

# Kroc Center Group Fitness Schedule

Mar 2021

| TIME      | MONDAY           | TUESDAY                | WEDNESDAY   | THURSDAY               | FRIDAY       | WEEKEND SCHEDULE     |          |        |
|-----------|------------------|------------------------|-------------|------------------------|--------------|----------------------|----------|--------|
| 5:15 AM   | Virtual ***      |                        | Virtual *** |                        | Virtual ***  | TIME                 | SATURDAY | SUNDAY |
| 6:00 AM   |                  | BODYPUMP Express       |             | BODYPUMP Express       |              | 11:00 AM             | ZUMBA    |        |
| 7:00 AM   |                  | BODYFLOW               |             | BODYFLOW               |              |                      |          |        |
| 7:30 AM   |                  |                        |             |                        |              |                      |          |        |
| 8:00 AM   |                  |                        |             |                        |              |                      |          |        |
| 8:30 AM   |                  | <b>NEW</b> WALK IT OUT |             | <b>NEW</b> WALK IT OUT |              |                      |          |        |
| 9:00 AM   |                  | BODYPUMP Express       |             | BODYPUMP Express       |              |                      |          |        |
| 9:30 AM   |                  |                        |             |                        |              |                      |          |        |
| 9:45 AM   |                  | CORE                   |             | CORE                   |              |                      |          |        |
| 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       | Flex, Stretch & Relax  | Chair ONE   | Flex, Stretch & Relax  | SS BOOM Move |                      |          |        |
| AFTERNOON |                  |                        |             |                        |              |                      |          |        |
| 5:15 PM   | BODYPUMP Express | BARRE                  | ZUMBA **    | BODY PUMP              | BARRE        | BODYPUMP Express *** |          |        |
| 6:30 PM   | CORE             | BODYCOMBAT             | CORE ***    |                        |              |                      |          |        |

## LES MILLS

FITNESS CLASSES:



\* Class held in Gymnasium

\*\* Class held in Banquet Hall

\*\*\* Virtual Class (Group Fitness)

## CYCLING CLASSES

WEEKEND SCHEDULE

| TIME      | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME | SATURDAY | SUNDAY |
|-----------|--------|---------|-----------|----------|--------|------|----------|--------|
| 6:00 AM   | RPM ** |         | RPM **    |          | RPM ** |      |          |        |
| 8:30 AM   | RPM ** |         | RPM **    |          | RPM ** |      |          |        |
| 9:00 AM   |        | RPM **  |           | RPM **   |        |      |          |        |
| AFTERNOON |        |         |           |          |        |      |          |        |
| 5:30 PM   | RPM ** | RPM **  | RPM **    | RPM **   |        |      |          |        |

CALL: 706.922.8332  
VISIT: AUGUSTAKROC.ORG

## AQUA CLASSES

| TIME     | MONDAY     | TUESDAY | WEDNESDAY | THURSDAY   | FRIDAY    | WEEKEND SCHEDULE |  |  |
|----------|------------|---------|-----------|------------|-----------|------------------|--|--|
| 9:30 AM  | HYDRO FIT  |         | HYDRO FIT | AQUA ZUMBA | HYDRO FIT |                  |  |  |
| 10:00 AM |            |         |           |            |           |                  |  |  |
| 5:30 PM  | AQUA ZUMBA |         |           |            |           |                  |  |  |
| 6:00 PM  |            |         |           |            |           |                  |  |  |
| 7:00 PM  |            |         |           |            |           |                  |  |  |



1833 Broad Street Augusta, GA

## GROUP FITNESS CLASS DESCRIPTIONS

|  |  |
|--|--|
| <p><b>BARRE</b> offers classic barre choreography, plus options for Pilates, high-intensity &amp; 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. <b>*LIMITED SPACE AVAILABLE*</b></p>  | <p><b>SILVER SNEAKERS® Circuit</b> 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) <b>*LIMITED SPACE AVAILABLE*</b></p>  |
| <p><b>ChairONE</b> 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. <b>*LIMITED SPACE AVAILABLE*</b></p> | <p><b>SILVER SNEAKERS® Boom Move</b> 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. <b>*LIMITED SPACE AVAILABLE*</b></p>   |
| <p><b>Flex, Stretch &amp; Relax</b> give you the opportunity to incorporate self-care in a time that we all need it the most. Take time for yourself by taking the time to stretch and breathe. Letting the cares of the day melt away. <b>*LIMITED SPACE AVAILABLE*</b></p>   | <p><b>SILVER SNEAKERS® Boom Muscle</b> 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. <b>*LIMITED SPACE AVAILABLE*</b></p>   |
| <p><b>LES MILLS 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. <b>*LIMITED SPACE AVAILABLE*</b></p>  | <p><b>TAI CHI</b> 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. <b>*LIMITED SPACE AVAILABLE*</b></p>  |
| <p><b>LES MILLS 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>Walk It Out / Work It Out</b> 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. <b>(Class moves indoors for cold or inclement weather)</b></p> |
| <p><b>LES MILLS BODYPUMP® Express</b> 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! <b>*LIMITED SPACE AVAILABLE*</b></p>  | <p><b>Yoga on the Terrace:</b> 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><b>LES MILLS 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! <b>30 minutes. *LIMITED SPACE AVAILABLE*</b></p>   | <p><b>YOGA</b> 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." <b>**All levels.** *LIMITED SPACE AVAILABLE*</b></p>   |
| <p><b>LES MILLS 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. <b>*LIMITED SPACE AVAILABLE*</b></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. <b>*LIMITED SPACE AVAILABLE*</b></p>  |

Virtual

With the virtual class experience, you have the opportunity to try the many styles of group fitness that are offered. Whether it's HIIT, Insanity, P90X, Pilates, or Les Mills GRIT you know you'll always have quality classes. Try a Virtual class today.

## AQUA CLASS DESCRIPTIONS

|   |  |
|---|--|
| <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. <b>*LIMITED SPACE AVAILABLE*</b></p>                |  |
| <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! <b>*LIMITED SPACE AVAILABLE*</b></p> |  |

Updated 3/2021