



# BOSTON KROC CENTER GROUP EXERCISE SCHEDULE

## JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Intermediate Athletic Conditioning Darius 7:00am	Circuit Conditioning Tangie 8:00am	Beginner Athletic Conditioning Darius 7:00am	Boot Camp Tangie 8:00am	Muscle Conditioning Darius 7:00am	BAR Melissa 7:00am
HIIT Abs Melissa 8:00am	Total Body HIIT Tangie 9:00am	HIIT Abs Melissa 8:00am	Yogalates Michelle M. 9:00am	BAR Melissa 8:00am	Rhythm Ride Cycle Chris 7:15am (Gym)
BAR Michelle M. 12:00pm	Yogalates Michelle M. 10:00am	Muscle Conditioning Michelle M. 9:00am	Hatha Yoga Michelle M. 10:00am	Power Hour Darius 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	Gentle Power Flow Michelle M. 10:00am	Senior Fitness 55+ Michelle M. 11:00am	Strong by Zumba Maria 6:30pm	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	SpinPower® Chris 12:00pm BPD ONLY (Gym)	Muscle Conditioning Darius 6:00pm		Afro Soca Zumba Nadja 10:00am
Kettlebells & Ropes Kevin 7:15pm (Gym)	Power Hour Darius 6:00pm (Gym)	Core Attack Melissa 6:00pm	Strong by Zumba Maria 7:00pm		Kettlebells & Ropes Kevin 10:15am (Gym)
	Muscle Conditioning Darius 7:00pm	Rhythm Ride Cycle Chris 6:00pm			
		Yoga Michelle C. 7:00pm			

**Text: BostonKrocFit to 51555**

Kroc Welcome Desk: 617.318.6900  
Recreation & Fitness Desk: 617.318.6949  
[www.boston.salarmykroc.org](http://www.boston.salarmykroc.org)

NEW Group Exercise Class

Larry L. Merritt  
 Recreation & Fitness Manager  
 617.318.6961  
[Larry.Merritt@use.salvationarmy.org](mailto: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.*