



BOSTON KROC CENTER GROUP EXERCISE SCHEDULE

February 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT Abs Melissa 8:00am	Circuit Conditioning Tangie 8:00am	HIIT Abs Melissa 8:00am	Boot Camp Tangie 8:00am	BAR Melissa 8:00am	BAR Melissa 7:00am
BAR Michelle M. 12:00pm	Total Body HIIT Tangie 9:00am	Muscle Conditioning Michelle M. 9:00am	Yogalates Michelle M. 9:00am	Strong by Zumba Maria 6:30pm	Rhythm Ride Cycle Chris 7:15am (Gym)
L.A.B. Michelle M. 5:00pm	Yogalates Michelle M. 10:00am	Gentle Power Flow Michelle M. 10:00am	Hatha Yoga Michelle M. 10:00am		Get On Track! Athletic Conditioning Melissa 8:00am
Total Body HIIT Tangie 6:00pm	<u>Line Dancing 55+</u> Michelle M. 11:00am	SpinPower® Chris 12:00pm BPD ONLY (Gym)	Senior Fitness 55+ Michelle M. 11:00am		Slow Flow Yoga Sharon 9:00am
	<u>Senior Ride</u> Chris 12:00PM				
Rhythm Ride Cycle Chris 6:00pm (Gym)	Turbo Kickboxing® Maria 6:00pm	Rhythm Ride Cycle Chris 6:00pm	Total Body HIIT Michelle M. 5:00pm		Afro Soca Zumba Nadja 10:00am
Kettlebells & Ropes Kevin 7:15pm (Gym)	Muscle Conditioning Kevin 7:00pm		Muscle Conditioning Kevin 6:00pm		Kettlebells & Ropes Kevin 10:15am (Gym)
			Strong by Zumba Maria 7:00pm		

Text: BostonKrocFit to 51555

Kroc Welcome Desk: 617.318.6900
Recreation & Fitness Desk: 617.318.6949
www.boston.salarmykroc.org

NEW Group Exercise Class

Larry L. Merritt
Recreation & Fitness Manager
617.318.6961
Larry.Merritt@use.salvationarmy.org

*All Classes will be held in Dance Studio unless otherwise indicated.
Group Exercise Schedule is subject to change without notice.*