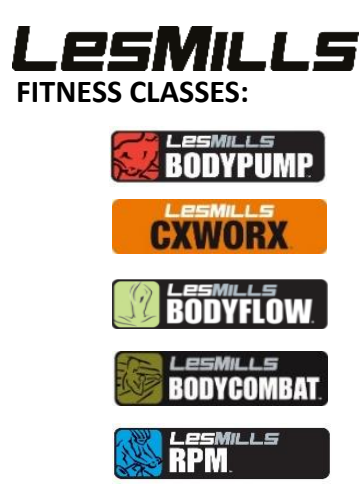


# Kroc Center Group Fitness Schedule


Winter 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND SCHEDULE		
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
7:00 AM		BODYFLOW		BODYFLOW		9:15 AM	BODYPUMP	
8:00 AM		BODYPUMP		BODYPUMP		10:15 AM	CXWORX	
8:30 AM	ABS, BUNS & THIGHS		ABS, BUNS & THIGHS			11:00 AM	ZUMBA	
9:00 AM		CXWORX		CXWORX	BODYPUMP	 <p><b>LES MILLS</b> FITNESS CLASSES:</p> <p>LES MILLS BODYPUMP</p> <p>LES MILLS CXWORX</p> <p>LES MILLS BODYFLOW</p> <p>LES MILLS BODYCOMBAT</p> <p>LES MILLS RPM</p> <p>* Class held in Gymnasium ** Class held in Caye Chapel</p>		
9:30 AM	BODYFLOW	BODY COMBAT		BODY COMBAT				
	CARDIO INTERVALS *		CARDIO INTERVALS *		INSANITY *			
10:00 AM					CXWORX			
10:30 AM	ZUMBA	RENEWAL YOGA	PILATES	BODYFLOW	RENEWAL YOGA			
12:15 PM	TAI CHI		TAI CHI		TAI CHI			
1:30 PM	SILVER SNEAKERS	SILVER SNEAKERS	SILVER SNEAKERS	SILVER SNEAKERS	SILVER SNEAKERS			
2:30 PM	ZUMBA GOLD	CHAIR YOGA	ZUMBA GOLD	CHAIR YOGA	ZUMBA GOLD			
AFTERNOON								
5:30 PM	BODYPUMP	BODY COMBAT	BODYPUMP					
			Zumba **					
6:30 PM		CXWORX	BODYFLOW	CXWORX				
		FOOD, FAITH & FITNESS						
7:00 PM		RENEWAL YOGA						

## RPM CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND SCHEDULE		
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:00 AM	RPM		RPM		RPM	8:15 AM	RPM	
8:30 AM	RPM		RPM		RPM	<p>CALL: 706.922.8332 VISIT: AUGUSTAKROC.ORG</p>		
9:30 AM		RPM		RPM				
5:30 PM	RPM	RPM		RPM				
6:30 PM			RPM-X (30mins)					

## AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
9:00 AM	RIVER TREK		RIVER TREK	AQUA ZUMBA				
9:30 AM	HYDRO FIT	RIVER TREK	HYDRO FIT		RIVER TREK			
10:00 AM	DEEP WATER X	HYDRO FIT	DEEP WATER X		HYDRO FIT			
10:30 AM	YOGA AFLOAT		YOGA AFLOAT					
5:30 PM		RIVER TREK		RIVER TREK				

## GROUP FITNESS CLASS DESCRIPTIONS

<p><b>Abs, Buns, &amp; Thighs (45 min)</b> This class targets abs. buns and thighs to strengthen and reshape everything from below the chest to above the knees.</p>	<p><b>Pilates</b> mat classes focus on developing core strength, flexibility, balance and stamina. The instructor presents the exercises at multiple levels which allows students to choose to work at a beginning, intermediate, or advanced pace. Students learn to be aware of breathing patterns and spinal alignment while engaging the deep muscles of the core. No previous Pilates experience is necessary to join a mat class.</p>
<p><b>INSANITY</b> is a highly intense total body workout, no equipment required. Max Interval training has you work as hard as you can for 3 minutes with 30 seconds rest in-between. Class is held in the gym. (45-60 minutes)</p>	<p><b>Renewal Yoga (75 mins).</b> This classical yoga class cultivates deeper awareness of the poses, attention to alignment &amp; understanding of breathing techniques. With regular practice students will gain a strong body, a calm mind, and an open heart. <b>**All levels.**</b></p>
<p><b>BODYCOMBAT®</b> is the empowering cardio workout that is inspired by martial arts and draws from a wide array of disciplines. Supported by driving music and powerful role model instructors, you strike, punch, and kick your way to superior cardio fitness.</p>	<p><b>RPM®</b> is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. <i>(Held in the RPM room off the gymnasium)</i></p>
<p><b>BODYFLOW®</b> is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout.</p>	<p><b>SILVER SNEAKERS®</b> is a combination of seated exercises to improve strength, flexibility and posture, which will help with balance, coordination, and cognitive function. Standing exercises are an option for those wishing to increase the intensity of the workout.</p>
<p><b>BODYPUMP®</b> is the original barbell class that strengthens your entire body. Challenge all your major muscle groups by using the best weight-room exercises like squats, presses, lifts and curls. "Change the shape of your body." Fast!</p>	<p><b>Tai Chi (60 mins).</b> An ancient form of gentle martial arts. Slow &amp; coordinated movements strengthen &amp; stretch muscles, tendons, &amp; ligaments; improves balance, coordination, &amp; concentration; &amp; improves the efficiency of the cardiovascular system.</p>
<p><b>Cardio Intervals.</b> "Never the same class twice"...a variety of high energy cardiovascular drills utilizing different equipment; plus results driven intervals to improve overall strength, core &amp; functional movement. An exciting class which will push you to a new fitness level. Class is held in gym(45-60 minutes)</p>	<p><b>ZUMBA™</b> is an effective, exhilarating, Latin-inspired, easy-to-follow, calorie-burning dance-fitness party. ZUMBA classes feature exotic rhythms like salsa, merengue, cumbia and samba set to high-energy Latin and international beats.</p>
<p><b>CXWORX®</b> really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It'll help you run faster ... play harder ... stand stronger! 30 minutes.</p>	<p><b>ZUMBA GOLD™ targets the baby boomers. It takes the ZUMBA formula &amp; modifies the moves &amp; pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle</b></p>
<p><b>Food, Faith and Fitness.</b> Become physically and spiritually stronger with a variety of low impact exercise classes, information on healthy eating, and most importantly, strengthening your relationship with Jesus Christ. Come join us as we strive to be stronger for our Lord! <b>(Held in Chafee Hall)</b></p>	<p>.</p>
<p><b>Gentle Chair Yoga (60 mins).</b> This gentle yoga class cultivates deeper awareness of the body through modified &amp; chair poses, brings attention to alignment, and understanding of breathing techniques. With regular practice you increase strength, flexibility, balance &amp; coordination.</p>	

## AQUA CLASS DESCRIPTIONS

<p><b>AQUA ZUMBA™</b> "Ditch the workout and join the pool party!" Easy to follow choreographed class with high energy Latin music. Interval &amp; resistance training combined with dance moves to tone and sculpt your body!</p>	<p><b>River Trek</b> Trek your way to a healthy lifestyle! This low impact, high resistance class is perfect for anyone! We will use fun music and the resistance of our lazy river to trek your way to a healthier you!</p>
<p><b>Deep Water X.</b> This 30-minute deep water workout uses a flotation belt that takes the impact out of exercise while enhancing intensity and improving overall fitness.</p>	<p><b>Yoga Afloat.</b> This form of yoga combines flowing dynamic movements with traditional yoga poses, that when assisted by the water, help lengthen and strengthen muscles, support weak joints, and improve balance and coordination.</p>
<p><b>Hydro Fit.</b> Enjoy all the benefits of a land workout without as much impact on your joints. This high-low shallow water class enables participants to work at their own pace, and work the entire body!</p>	