



## Group Exercise Class Descriptions

### **Boot Camp | Age 16+**

Recharge your body and mind as you take your health to a new level in this action packed boot camp session. These sessions are designed to increase your strength and agility using conditioning drills, resistance training, high repetitions, and intervals. Improvements in your health and strength are best achieved with a strong weekly commitment!

### **Hatha Yoga | Age 16 +**

Enjoy a slow – paced stretching class with some simple breathing exercises and meditation. This is a good place to learn basic poses, relaxation techniques, and become comfortable with yoga. Yoga may help reduce stress and blood pressure, improve concentration and sleep and treat conditions such as arthritis and asthma.

### **Cardio Kick Boxing | Age 16+**

Kick Boxing is a combination of intense moves all perfectly choreographed to high energy and motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intense intervals strength/endurance training and a relaxing cool-down.

### **Kroc Cycle | Age 16 +**

This fun and challenging cardio workout will enhance your speed, strength and stamina. Great music and motivational instructors will improve your overall physical health and endurance.

### **Muscle Conditioning | Age 16+**

Total body strength and conditioning class incorporating muscle balancing and body awareness. All fitness levels welcome. Get ready to strengthen, tone, and define your body.

### **Pilates | Age 16+**

Using only your own body weight and gravity, Pilates will tone and strengthen your entire body. Classes will focus on integrating the entire body, rather than exercising each body part separately. As you begin to focus on your body as a whole you'll achieve better alignment and teach your body to work more efficiently.

### **Ab Lab | Age 16+**

Workout combines the key principles of Pilates core stability and the traditional style of boot camp training. This is a fitness and resistance training exercise that includes Pilates elements along with popular fitness moves such as lunges, squats, dips, mountain climbers, half burpees and push-ups. Burn and firm in no time with this high intensity class designed specifically for weight and fat loss.

### **ZUMBA® GOLD | Age 55+**

ZUMBA® GOLD takes the ZUMBA® formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. Enjoy zesty Latin music, like Salsa, Merengue, Cumbia and Reggaeton, with easy-to-follow moves and the invigorating, party-like atmosphere.

### **HIIT that Step | Age 16+**

**High Intensity Interval Training** uses the stepper, includes a core workout, and ends with a unique cool down. HIIT ramps up fat burning, elevates your heart rate faster and your metabolism longer, letting you burn additional total calories in a shorter amount of time. HIIT results in EPOC, an after-burn effect which causes you to burn calories for hours after your workout is completed. Come for the challenge!

### **Yogalates | Age 16+**

Yoga and Pilates are blended together to create an atmosphere that is complete for all fitness levels from beginner to fitness enthusiast. Taking the best from Hatha Yoga and Pilates to create a flow that allows you to strengthen and tone your entire body with just one class each week.

### **ZUMBA® TONING | Age 16+**

ZUMBA® TONING combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused ZUMBA® moves to create a calorie-torching, strength-training dance fitness-party.

### **ZUMBA® | Age 16 +**

ZUMBA® combines traditional Latin dance styles, including Salsa, Cha-cha, Mambo, Cumbia, Merengue, as well as Hip-hop depending on the instructor's preferences. Some classes will also utilize traditional group exercise and fitness moves.

### **INSANITY® | Age 16 +**

Get ready for this intense combination of cardio, explosiveness, core, upper body strength training and lower body strength training with a mix of abs.

### **Senior Fitness | Age 55+**

This exercise program is a community-based recreational and educational program designed for anyone with arthritis or related rheumatic diseases or musculoskeletal conditions, ranging from people who are older, sedentary and very limited by impaired joint mobility to those who are relatively active with only mild joint involvement.

### **Power Yoga | Age 16 +**

An upbeat toning and stretching class that leaves you feeling looser, longer, lighter, and stronger. Flow through a sequence of poses fused with grace & mindful breathing. Vinyassa- based weights and props may be used.

### **Total Body Conditioning | Age 16+**

An innovative class designed to get your whole body in shape using a variety of fun drills and total body movements. Come ready for some fun and a good sweat when you take this class.

### **Tabata (T25) | Age 16+**

Tabata is group training program that is based on High Intensity Interval Training (HIIT) using the 20-10 Microburst Training Protocol. Group members receive an easy and individually formatted program and participate in weekly workouts that will result in true, successful weight loss and muscle gain. These exercises are combined with metabolic tracking, and 24/7 web support that help deliver amazing body transformation results.

### **Tai Chi | Age 16+**

Tai Chi is a program design to assist effective treatment of conditions such as depression, osteoarthritis, rheumatoid arthritis, multiple sclerosis, and hypertension. This class helps promote well-being. Class is open to all members.

### **Senior Water Aerobics | Age 55+**

This class combines cardio and resistance training to strengthen your muscles without causing stress to your joints.

### **H2O Intensity | Age 16+**

This class is designed for adults willing and ready to be taken to the next level of fitness. The workout includes strength training, cardio, and endurance.

### **Low Impact Water Aerobics**

This class combines cardio and resistance training to strengthen your muscles without causing stress to your joints.



# KROC CENTER GROUP EXERCISE SCHEDULE

Effective January 5, 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HIIT that Step Tangie 7:00-7:50am	* Kroc Cycle Douglas-Spinning® 6:15-7:05am	* Kroc Cycle Douglas-Spinning® 6:15-7:05am	* Kroc Cycle Douglas-Spinning® 6:15-7:05am	Turbo Kickboxing® Nakennia 8:00-9:00am	ZUMBA® TONING Michelle R. 8:00-8:50am
ZUMBA® Maria 8:10-9:00am	Tabata 25 Nakennia 8:00 & 8:30am	Total Body Conditioning Alvona 7:00-7:50am	Boot Camp Michelle M. 9:00- 9:50am	Muscle Conditioning Michelle M. 11:30am-12:20pm	Turbo Kickboxing® Maria 9:00- 9:50am
Yoga Michelle M. 11:30-12:20pm	Senior Water Aerobics 55+ Gregory 9:00-10:00am & 10:30-11:30am	Cardio Kick Boxing Tangie 8:00-8:50am	Senior Water Aerobics 55+ Gregory 9:00-10:00am & 10:30-11:30am	Yogalates Michelle M. 12:30-1:20pm	Jammin Jazzy Girls Jossie 11:00-11:50am Effective 1/12/14
Ab Lab Michelle M. 12:30 -1:20pm	Hatha Yoga Michelle M. 10:00-10:50am	Muscle Conditioning Michelle M. 9:00 - 9:50am	Senior Fitness 55+ Michelle M. 10:00-10:50am	Cardio Street Funk Jossie 6:00-7:00pm Effective 1/12/14	Mommy & Me Jossie 12:00-12:45pm Effective 1/12/14
Kroc Cycle (BPD Only) Douglas-Spinning® 2:00-2:50pm	ZUMBA® GOLD 55+ Michelle M. 11:00-11:50am	Low Impact Water Aerobics Gregory 9:00-10:00am	Hatha Yoga Michelle M. 11:00-11:50am	<p>For an updated schedule, please contact the Welcome Desk at 617.318.6900 Open, Fitness Manager 617.318.6942 <a href="http://www.boston.salarmykroc.org">www.boston.salarmykroc.org</a></p> <p>To register for (*)classes visit <a href="http://www.supersaas.com/schedule/BostonKroc/Group_Exercise_Class">www.supersaas.com/schedule/BostonKroc/Group_Exercise_Class</a></p>	
Beg. Contemporary Dance Gabriela 6:00-7:00pm Effective 1/12/14	Pilates Michelle M. 12:00-12:50pm	Kroc Cycle (BPD Only) Douglas- Spinning® 2:00-2:50pm	ZUMBA® Maria 5:00-5:50pm		
* Kroc Cycle Douglas-Spinning® 7:00-7:50pm	Boot Camp Michelle M. 1:00-1:50pm	Ab Lab Michelle M. 12:00 -12:50pm	* Kroc Cycle Manny-Spinning® 7:00-7:50pm	INSANITY® Nakennia 7:00-7:50pm	
* ZUMBA® Frenchy 7:10 - 8:00pm	ZUMBA® Nadjya 7:00-7:50pm	Turbo Kickboxing® Maria 5:00-5:50pm	Afro-Brazilian Dance Gabriela 8:00-8:50pm Effective 1/12/14	* Kroc Cycle Douglas-Spinning® 7:00-7:50pm	* =Class requires online registration
Turbo Kickboxing® Nakennia 8:00-8:50pm	* Kroc Cycle Manny-Spinning® 7:00- 7:50pm & 8:00-8:50pm	INSANITY® Jose 6:00-6:50pm	H <sup>2</sup> O Intensity James 7:00-8:00pm		= New Class Day/Time/Instructor
	H <sup>2</sup> O Intensity James 7:00-8:00pm	* ZUMBA® Frenchy 7:00 - 7:50pm			Kroc Cycle Class held in Cycle Studio
					Classes in Green Require a Registration Fee