

# GROUP EXERCISE CLASS SCHEDULE – FALL 2018

EFFECTIVE: 11/1/2018

MON	TUES	WED	THURS	FRI	SAT/SUN
<b>Indoor Cycling #</b> 6 – 7 am - Carlos	<b>OPEN STUDIO / FOD Classes</b> 5:30 – 8 am	<b>Indoor Cycling #</b> 6 – 7 am - Carlos	<b>OPEN STUDIO / FOD Classes</b> 5:30 – 8:00 am	<b>Indoor Cycling #</b> 6 – 7 am – Carlos	<b>SATURDAY:</b>  <b>Abs (w/ Glutes)</b> 9 – 9:45 am - Dan
<b>OPEN STUDIO / FOD Classes</b> 7:15 – 8:15 am		<b>OPEN STUDIO / FOD Classes</b> 7:15 – 8:15 am		<b>OPEN STUDIO / FOD Classes</b> 7:15 – 8:15 am	
<b>Indoor Cycling #</b> 8:30–9:30 am - Corinne	<b>Indoor Cycling #</b> 8:15 – 9 am - Denise	<b>Indoor Cycling #</b> 8:30-9:30 am – Corinne	<b>Indoor Cycling #</b> 8:15 – 9 am – Denise	<b>Indoor Cycling #</b> 8:30-9:30 am – FOD	<b>Zumba</b> 10–11 am - Luisa
<b>Cardio Kickboxing</b> 9:45–10:45 am Sarah S.	<b>TRX #</b> 8:30 – 9:30 am – Sara E. GYM	<b>Cardio Kickboxing</b> 9:45–10:45 am Sarah S.	<b>TRX #</b> 8:30 – 9:30 am - Sara E. GYM	<b>Cardio Kickboxing</b> 9:45–10:45 am Sarah S.	
<b>Sculpt</b> 9:45 - 10:25 am - Corinne GYM	<b>GFS: (Gentle Functional Strength)</b> 9:15 – 10 am - Denise	<b>Sculpt</b> 9:45 - 10:25 am - Corinne GYM	<b>GFS: (Gentle Functional Strength)</b> 9:15 – 10 am – Denise	<b>Sculpt</b> 9:45 - 10:25 am - Corinne GYM	<b>OPEN STUDIO / FOD Classes</b> 11:15 am - 6 pm
<b>Stretching</b> 10:30 – 11 am - Corinne GYM		<b>Stretching</b> 10:30 – 11 am - Corinne GYM		<b>Stretching</b> 10:30 – 11 am - Corinne GYM	
<b>Power Yoga</b> 11 am – Noon - Tamra	<b>OPEN STUDIO / FOD Classes</b> 10:15 am – 12:15 pm	<b>Vinyasa Flow Yoga</b> 11 am – Noon - Kristen	<b>OPEN STUDIO / FOD Classes</b> 10:15 am – 12:15 pm	<b>Yoga</b> 11 am – Noon - Kristen	
<b>Zumba</b> 11:05 - 11:55 am Sarah S. - GYM		<b>Zumba</b> 11:05 - 11:55 am Sarah S. - GYM		<b>Zumba</b> 11:05 - 11:55 am Sarah S. GYM	
<b>BOOTCAMP</b> 12:10 - 12:50 pm Dan - GYM	<b>BOOTCAMP</b> 12:10 - 1 pm Edie - GYM	<b>BOOTCAMP</b> 12:10 - 12:50 pm Dan - GYM	<b>BOOTCAMP</b> 12:10 - 1 pm Edie - GYM	<b>BOOTCAMP</b> 12:10 - 12:50 pm Dan - GYM	<b>OPEN STUDIO / FOD Classes</b> 1 – 1:55 pm
<b>OPEN STUDIO / FOD Classes</b> 12:15 – 2:00 pm	<b>OPEN STUDIO / FOD Classes</b> 12:15 – 1:00 pm	<b>OPEN STUDIO / FOD Classes</b> 12:15 – 2:00 pm	<b>OPEN STUDIO / FOD Classes</b> 12:15 – 1:00 pm	<b>OPEN STUDIO / FOD Classes</b> 12:15 – 2:00 pm	
<b>Quicksilver</b> 1:15 - 2:15 pm Judy - GYM	<b>Chair Yoga</b> 1:15 – 2:15 pm - Judy	<b>Quicksilver</b> 1:15 - 2:15 pm Corinne - GYM	<b>Chair Yoga</b> 1:15 – 2:15 pm - Judy	<b>Quicksilver</b> 1:15 - 2:15 pm Judy - GYM	<b>Zumba</b> 2-3 pm - Luisa
<b>Studio Closed for Cleaning</b> 2 – 2:45 pm	<b>Studio Closed for Cleaning</b> 2:30 – 3 pm	<b>Studio Closed for Cleaning</b> 2 – 2:30 pm	<b>Studio Closed for Cleaning</b> 2:20 – 2:50 pm	<b>Studio Closed for Cleaning</b> 2:30 – 3:30 pm	<b>Open Studio / FOD Class</b> 3:15 – 5 pm
<b>Pilates</b> 3 - 4 pm Debra	<b>OPEN STUDIO / FOD Classes</b> 3 – 5:15 PM	<b>Pilates</b> 3 - 4 pm Debra	<b>Yoga</b> 3 - 4 pm Lynn C.	<b>OPEN STUDIO / FOD Classes</b> 3:30 – 8:00 pm	
<b>OPEN STUDIO / FOD Classes</b> 4:15 – 5:15 pm		<b>OPEN STUDIO / FOD CLASS</b> 4:25 – 5:25 pm			
<b>TRX #</b> 5 – 5:45 PM Tamra – GYM		<b>TRX #</b> 5 – 5:45 PM Tamra – GYM			<i>Class schedule is subject to periodic change without advance notice.</i>
<b>Zumba</b> 5:30 - 6:30 pm Leslie	<b>Zumba</b> 5:30 – 6:30 pm Leslie	<b>Zumba</b> 5:30 - 6:30 pm Leslie	<b>Zumba</b> 5:30 – 6:30 pm Leslie	<b>STUDIO CLOSSES</b> 8 pm	
<b>Yoga</b> 6:45 – 7:45 pm Lynn C.	<b>AB Attack</b> 6:45 – 7:15 pm - Dan	<b>OPEN STUDIO / FOD Classes</b> 6:45 – 8 pm	<b>AB Attack</b> 6:45 – 7:15 pm - Dan		
<b>STUDIO CLOSSES</b> 8 pm	<b>STUDIO CLOSSES</b> 8 pm	<b>STUDIO CLOSSES</b> 8 pm	<b>STUDIO CLOSSES</b> 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 (11/1/18)

<b>ABS</b> (w/ Glutes)	This class will firm, strengthen and shape your abs (and glutes) like no other! <b>BEGINNER-INTERMEDIATE.</b>	Sat 9-9:45 am	
<b>AB ATTACK</b>	Attack your ab muscles through high-intensity, isolation exercises! <b>INTERMEDIATE-ADVANCED</b>	Tue & Thurs 6:45 – 7:15 pm	
<b>BOOTCAMP</b>	Move through a challenging circuit-training obstacle course that provides a total-body, compete workout. <b>INTERMEDIATE-ADVANCED.</b>	Mon Tue Wed Thur Fri 12:10 - 12:50 pm	
	A cardiovascular workout with a mixture of boxing, martial arts and aerobics. <b>INTERMEDIATE-ADVANCED</b>	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! <b>BEGINNER.</b>	Tue & Thurs 1:15 – 2:15 pm	
<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>	Tue & Thurs 9:15 - 10 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>	Mon Wed Fri 6 - 7 am & 8:30 - 9:30 am	Tue & Thurs 8:15- 9 am
<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>	Mon & Wed 3 – 4 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>	Mon 11 am – Noon	
<i>quicksilver</i>	<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	
<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>	Mon Wed Fri 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>	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. <b>BEGINNER – ADVANCED.</b>	Tue & Thurs 8:30 -9:30 am	Mon & Wed 5 - 5:45 pm
<i>Vinyasa Flow</i> <b>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>	Wed 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>	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. <b>BEGINNER – ADVANCED.</b>	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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