

GROUP EXERCISE CLASS SCHEDULE – FALL 2018

EFFECTIVE: 9/25/2018

MON	TUES	WED	THURS	FRI	SAT/SUN
Indoor Cycling # 6 – 7 am - Carlos	OPEN STUDIO / FOD Classes 5:30 – 8 am	Indoor Cycling # 6 – 7 am - Carlos	OPEN STUDIO / FOD Classes 5:30 – 8:00 am	Indoor Cycling # 6 – 7 am – Carlos	SATURDAY:
OPEN STUDIO / FOD Classes 7:15 – 8:15 am		OPEN STUDIO / FOD Classes 7:15 – 8:15 am		OPEN STUDIO / FOD Classes 7:15 – 8:15 am	Abs (w/ Glutes) 9 – 9:45 am - Dan
Indoor Cycling # 8:30–9:30 am - Various	Indoor Cycling # 8:15 – 9 am - Denise	Indoor Cycling # 8:30-9:30 am – Various	Indoor Cycling # 8:15 – 9 am – Denise	Indoor Cycling # 8:30-9:30 am – Various	Zumba 10–11 am - Luisa
Cardio Kickboxing 9:45–10:45 am Sarah S.	TRX # 8:30 – 9:30 am – Sara E. GYM	Cardio Kickboxing 9:45–10:45 am Sarah S.	TRX # 8:30 – 9:30 am - Sara E. GYM	Cardio Kickboxing 9:45–10:45 am Sarah S.	
Sculpt 9:45 - 10:25 am - Corinne GYM	GFS: (Gentle Functional Strength) 9:15 – 10 am - Denise	Sculpt 9:45 - 10:25 am - Corinne GYM	GFS: (Gentle Functional Strength) 9:15 – 10 am – Denise	Sculpt 9:45 - 10:25 am - Corinne GYM	OPEN STUDIO / FOD Classes 11:15 am - 6 pm
Stretching 10:30 – 11 am - Corinne GYM		Stretching 10:30 – 11 am - Corinne GYM		Stretching 10:30 – 11 am - Corinne GYM	
Power Yoga 11 am – Noon - Tamra	OPEN STUDIO / FOD Classes 10:15 am – 12:15 pm	Vinyasa Flow Yoga 11 am – Noon - Kristen	OPEN STUDIO / FOD Classes 10:15 am – 12:15 pm	Yoga 11 am – Noon - Kristen	SUNDAY:
Zumba 11:05 - 11:55 am Sarah S. - GYM		Zumba 11:05 - 11:55 am Sarah S. - GYM		Zumba 11:05 - 11:55 am Sarah S. GYM	SUNDAY:
BOOTCAMP 12:10 - 12:50 pm Dan - GYM	BOOTCAMP 12:10 - 1 pm - Edie GYM	BOOTCAMP 12:10 - 12:50 pm - Dan GYM	BOOTCAMP 12:10 - 1 pm - Edie GYM	BOOTCAMP 12:10 - 12:50 pm - Dan GYM	OPEN STUDIO / FOD Classes 1 – 1:55 pm
OPEN STUDIO / FOD Classes 12:15 – 2:00 pm	OPEN STUDIO / FOD Classes 12:15 – 1:00 pm	OPEN STUDIO / FOD Classes 12:15 – 2:00 pm	OPEN STUDIO / FOD Classes 12:15 – 1:00 pm	OPEN STUDIO / FOD Classes 12:15 – 2:00 pm	
Quicksilver 1:15 - 2:15 pm Judy - GYM	Chair Yoga 1:15 – 2:15 pm - Judy	Quicksilver 1:15 - 2:15 pm Corinne - GYM	Chair Yoga 1:15 – 2:15 pm - Judy	Quicksilver 1:15 - 2:15 pm Judy - GYM	Zumba 2-3 pm - Luisa
Studio Closed for Cleaning 2 – 2:45 pm	Studio Closed for Cleaning 2:30 – 3 pm	Studio Closed for Cleaning 2 – 2:30 pm	Studio Closed for Cleaning 2:20 – 2:50 pm	Studio Closed for Cleaning 2:30 – 3:30 pm	Open Studio / FOD Class 3:15 – 5 pm
Pilates 3 - 4 pm – Debra	OPEN STUDIO / FOD Classes 3 – 4 PM	Pilates 3 - 4 pm – Debra	Yoga 3 - 4 pm	OPEN STUDIO / FOD Classes 3:30 – 8:00 pm	Studio Closes 5 pm
OPEN STUDIO / FOD Classes 4:15 – 5:15 pm	Total Body Tabata FOD CLASS 4:25 – 5:25 pm	OPEN STUDIO/ FOD Classes 4:15 – 5:15 pm	Total Body Tabata FOD CLASS 4:25 – 5:25 pm	OPEN STUDIO / FOD Classes 3:30 – 8:00 pm	Class schedule is subject to periodic change without advance notice.
TRX # 5 – 5:45 PM Missy – GYM Starting Sept. 5		TRX # 5 – 5:45 PM Missy – GYM Starting Sept 5			
Zumba 5:30 - 6:30 pm – Leslie	Zumba 5:30 – 6:30 pm Leslie	Zumba 5:30 - 6:30 pm - Leslie	Zumba 5:30 – 6:30 pm Leslie	STUDIO CLOSSES 8 pm	
Yoga 6:45 – 7:45 pm	AB Attack 6:45 – 7:15 pm - Dan	OPEN STUDIO / FOD Classes 6:45 – 8 pm	AB Attack 6:45 – 7:15 pm - Dan		
STUDIO CLOSSES 8 pm	STUDIO CLOSSES 8 pm	STUDIO CLOSSES 8 pm	STUDIO CLOSSES 8 pm		



The class studio closes one hour before the Kroc Center closes each evening, for morning class setup.
 FOD = “Fitness On Demand” – On Demand Video-Based Classes. See the FOD Kiosk in the Studio for options.
 NOTE: “Open Studio / FOD Class” times are on a “First-Come, First-Served” basis, with earlier arrivers choosing their activities. Other members may join in any currently playing FOD Class, however.



Fitness Class Descriptions and Times – FALL, 2018 (9/25/18)

ABS <i>(w/ Glutes)</i>	This class will firm, strengthen and shape your abs (and glutes) like no other! BEGINNER-INTERMEDIATE.	Sat 9-9:45 am	
AB ATTACK	Attack your ab muscles through high-intensity, isolation exercises! INTERMEDIATE-ADVANCED	Tue & Thurs 6:45 – 7:15 pm	
BOOTCAMP	Move through a challenging circuit-training obstacle course that provides a total-body, compete workout. INTERMEDIATE-ADVANCED.	Mon Tue Wed Thur Fri 12:10 - 12:50 pm	
	A cardiovascular workout with a mixture of boxing, martial arts and aerobics. INTERMEDIATE-ADVANCED	Mon Wed Fri 9:45- 10:45 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! BEGINNER.	Tue & Thurs 1:15 – 2:15 pm	
Gentle FUNCTIONAL Strength (GFS)	Improve muscular strength, toning & stamina while building a foundation of cardio endurance, basic everyday movement skills, balance and flexibility! BEGINNER.	Tue & Thurs 9:15 - 10 am	
Indoor Cycling	Fast-paced workout on a stationary bike. Climb, sprint, interval and more with incredible music & extraordinary instruction! Burns a TON of calories! BEGINNER – ADVANCED	Mon Wed Fri 6 - 7 am & 8:30 - 9:30 am	Tue & Thurs 8:15- 9 am
PILATES	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. BEGINNER – INTERMEDIATE.	Mon & Wed 3 – 4 pm	
POWER yoga	Yoga that combines traditional Hatha yoga poses with fluid movement and deep breathing, to create a high-energy, challenging workout! INTERMEDIATE.	Mon 11 am – Noon	
<i>quicksilver</i>	Balance, Strength & Fall Prevention for Seniors: Learn how to stabilize and balance while using full-body strength, core strength and proprioception training techniques. BEGINNER.	Mon Wed Fri 1:15 - 2:15 pm	
Sculpt	Full-body, strengthening & toning class is designed to sculpt long, lean, cut muscles without adding bulk or mass. Weights, cardio & abs. BEGINNER-INTERMEDIATE.	Mon Wed Fri 9:45 - 10:25 am	
STRETCHING	This relaxing and restorative class involves deep, relaxing breathing, combined with deep stretching. Props may be used to facilitate a deeper stretch. BEGINNER.	Mon Wed Fri 10:30 – 11 am	
	Suspension trainer leverages bodyweight through hundreds of functional exercises that build strength, balance, flexibility, explosiveness and joint mobility. BEGINNER – ADVANCED.	Tue & Thurs 8:30 -9:30 am	Mon & Wed 5 - 5:45 pm
<i>Vinyasa Flow</i> yoga	Advanced yoga class involving intense cardio and strength-building exercises, core work, and a handful of asanas to increase flexibility! BEGINNER-INTERMEDIATE.	Wed 11 am - noon	
yoga	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! BEGINNER.	Mon 6:45 – 7:45 pm Fri: 11 am - noon	Thurs 3 - 4 pm
	A mix of freestyle and hip-hop, Latin/salsa dance moves. Tone and sculpt every part of your body. BEGINNER – ADVANCED.	Mon, Wed, Fri: 11:05-11:55 am Mon, Tues, Wed, Thur: 5:30 – 6:30 PM	Sat 10-11 am Sun 2-3 pm



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