

Kroc Center Group Fitness Schedule

Jan 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND SCHEDULE		
6:00 AM		BODYPUMP Express		BODYPUMP Express		TIME	SATURDAY	SUNDAY
7:00 AM		BODYFLOW **		BODYFLOW **		11:00 PM	ZUMBA	
7:30 AM								
8:00 AM								
8:30 AM		NEW WALK IT OUT		NEW WALK IT OUT				
9:00 AM		BODYPUMP Express		BODYPUMP Express				
9:30 AM								
9:45 AM		CXWORX		CXWORX				
10:30 AM	YOGA		YOGA		YOGA			
11:00 AM								
11:15 AM								
12:00 PM	TAI CHI		TAI CHI		TAI CHI			
1:30 PM	SS Circuit	SS BOOM Muscle	Chair ONE	SS BOOM Muscle	SS BOOM Move			
2:30 PM	SS Circuit	SS BOOM Muscle	Chair ONE	SS BOOM Muscle	SS BOOM Move			
AFTERNOON								
5:15 PM	BODYPUMP Express	BARRE	ZUMBA * BODY PUMP	BARRE	BODYPUMP Express			
6:30 PM	CXWORX	BODYCOMBAT						

LES MILLS FITNESS CLASSES:



* Class held in Gymnasium


** Class held in Banquet Hall

CYCLING CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND SCHEDULE		
6:00 AM	RPM		RPM		RPM	TIME	SATURDAY	SUNDAY
8:30 AM	RPM		RPM		RPM			
9:00 AM		RPM		RPM				
AFTERNOON								
5:30 PM	RPM	RPM		RPM				
6:30 PM			RPM					

CALL: 706.922.8332
VISIT: AUGUSTAKROC.ORG

AQUA CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	 1833 Broad Street Augusta, GA		
9:30 AM	HYDRO FIT		HYDRO FIT		HYDRO FIT			
10:00 AM								
5:30 PM	AQUA ZUMBA							
6:00 PM								
7:00 PM								

GROUP FITNESS CLASS DESCRIPTIONS

<p>BARRE offers classic barre choreography, plus options for Pilates, high-intensity & strength, ballet, trendy dance, and active-aging fusion classes. Designed for wide range of fitness levels, ages and bodies, complete with progressions so those new to fitness feel successful their first time and seasoned Barre enthusiasts will always feel challenged. *LIMITED SPACE AVAILABLE*</p>	<p>SILVER SNEAKERS® Boom Move It is higher intensity dance workout class that improves cardio endurance and burns calories. MOVE is all about breaking a sweat and having fun. The class focuses on cardio endurance by starting with simple dance moves then building into more complex sequences, bringing you a great cardio workout. *LIMITED SPACE AVAILABLE*</p>
<p>ChairONE Fitness is a comprehensive chair exercise program designed for individuals who have complications standing during a fitness regimen. This includes senior citizens, people with balance deficits, injuries, disabilities, or suffering from obesity. It is designed to keep individuals mobile to ensure they remain progressive in daily function and/or recovery. This program was designed to deliver a fun interactive workout that uplifts people while providing a total body workout. *LIMITED SPACE AVAILABLE*</p>	<p>SILVER SNEAKERS® Boom Muscle incorporates athletic-based exercises that improve upper body conditioning. You'll move through several "blocks," which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength. *LIMITED SPACE AVAILABLE*</p>
<p>LES MILLS BODYCOMBAT® 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. *LIMITED SPACE AVAILABLE*</p>	<p>TAI CHI is an ancient form of martial arts which will relieve stress and build internal energy and strength. Movements are slow and coordinated to stimulate balance, posture control, and interaction with the mind and body. *LIMITED SPACE AVAILABLE*</p>
<p>LES MILLS BODYFLOW® 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>Walk It Out is a great way to get exercise into your day and build relationships with others. This class was created to get you moving to increase physical activity, walking distance and speed. It will also help participants develop a walking plan that meets their particular needs, stay motivated, manage pain, exercise safely and make friends with others with the same goals in mind. (Class meets by the Banquet Halls)</p>
<p>LES MILLS BODYPUMP® Express is a 45 minute version of 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! *LIMITED SPACE AVAILABLE*</p>	<p>Yoga on the Terrace: This Yoga class, which takes place outside, is a great class for the time we're in. With the ability to socially distance as well getting some fresh air and sunlight, this is a style of class that is needed. This class will not only get you in nature and moving, it is also meant to get you to a much less agitated state of mind. Please bring your own yoga mat.</p>
<p>LES MILLS CXWORX® 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. *LIMITED SPACE AVAILABLE*</p>	<p>YOGA is a mind and body practice with a 5,000-year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. All ages and levels welcomed." **All levels.** *LIMITED SPACE AVAILABLE*</p>
<p>LES MILLS RPM® 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. *LIMITED SPACE AVAILABLE*</p>	<p>ZUMBA™ 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. *LIMITED SPACE AVAILABLE*</p>
<p>SILVER SNEAKERS® Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SilverSneakers ball. A chair is available for standing support. (45 minutes) *LIMITED SPACE AVAILABLE*</p>	
AQUA CLASS DESCRIPTIONS	
<p>HYDRO FIT 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. *LIMITED SPACE AVAILABLE*</p>	
<p>AQUA ZUMBA™ "Ditch the workout and join the pool party!" Easy to follow choreographed class with high energy Latin music. Interval & resistance training combined with dance moves to tone and sculpt your body! *LIMITED SPACE AVAILABLE*</p>	