

# KROC

## DROP-IN FITNESS CLASSES: MARCH 3 - APRIL 30, 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
6pm Praise Craze Annie Hoffman		5pm Buti Yoga Jennifer Burdette	6pm Zumba! Erika Kieper		
6pm Spin with Jen Jennifer Burdette			7pm Spin with Jen Jennifer Burdette		

### 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!

**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 at 7 p.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.

