



KROC

DROP-IN FITNESS CLASSES: JANUARY - MARCH 31, 2026

All the Drop-In Fitness Classes below are FREE to members of the Kroc Center and are just \$7 per person for non-members. Discount passes are available for purchase.

CLASS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT
		8am Riverwalk & Cardio Splash Carol Kelly		8am Riverwalk & Cardio Splash Carol Kelly	
10am Spin with Jen Jennifer Burdette		10am Faith & Flow Yoga Jody Thomae	10am Spin with Jen Jennifer Burdette		10am Spin with Jen Jennifer Burdette
6pm Praise Craze Annie Hoffman	6pm Total Body Burn Jamie Fry	5pm Buti Yoga Jennifer Burdette			
6pm Spin with Jen Jennifer Burdette			6pm Zumba! Erika Kieper		

KEY

AQUA

YOGA

SPIN

NO CLASS

AEROBICS

CLASS DESCRIPTIONS

Aerobics

Praise Craze: Mondays at 6 p.m. | Instructor: Annie Hoffman | Community Room

Discover a unique fitness experience with our Christian music-inspired class, similar to Zumba! This energetic workout session blends lively Christian music with dynamic movements, offering a calorieburning exercise suitable for all fitness levels and ages. Join us for an uplifting exercise session that nourishes your body and spirit!

Total Body Burn with Jamie: Tuesdays at 6 p.m. | Instructor: Jamie Fry | Community Room

This high-energy class is designed for everyone—whether you're just starting your fitness journey or already love to work out. With a motivating mix of strength training and cardio, you'll challenge your body, boost your endurance, and build confidence every step of the way. Go at your own pace, push yourself when you're ready, and leave class feeling strong, powerful, and unstoppable.

Zumba! With Erica Kieper: Fridays at 7 p.m. | Instructor: Erica Kieper | Location: Community Room

If you haven't already tried it, Zumba is an interval-style dance party that combines low-intensity and high-intensity fitness moves. You burn lots of calories as you move to the rhythm with Latin-inspired dance moves. The best part of it is that it doesn't even feel like exercise!

Aqua

Riverwalk: Wednesdays & Fridays | 8 to 9 a.m. | Ages 16+ | Non-Members: \$5 per person | Members: Free

Enjoy some time walking against our not-so-lazy river as you get in a great workout before the waterpark opens to the public.

Cardio Splash: Wednesdays & Fridays | 8 a.m. | Instructor: Carol Kelly

Dive into a refreshing and invigorating workout experience with Cardio Splash! This water fitness program combines the benefits of cardio exercise with the resistance of water, providing a challenging yet low-impact workout. The water's resistance not only intensifies the workout but also reduces its impact on joints, making it an ideal choice for individuals looking for an effective and joint-friendly exercise option. Join us and experience the joy of fitness in the water!

Spin

Spin with Jen: Mondays at 10 a.m. & 6 p.m.; Thursdays & Saturdays at 10 a.m. | Instructor: Jennifer Burdette

Join us for a high-intensity spin class that will push your limits and elevate your fitness! This dynamic session features energizing music, a motivating instructor, and a supportive atmosphere. You'll experience a mix of challenging sprints, climbs, and intervals designed to maximize calorie burn and build endurance.



Yoga

Faith & Flow Yoga: Wednesdays at 10 a.m. | Instructor: Jody Thomae

Join us for a faith-based stretching and strengthening class where EVERYONE BELONGS! A multigenerational class where we will STRETCH OUR FAITH together while weaving together flowing movements, scripture themes, and worship music. Both chair and mat options are demonstrated so you can adapt your practice to what works for you and your body on any given day and at any given moment. Bring your mat and props; chairs are provided.

Buti Yoga: Wednesdays at 5 p.m. | Instructor: Jennifer Burdette

Buti Yoga is a soulful blend of power yoga, cardio-intensive tribal movement, conditioning, and deep abdominal toning. This workout tones and sculpts the entire body while facilitating complete inner transformation. The beat-blending movements force you out of your head and into your body.