b>Pre-Set FOD Class</b> 5:30 – 6:30 pm, 6:45 – 7:15 pm	<i>Class schedule is subject to periodic change without advance notice.</i>
<b>STRONG</b> 5:30 - 6:30 pm Beth	<b>Zumba</b> 5:30 – 6:30 pm Billy	<b>STRONG</b> 5:30 - 6:30 pm Beth	<b>Zumba</b> 5:30 – 6:30 pm Billy	<b>OPEN STUDIO</b> 7:30 – 8 pm	
<b>K-30</b> 6 – 6:30 pm Dan –GYM	<b>AB Attack</b> 6:45 – 7:15 pm Dan	<b>K-30</b> 6 – 6:30 pm Dan - GYM	<b>AB Attack</b> 6:45 – 7:15 pm Dan		
<b>Yoga</b> 6:45 – 7:45 pm Julie	<b>Music Conservatory</b> 7:30 - 8:30 pm	<b>Yoga</b> 6:45 – 7:45 pm Corrine	<b>Music Conservatory</b> 7:30 - 8:30 pm		



**KROC**  
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# Fitness Class Descriptions and Times – FALL, 2017 (10/2/17)



 <b>ABSolute Core</b>	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>	<b>Tue &amp; Thurs</b> 11:30 am - Noon			
<b>AB ATTACK</b>	Attack your ab muscles through high-intensity, isolation exercises! <b>INTERMEDIATE-ADVANCED</b>	<b>Tue &amp; Thurs</b> 6:45 – 7:15 pm			
<b>BODYFIT</b>	Unique blend of strength, core and cardio that changes weekly in order to fight boredom and keep your body guessing! <b>INTERMEDIATE-ADVANCED</b>	<b>Tues &amp; Thurs</b> 10:15 – 11:15 am			
 <b>Cardio KICKBOXING</b>	A cardiovascular workout with a mixture of boxing, martial arts and aerobics. <b>INTERMEDIATE-ADVANCED</b>	<b>Mon Wed Fri</b> 9:45- 10:45 am			
<b>Gentle FUNCTIONal Strength (GFS)</b>	Improve muscular strength, toning & stamina while building a foundation of cardio endurance, basic everyday movement skills, balance and flexibility! <b>BEGINNER.</b>	<b>Tue &amp; Thurs</b> 9:15 - 10 am			
<b>Glutes &amp; Abs</b>	This 45 minute class will firm, strengthen and shape your “bum” like no other! <b>BEGINNER-INTERMEDIATE.</b>	<b>Saturday</b> 9 - 9:45 am			
<b>Indoor Cycling</b>	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>	<b>Mon Wed Fri</b> 6 - 7 am & 8:30 - 9:30 am	<b>Tue &amp; Thurs</b> 8:15- 9 am		
<b>K-30</b>	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>	<b>Mon &amp; Wed</b> 6 - 6:30 pm			
<b>BOOTCAMP</b>	Move through a challenging circuit-training obstacle course that provides a total-body, compete workout. <b>INTERMEDIATE-ADVANCED.</b>	<b>Mon Wed Fri</b> 12:10 - 12:50 pm			
<b>PILATES</b>	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>	<b>Tues &amp; Thurs</b> 12:10 – 1 pm			
<b>PUMP!</b>	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>	<b>Tue &amp; Thurs</b> 12:10 – 1 pm			
<b>quicksilver</b>	<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>	<b>Mon Wed Fri</b> 1:15 - 2:15 pm			
<b>Sculpt</b>	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>	<b>Mon Wed Fri</b> 9:45 - 10:25 am			
<b>STRETCHING</b>	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>	<b>Mon Wed Fri</b> 10:30 – 11 am			
<b>Total Body Tabata</b>	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>	<b>Tue &amp; Thurs</b> 4:25 - 5:25 pm			
 <b>TRX</b>	Suspension trainer leverages bodyweight through hundreds of functional exercises that build strength, balance, flexibility, explosiveness and joint mobility. <b>BEGINNER – ADVANCED.</b>	<b>Mon &amp; Wed</b> 5 – 5:45 pm	<b>Tue &amp; Thurs</b> 8:30 -9:30 am		
 <b>chair yoga</b>	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>	<b>Tue &amp; Thurs</b> 1:15 – 2:15 pm	<b>Sat</b> 11:15 - 12:15 pm		
<b>POWER YOGA</b>	Yoga that combines traditional Hatha yoga poses with fluid movement and deep breathing, to create a high-energy, challenging workout! <b>INTERMEDIATE.</b>	<b>Mon &amp; Fri</b> 11 am – Noon			
<b>Vinyasa Flow YOGA</b>	Advanced yoga class involving intense cardio and strength-building exercises, core work, and a handful of asanas to increase flexibility! <b>BEGINNER-INTERMEDIATE.</b>	<b>Tues</b> 6- 7 am	<b>Wed</b> 11 am - noon		
<b>YOGA</b>	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>	<b>Mon &amp; Wed</b> 6:45 – 7:45 pm	<b>Tues &amp; Thurs</b> 3 - 4 pm		
 <b>ZUMBA FITNESS</b>	A mix of freestyle and hip-hop, Latin/salsa dance moves. Tone and sculpt every part of your body. <b>BEGINNER – ADVANCED.</b>	<b>Mon, Wed, Fri</b> 11:05-11:55 am	<b>Tue &amp; Thurs</b> 5:30-6:30 pm	<b>Sat</b> 10-11 am	<b>Sun</b> 2-3 pm
 <b>STRONG by ZUMBA</b>	<b>STRONG by Zumba™</b> 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>	<b>Mon &amp; Wed</b> 5:45 – 6:45 pm			
 <b>ZUMBA gold</b>	This class is designed for the active older adult and addresses the anatomical, physiological, and psychological needs specific to this population. <b>BEGINNER.</b>	<b>Wed</b> 12:30 – 1 pm			