

# Kroc Center Group Fitness Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND SCHEDULE		
5:15 AM	Virtual ***		Virtual ***		Virtual ***	TIME	SATURDAY	SUNDAY
6:00 AM		BODYPUMP Express		BODYPUMP		8:15 AM	<b>NEW</b> Virtual ***	
7:00 AM		BODYBALANCE		BODYBALANCE		9:15 AM	BODYPUMP ***	
8:30 AM		WALK IT OUT   BODY PUMP		WALK IT OUT   BODY PUMP		10:15 AM	<b>NEW</b> 4 for the Core	
9:15 AM		CORE		CORE		11:00 AM	ZUMBA	
9:30 AM	BODYBALANCE		BODYBALANCE		BODYCOMBAT	YOGA ***	12:15 PM	YOGA ***
9:45 AM						1:15 PM	<b>NEW</b> GRIT ***	<b>NEW</b> YOGA ***
10:30 AM	YOGA		YOGA		YOGA	2:00 PM	<b>NEW</b> BARRE ***	
12:00 PM	TAI CHI		TAI CHI		TAI CHI	2:30 PM		<b>NEW</b> GRIT ***
1:30 PM	SS Circuit	SS BOOM Muscle	Chair ONE	Kroc Fit Gold	SS BOOM Move	3:00 PM		<b>NEW</b> BARRE ***
2:30 PM	CHAIR YOGA	Flex, Stretch & Relax	Chair ONE	Flex, Stretch & Relax	CHAIR YOGA	<b>FITNESS CLASSES:</b>       * Class Held in Main Chapel ** Class Held Outdoors *** Virtual Class (Group Fitness)		
3:30 PM			<b>NEW</b> LINE DANCE		<b>NEW</b> LINE DANCE			
<b>AFTERNOON</b>								
5:15 PM	BODYPUMP		ZUMBA *   BODY PUMP		BODYPUMP ***			
5:30 PM		BARRE		BARRE				
6:30 PM	CORE		CORE	<b>NEW</b> ZUMBA TONING				
<b>CYCLING CLASSES</b>								
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKEND SCHEDULE		
6:00 AM	RPM		RPM		RPM	TIME	SATURDAY	SUNDAY
8:30 AM	RPM		RPM		RPM	<b>CALL: 706.922.8332</b> <b>VISIT: AUGUSTAKROC.ORG</b>		
9:00 AM		RPM		RPM				
<b>AFTERNOON</b>								
5:30 PM		RPM		RPM				
<b>AQUA CLASSES</b>								
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	 <b>1833 Broad Street Augusta, GA</b>		
9:00 AM	RIVER TREK		RIVER TREK					
9:30 AM	HYDRO FIT		HYDRO FIT	AQUA ZUMBA	HYDRO FIT			
10:00 AM	DEEP WATER X		DEEP WATER X					
10:30 AM	YOGA AFLOAT		YOGA AFLOAT					
5:30 PM	AQUA ZUMBA							

## GROUP FITNESS CLASS DESCRIPTIONS

<p><b>4 for the Core:</b> The abdomen, lower spine, and pelvis comprise the trunk (core) of the body. This area must be stable so the limbs have a fixed base from which to create powerful movements. Join us for this beginner class that focuses on movements that do just that.</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>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>Line dance</b> is a form of dance in which memory and execution come together. Dancers learn basic steps, rhythms and routines choreographed to music, thereby improving memory and balance. Absolutely no previous dance experience is required. Shoes should be comfortable, supportive and have a smooth sole. <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® 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>Kroc Fit Gold:</b> A total body toning class that builds strength, flexibility, and endurance. This class engages each of the muscle groups and challenges you by increasing muscle strength and improving balance and range of motion.</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>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>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 BODYBALANCE®</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>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 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>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 CORE®</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 GRIT®</b> is 30-minutes of high-intensity interval training (HIIT), developed by experts to deliver transformative results. Featuring short, intense bursts of effort followed by periods of recovery, the scientifically structured intervals allow you push your body into your max effort training zone – and that's where the results happen.</p>	<p><b>ZUMBA™ / ZUMBA GOLD</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>
<h1 style="color: yellow; font-size: 2em;">Virtual</h1>	<p>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.</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! <b>*LIMITED SPACE AVAILABLE*</b></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>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>	