

GROUP EXERCISE CLASS SCHEDULE – Winter/Spring 2019

EFFECTIVE: 1/7/2019

MON	TUES	WED	THURS	FRI	WEEKEND
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	OPEN STUDIO / FOD Classes 8 - 8:45 am
Indoor Cycling # 8:30-9:30 am - Corinne	Indoor Cycling # 8:15–9 am-Denise	Indoor Cycling # 8:30-9:30 am –Corinne	Indoor Cycling # 8:15–9 am – Denise	Indoor Cycling # 8:30-9:30 am- Sarah H.	Abs (w/ Glutes) 9–9:45 am - Dan
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.	OPEN STUDIO / FOD Classes 10 am - 1:45 pm
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– Sarah H. GYM	Zumba 2-3 pm - Luisa
Stretching 10:30 – 11 am - Corinne GYM	OPEN STUDIO / FOD Classes 10:15 – 10:45 am	Stretching 10:30 – 11 am - Corinne GYM	OPEN STUDIO / FOD Classes 10:15 – 10:45 am	Stretching 10:30 – 11 am – Sarah H. GYM	OPEN STUDIO / FOD Classes 3:15 - 5:45 pm
Power Yoga 11 am – Noon - Tamra	Yoga 11 am – Noon - Corinne	Vinyasa Flow Yoga 11 am – Noon - Kristen	Power Yoga 11 am – Noon - Tamra	Yoga 11 am – Noon - Kristen	Studio Closes 6 pm
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 – 12:50 pm - Edie GYM	BOOTCAMP 12:10 - 12:50 pm - Dan GYM	BOOTCAMP 12:10 – 12:50 pm - Edie GYM	BOOTCAMP 12:10 - 12:50 pm - Dan GYM	OPEN STUDIO / FOD Classes 1 – 1:45 pm
OPEN STUDIO / FOD Classes 12:15 – 2:15 pm	OPEN STUDIO / FOD Classes 12:15 – 1:00 pm	OPEN STUDIO / FOD Classes 12:15 – 2:15 pm	OPEN STUDIO / FOD Classes 12:15 – 1:00 pm	OPEN STUDIO / FOD Classes 12:15 – 2:30 pm	
Quicksilver 1:15 - 2:15 pm - Sarah H. GYM	Chair Yoga 1:15 – 2:15 pm - Judy	Quicksilver 1:15 - 2:15 pm - Sarah H. GYM	Chair Yoga 1:15– 2:15 pm - Judy	Quicksilver 1:15 - 2:15 pm Sarah H. GYM	Zumba 2-3 pm - Luisa
Pilates 2:30–3:30 pm - Debra	Barre 2:30–3:20 pm - Tamra	Pilates 2:30–3:30 pm - Debra	Barre 2:30–3:20 pm - Tamra	Studio Closed for Cleaning 2:30 – 3:30 pm	Open Studio / FOD Class 3:15 – 5 pm
Studio Closed for Cleaning 3:45 – 4:15 pm	Studio Closed for Cleaning 3:45 – 4:15 pm	Studio Closed for Cleaning 3:45 – 4:15 pm	Studio Closed for Cleaning 3:45 – 4:15 pm		
OPEN STUDIO / FOD Classes 4:15 – 5:15 pm	MMA-FIT 4:15–5:15 pm – Pro MMA Fighter Kyle Simpson	OPEN STUDIO/ FOD Classes 4:15 – 5:15 pm	MMA-FIT 4:15–5:15 pm – Pro MMA Fighter Kyle Simpson	OPEN STUDIO/ FOD Classes 3:30 – 8 pm	Studio Closes 5 pm
TRX # 5 – 5:45 PM - Tamra GYM		TRX # 5–5:45 PM - Sarah H. GYM			<i>Class schedule is subject to periodic change without advance notice.</i>
Zumba 5:30 - 6:30 pm - Leslie	STRONG 5:30 – 6:20 pm - Leslie	Zumba 5:30 - 6:30 pm - Leslie	STRONG 5:30 – 6:20 pm - Leslie	STUDIO CLOSSES 8 pm	
Yoga Asana 6:45 – 7:45 pm - Lynn	AB Attack 6:45 – 7:15 pm - Dan	Yoga Asana 6:45–7:45 pm - Lynn	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 & Times – Winter / Spring, 2019 (1/7/19)

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 & Thu 6:45 – 7:15 pm	
Barre	Elements of Pilates, Yoga, Ballet and weight training in a full-body workout. Burn fat, flatten your abs, & strengthen the long leg and arm muscles of a dancer while improving core, stability & balance. BEGINNER - ADVANCED	Tues & Thur 2:30 – 3:30 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
MMA FIT	Mixed Martial Arts training that combines boxing, Muay Thai, & body manipulation for practical / situational self-defense & cardio training. BEGINNER – INTERMEDIATE	Tue & Thur 4:15 – 5:15 pm	
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 2:30 – 3:30 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 & Thur 11 am - Noon	
quicksilver	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	
STRONG	Full-body workout, combining body weight, muscle conditioning, cardio, & plyometric training, synced to original music to match every move! BEGINNER – INTERMEDIATE	Tue & Thur 5:30 – 6:20 pm	
 & “TRX-TRA”	Suspension trainer leverages bodyweight through hundreds of functional exercises that build strength, balance, flexibility, explosiveness and joint mobility. “TRX-TRA” also includes bootcamp & tabata-style moves. Class styles may mix. BEGINNER – ADVANCED	Tue & Thurs 8:30 -9:30 am	Mon & Wed 5 - 5:45 pm
Vinyasa Flow 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 & Yoga Asana	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 – INTERMEDIATE	Mon & Wed (Yoga Asana) 6:45 – 7:45 pm	Tue & Fri (Yoga) 11 am - noon
	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 & Wed: 5:30 – 6:30 PM	Sat 2-3 pm Sun 2-3 pm