

JULY GROUP EXERCISE SCHEDULE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Sunrise Yoga Anna 6:00 am		Sunrise Yoga Anna 6:00 am			
Tai Chi Nathaniel 7:00 am	Burn Out! Omar 7:00 am	Tai Chi Nathaniel 7:00 am	Burn Out! Omar 7:00 am	Tai Chi Nathaniel 7:00 am		
AM Yoga David 8:00 am	Mat Pilates David 8:00 am	AM Yoga David 8:00 am	Mat Pilates David 8:00 am	AM Yoga David 8:00 am	Yoga Vinyasa Theresa 8:30 am	
Pump! David 9:00 am	Body Sculpting Robin C. 9:15 am	Pump! David 9:00 am	Body Sculpting Robin C. 9:15 am	Pump! David 9:00 am		
Silver Sneakers MS-ROM Robyn R. 10:00 am	Silver Sneakers MS-ROM Robyn R. 10:30 am	Silver Sneakers MS-ROM Robyn C. 10:00 am	Silver Sneakers MS-ROM Robyn R. 10:30 am	Silver Sneakers Cardio Circuit Nathaniel 10:00 am	Tai Chi Nathaniel 10:00 am	
Silver Sneakers Cardio Circuit Robyn R. 11:00 am	Silver Sneakers Cardio Circuit Robyn R. 11:30 am	Silver Sneakers Cardio Circuit Nathaniel 11:00 am	Silver Sneakers Cardio Circuit Robyn R. 11:30 am	Silver Sneakers Yoga Stretch Sharyn 11:00 am	Capoeira Kids 11:00 am	
Silver Sneakers Yoga Stretch Robyn R. 12:00 pm	Scriptursize! Robin R. 12:30 pm	Silver Sneakers Yoga Stretch Sharyn 12:00 pm	Mat Pilates Robin R. 12:30pm	Gentle Yoga Sharyn 12:00 pm	Breakdance "Danger" Dat 12:00 pm	
Gentle Yoga Sharyn 1:00 pm		Gentle Yoga Sharyn 1:00 pm				
On the Ball David 5:00 pm	Absolute Abs! Theresa 5:00 pm	Mat Pilates Theresa 5:00 pm	Absolute Abs! Theresa 5:00 pm	Core, Floor, & More! Margaret 5:00 pm		
Step Aerobics Margaret 6:00 pm	Latin Impact Rosana 6:00 pm	Total Toning Margaret 6:00 pm	Latin Impact Rosana 6:00 pm	Step Aerobics Margaret 6:00 pm		
ZUMBA! Gina 7:00pm	Yoga Vinyasa Linda 7:00 pm	ZUMBA! Gina 7:00pm	Yoga Vinyasa Linda 7:00 pm	Capoeira Workout 7:00 pm		

NO CLASSES

CLASS DESCRIPTIONS:

Absolute Abs! - Work your core like never before!! With this 45 minutes session your abs and back will get a hard core workout with stabilizing movements and strength training. So come and join us to add a little strength to your core. 50 min

Body Sculpting – A resistance dominated Circuit Training workout utilizing resistance training, class cardio exercises, Pilates, and isometrics to sculpt and define specific body parts. This class is medium to fast pace. 50 min

Break Dance - Students learn basic break dancing technique including foot work, uprock and power moves.

Burn Out! - Are you looking for that extra kick in your workout? Well...look no further! Burn Out! is the class for you. This class is a full body workout utilizing resistance training with dumbbells and resistance bands, cardio vascular training involving kickboxing and endurance drills, a core and ab workout unlike anything you've ever experienced before and partner drills to make it a fun but intense workout! 50 min

Capoeira Kids - Combines elements of martial arts, gymnastics, dance and music in an interactive and spirited game that has rules and etiquette. Capoeira involves the entire body, increasing strength, flexibility, balance, agility and coordination, as well as building confidence, self-esteem, and social skills in its participants. Students also learn to play the music of Capoeira, including some basic rhythms on traditional Afro-Brazilian instruments and simple songs in Portuguese. A Kroc Center First! 50 min

Capoeira Workout - A unique holistic dance/martial art that provides practitioners with physical, mental and emotional health benefits. Capoeira movements are combined with the elegance of dance, the power of martial arts, the science of kinesiology and the rhythms of Afro-Brazilian music.

Core, Floor, & More! - A combination of basic step choreography, core sculpting, and much, much more! This class will teach the basics of step aerobics, with an additional focus on strengthening the core muscles, as well as, working the entire body into a lean, toned, sculpted machine! A Kroc Center original! 50 min

Latin Impact– This Latin influenced aerobic workout will leave you wanting more! Enjoy the dance styles of Salsa, Merengue, Cha Cha, Samba, and Caribe, all while getting fit. 60 min

Mat Pilates – A Floor Workout with an emphasis on posture, this class unites controlled stretching and deep breathing to increase your flexibility, mobility, and core muscular strength. This class is medium paced. 50 min

On The Ball– A full body workout on the Swiss Exercise ball, using light weights, Pilates method for core strengthening & stretching to upbeat music. Very lively and fun, the class is designed to give refreshed muscle tone, a mild aerobic workout and increased coordination for the entire body, mind and spirit. 50 min

Pump! – Total body strength and conditioning class, utilizing a variety of free weights and band resistance. All while keeping an up-tempo cardio pace. This class will get you PUMPED! 50 min

Scripturesize – Women's group that ministers to the body and the soul by combining Scriptures with exercise. Increase flexibility, strength and tone while being refreshed and encouraged by the Bible. 50 min

Step Aerobics – Ready for a fun cardio workout? This class in energy filled and heart pumping. There will also be time for some strength and conditioning exercises on the floor with weights. Beginners and veterans are all welcome here, so bring a friend! 50 min

Tai Chi– Tai Chi will familiarize you with postures and breathing exercises, which are the precursor to learning Chi-Kung. Regularly attended, the class will increase agility, flexibility, balance, strength, and coordination. This is a medium paced class. 50min

Total Toning – Strengthening & toning for the major muscle groups. Using a variety of strength and sculpting techniques, dumbbells, and your own body resistance, participants will tailor their workout intensity to optimize results. 50 min

Zumba! - The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got a Zumba® class! Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! 50 min

YOGA SERIES

AM Yoga– Yoga to start your day off just right! All of the things you would expect from a great yoga class offered at a time to energize yet relax you for the day ahead. 50 min.

Gentle Hatha Yoga - Learn the principles of Hatha yoga working on mats on the floor practicing breathing and relaxation techniques along with postures to improve balance, flexibility, muscle tone, range of motion, concentration, clarity, and internal bodily functions for unity of body, mind, and spirit. This is a great class to take when you feel like something more challenging than chair-based yoga, but less challenging than traditional yoga. A Kroc Center first! 50 min

Sunrise Yoga - Greet the sun with a yoga practice that combines gentle warm-ups and a variety of seated, standing, reclining, and balance yoga poses with breath awareness. The class is designed to awaken all the systems of the body and to establish a positive outlook to carry you through your day. A Kroc Center first! 50 min

Vinyasa Yoga – High-energy yoga routine that links breath, with dynamic, flowing sequences of postures, designed to build strength at the edge of your flexibility. Expect a challenging and athletic class with rhythmic music and a variety of routines. 80min

SENIOR SERIES

Silver Sneakers Cardio Circuit - This class combines fun and fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work with hand-held weights, elastic tubing with handles, and a ball is alternated with non-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises. A medical release form may be required in order to participate in this class for those with existing medical conditions. This class is limited to a maximum of 30 General Public. 50min

Silver Sneakers MS-ROM - Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support. A medical release form may be required in order to participate in this class for those with existing medical conditions. This class is limited to a maximum of 30 General Public. 50 min