



GROUP FITNESS CLASSES

(Land-based classes. For water classes, see Aquatics schedule)

➔ **INCLUDED WITH MEMBERSHIP** ➔

FIND YOUR SUPPORT GROUP!



Virtual Classes - Don't see the class you want at the time you want? Check out our Fitness on Demand kiosk in the studio for a list of 100+ video-based classes to choose from!

Day-use lockers are available at no cost. See the front desk for details.

June 2022

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

STUDIO CLASS SCHEDULE

Indoor Cycling 6:00 - 7:00am Carleen	Indoor Cycling 8:15-9:00am Denise	Indoor Cycling 6:00-7:00am Maxine	Indoor Cycling 8:15-9:00am Denise	Indoor Cycling 6:00-7:00am Maxine	Abs W/ Glutes 9:00-9:45am Kelli
Indoor Cycling 8:30-9:30am Elizabeth	Functional Strength 9:15-10:00am Denise	Indoor Cycling 8:30-9:30am Elizabeth	Functional Strength 9:15-10:00am Denise	Indoor Cycling 8:30-9:30am Elizabeth	PUMP! 10:00-11:00am Kelli
Self-Defense 9:45-10:45am Bill	STUDIO CLOSED 10:10-10:50am KROC STAFF TRAINING	Self-Defense 9:45-10:45am Bill	Power Yoga 11:00-12:00pm Corinne	Yoga 11:00-12:00pm Lynn	Zumba 11:15 am-12:15 pm Luisa
Yoga 11:00-12:00pm Lynn	Power Yoga 11:00-12:00pm Corinne	Yoga 11:00-12:00pm Kristen	Chair Yoga 1:00 - 2:00pm Corinne		
Zumba 5:30-6:30pm Luisa	Gentle Stretch & Motion 1:00 - 2:00pm Jency	Zumba 5:30-6:30pm Luisa	Cycle FUSION 5:30-6:30pm Carleen		
	Cycle FUSION 5:30-6:30pm Elizabeth		Ab Attack 6:45-7:15pm Carleen		
	Ab Attack 6:45-7:15pm Elizabeth				

SUNDAY

Zumba
2:00-3:00pm
Luisa

CLASS SCHEDULES ARE SUBJECT TO PERIODIC CHANGES WITHOUT ADVANCED NOTICE.



Join our class Facebook group to stay updated on any changes, cancellations, subs and new offerings!

SPORTS GYM CLASS SCHEDULE

	Cardio Fusion 6:00-6:45am Jennifer		Cardio Fusion 6:00-6:45am Jennifer	
Sculpt 9:45-10:45am Jennifer	TRX 8:30-9:30am Jennifer	Sculpt 9:45-10:45am Jennifer	TRX 8:30-9:30am Jennifer	**Sculpt 9:45-10:45am Jennifer
Bootcamp 12:10-12:50pm Desiree	Cardio SLAM 12:10-12:50pm Jen	Bootcamp 12:10-12:50pm Desiree	Cardio SLAM 12:10-12:50pm Jen	
SilverDancers 1:00-1:40pm Jennifer	NEW	SilverDancers 1:00-1:40pm Jennifer		
Quicksilver 1:45-2:15pm Jennifer		Quicksilver 1:45-2:15pm Jennifer		

****3rd Friday of every Month, classes in the Gym may not be held in the gym. A modified class may be relocated to the Lounge with advanced notice from Instructor.**

LOOKING FOR CLASS DESCRIPTIONS? SCAN HERE!

