

**MON****TUE****WED****THU****FRI****SAT**

**9:30<sup>AM</sup>**  
Strengthen  
& Stretch

**9:30<sup>AM</sup>**  
Pilates Mat

**10:30<sup>AM</sup>**  
Vinyasa Yoga

**4:30<sup>PM</sup>**  
Boxing  
Conditioning

**5:00<sup>PM</sup>**  
Dirty Thirty  
(30 min)

**5:30<sup>PM</sup>**  
Tighten & Tone  
(45 min)

**6:00<sup>PM</sup>**  
Cycling

**6:00<sup>PM</sup>**  
Zumba®

**6:15<sup>PM</sup>**  
Ab Attack  
(30 min)

**7:00<sup>PM</sup>**  
MET CON

**8:30<sup>AM</sup>**  
Wake Up,  
Work Out

**9:00<sup>AM</sup>**  
Explode or  
Implode: HIIT  
(30 min)

**9:30<sup>AM</sup>**  
Tai Chi

**10:30<sup>AM</sup>**  
Silver Krocs

**10:30<sup>AM</sup>**  
Kundalini Yoga

**5:30<sup>PM</sup>**  
Ab Attack  
(30 min)

**6:00<sup>PM</sup>**  
Tabata  
(45 min)

**6:30<sup>PM</sup>**  
Vinyasa Yoga

**7:00<sup>PM</sup>**  
MET CON

**9:30<sup>AM</sup>**  
Strengthen  
& Stretch

**9:00<sup>AM</sup>**  
Plank City  
(30 min)

**9:30<sup>AM</sup>**  
Insanity

**10:30<sup>AM</sup>**  
Zumba®

**10:30<sup>AM</sup>**  
Cycling

**10:30<sup>AM</sup>**  
Tai Chi

**5:00<sup>PM</sup>**  
Station  
Showdown  
(30 min)

**5:30<sup>PM</sup>**  
Cardio Abs  
& Toning  
(45 min)

**6:00<sup>PM</sup>**  
Cycling

**6:15<sup>PM</sup>**  
Ab Attack  
(30 min)

**7:00<sup>PM</sup>**  
Zumba®

**9:30<sup>AM</sup>**  
Strengthen  
& Stretch

**10:30<sup>AM</sup>**  
Silver Krocs

**10:00<sup>AM</sup>**  
Pilates Mat

**5:00<sup>PM</sup>**  
Zumba®

**5:30<sup>PM</sup>**  
Triple C

**6:00<sup>PM</sup>**  
Cycling

**6:00<sup>PM</sup>**  
Ballet

**8:00<sup>AM</sup>**  
Core &  
Stability  
(45 min)

**8:45<sup>AM</sup>**  
ABC: Abs,  
Buns, Cardio

**9:30<sup>AM</sup>**  
Pilates Mat

**9:30<sup>AM</sup>**  
Total Body  
Conditioning

**10:30<sup>AM</sup>**  
Hatha Yoga

**11:30<sup>AM</sup>**  
Gentle Yoga

**9:00<sup>AM</sup>**  
Zumba®

**9:30<sup>AM</sup>**  
Ab Attack

**10:15<sup>AM</sup>**  
Cardio Circuit  
Bootcamp

**11:00<sup>AM</sup>**  
MET CON

# Group Ex Schedule

Beginning the week of October 3rd, 2021



GEX Studio 242



GEX Studio 243



Gymnasium



Cycling Studio



Aquatic Center

## Please Note

- Please remember to wipe all fitness center equipment down after use. Help stop the spread of germs and bacteria!
- Children under the age of 13 are not permitted in the Fitness Center.
- Proper fitness attire (closed toe shoes, tops covering midriff, etc) are required on the fitness floor at all times.
- Please rerack all weights and dumbbells after use.

**For class updates and schedule changes:**

text **SAKROCCLASS**  
to **51555**

updated 9/29/21

# CLASS DESCRIPTIONS

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**Ab Attack:** 30 minutes focused on burning out the abdominal muscles through sustained holds and breathing. This class uses every speed and utilizes the standing position as well as the floor.

**ABC - Abs, Buns and Cardio:** This is a very targeted class that sets out to challenge all participants. The progression of this class sets out to focus on the abdominal cavity, glute area and cardiovascular system in 50 minutes. You will get a great workout and leave feeling a full body burn.

**Ballet:** 13 + Adult. Classical ballet technique focusing on barre, floor exercises, center work and building choreography.

**Boxing Conditioning:** A full body conditioning by way of boxing forms, technique, drills and overall cardio.

**Cardio Abs & Toning:** Burn calories and tighten up those abs while building strength and flexibility. An abdominal workout that starts with standing core conditioning then drops down to mat to tone the entire upper body. Build strength and endurance in this core conditioning class.

**Cardio Circuit Bootcamp:** A cardiovascular driven, circuit style class that uses extended periods of working for a full body push. Equipment may be incorporated.

**Core & Stability:** 45 minutes focused on strengthening your core with a hint of stability exercises burnout style.

**Cycling:** Try a challenging forty-five minute stationary cycling class that utilizes various training techniques and motivational strategies to simulate actual riding experiences. \*Reservations are required\*

**Dirty Thirty:** Come get a full body burn with a variety of 30 exercise targeting cardio, strength, and endurance.

**Explode or Implode:** HIIT style Workout: An intermediate to advanced, full body, HIIT style workout. This 30 minute class will leave you sore BUT feeling great!

**Gentle Yoga:** A series of seated and standing yoga poses. Chairs provide support for various postures designed to increase flexibility, balance and range of movement. Breathing exercises and a relaxation period reduce stress and improve mental clarity.

**Hatha Yoga:** This form of yoga incorporates an eclectic blend of two or more yoga styles, while focusing on posture and breathing. Most of the poses are seated and held longer than usual. Along with promoting relaxation, it develops muscular strength, suppleness and flexibility. The yoga straps and blocks are incorporated.

**Insanity:** A high intensity, full body workout that uses a combination of strength and bodyweight training.

**Kundalini Yoga:** A way of healing for balance, strength and inner growth. Its dynamic blend of breathing, stretching, movement, mantra, meditation and relaxation that will empower you on all levels, giving you the energy and impetus for strength, success, and well-being. These classes are ideally suited for those who want to lead relaxed and happy lives amid the pressures of modern society.

**Metabolic Conditioning:** This class targets a specific work/rest structure in order to gain a set goal and body response. The body's energy system is targeted through maximum efficiency of activity. The end result is high energy, max calories burned and a total bodily system workout.

**Pilates Mat:** Developed by Joseph H. Pilates, the focus of this discipline is to strengthen and stretch the abs and back by solely using the body. Technique involves proper breathing and control over various muscles.

**Plank City:** A 30 minute ab burner class consisting of variations of planks and more planks.

**Power Vinyasa Yoga:** This power vinyasa yoga class is a specifically sequenced set of postures designed to tone, and detoxify your body. The focus is on the foundations of power yoga, body alignment, physical conditioning, and mindfulness. The yoga class is for all levels from the beginner to most advanced student.

**Silver Krocs - Senior Fitness:** Have fun and move to the music while doing various exercises designed to increase strength, range of movement, and activity for daily living. Hand-held weights, elastic tubing with handles, and physio balls provide resistance. Chairs are used for support.

**Station Showdown:** Challenge yourself by moving through different stations that target your entire body using cardio and strengthening exercises

**Strengthen & Stretch:** 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.

**Tabata:** Work through 8 different exercises repeated for 8 rounds. 20 seconds of recovery with a 10 second break challenging your strength and aerobic fitness.

**Tai - Chi:** Learn the movements of Tai Chi to improve your health and wellness and achieve mind, body, spirit. Take advantage of the proven benefits of Tai Chi including: improved balance and posture, increased strength, and decreased stress. We will focus on proper form and technique as we break down the individual movements of the sequence.

**Tighten & Tone:** Work on your trouble areas with this class as we work on all muscle groups with a variety of aerobic and strengthening exercises. Each class is different so that you never repeat the same workout.

**Total Body Conditioning:** Get your body into complete shape with intervals of aerobic exercises and weights to firm your body and burn calories.

**Triple C (Cycling, Conditioning and Core):** Get ready for a total body workout as we move from the cycling room to the gym. Try out this hybrid class where you are always doing something different!

**Vinyasa Flow Yoga:** A dynamic style of yoga with special attention paid to linking breathing with movement. There is an emphasis on standing postures.

**Wake Up, Work Up:** Ditch the coffee and boost your energy with total body conditioning (cardio, abs & legs) for a rejuvenating start to your day. Standing exercises with and without weights will be utilized.

**Zumba®:** The Zumba® Program fuses hypnotic Latin rhythms and easy – to – follow moves to create a one of a kind fitness program! The routines feature some interval training sessions where fast and slow rhythms increase fat burning.

**All classes are 55 minutes unless otherwise specified. Classes start promptly at the scheduled times; admittance may be denied after class has begun. Visit our website at: [www.SalvationArmyKrocCenter.org](http://www.SalvationArmyKrocCenter.org) for the latest updated schedules. Please note classes are subject to change based on attendance. There are no scheduled classes on Sunday.**