



# BOSTON KROC CENTER GROUP EXERCISE SCHEDULE

## November 2018

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 <span style="color: red;">(Gym)</span>
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 <span style="color: red;">(Starts: 11/13)</span>				
Rhythm Ride Cycle Chris 6:00pm <span style="color: red;">(Gym)</span>	Zumba Frenchie 5:00pm	<span style="color: red;">SpinPower®</span> Chris 12:00pm <span style="color: blue;">BPD ONLY</span> <span style="color: red;">(Gym)</span>	Zumba Frenchie 5:00pm		Afro Soca Zumba Nadjya 10:00am
Kettlebells & Ropes Kevin 7:15pm <span style="color: red;">(Gym)</span>	Turbo Kickboxing® Maria 6:00pm	Core Attack Melissa 6:00pm	Muscle Conditioning Darius 6:00pm		Kettlebells & Ropes Kevin 10:00am <span style="color: red;">(Gym)</span>
	Power Hour Darius 6:00pm <span style="color: red;">Field</span>	Rhythm Ride Cycle Chris 6:00pm	Strong by Zumba Maria 7:00pm		
	♥ Muscle Conditioning Darius 7:00pm	Yoga Michelle C. 7:00pm			

**Text: BostonKrocFit to 51555**

*Kroc Welcome Desk: 617.318.6900  
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[www.boston.salarmykroc.org](http://www.boston.salarmykroc.org)



**NEW Group Exercise Class**



*Larry L. Merritt*

*Recreation & Fitness Manager*

*617.318.6961*

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*All Classes will be held in Dance Studio unless otherwise indicated.*

*Group Exercise Schedule is subject to change without notice.*

## KROC GROUP EXERCISE CLASS DESCRIPTIONS

### **STRONG BY ZUMBA (16+)**

This workout combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

### **RHYTHM RIDE CYCLING (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. This unique combination of cycle and core training emphasizes the importance of core strength as it relates to maintaining proper cycling form and endurance for sprinting and climbing. Core training will help to build a solid foundation for all aspects of physical fitness.

### **TOTAL BODY HIIT (16+)**

High-Intensity Interval Training (HIIT) 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!

### **SPINPOWER®- BPD ONLY**

SpinPower is science-based training principles for individual weight loss, fitness and performance goals; individualized training programs using the Personal Spinning Threshold (PST) Test and Spinpower Zones; high-quality, power-oriented Spinning classes built around effective, individualized program design and post-ride data analysis. The class is designed to bring members to the next level of indoor cycling and fitness by mastering the science of health, fitness and performance, utilizing power meter technology that was once available only to elite level cyclists.

### **BOOT CAMP**

Recharge your body and mind as you take 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 (16+)**

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.

### **TURBO KICKBOXING (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.

### **MUSCLE CONDITIONING (16+)**

Total body strength and conditioning class incorporating muscle balancing and body awareness. Modifiable to all levels. Get ready to Strengthen, tone and define your body.

### **CORE ATTACK (16+)**

This class focuses on core stability meanwhile also focusing on high intensity training. This class includes exercises such as bicycle crunches, burpees and planks.

### **TOTAL BODY HIIT CHALLENGE (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 (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 strengthen and tone your entire body with just one class each week.

### **ZUMBA (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.

### **SENIOR FITNESS (55+)**

Keep active and stay young at heart with Senior Fitness. An innovative class combining sculpting and low impact moves using weights and chair exercises followed by a little dancing and guided relaxation.

### **BAR (16+)**

This workout combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

### **AFRO SOCA ZUMBA (16+)**

Afro Soca Zumba is a high energy, follow along dance fitness class, mainly using World music or music from cultures that have a strong African influence. Music genres such as Soca, Dancehall, Afro Beats, and Hip-Hop keeps the class fresh and exciting.

### **CIRCUIT CONDITIONING (16+)**

High-Intensity Circuit Conditioning includes a core workout and ends with a unique cool down. Circuit Conditioning ramps up fat burning, elevates your heart rate faster and your metabolism longer, letting you burn additional total calories in a circuit rotation with a set amount of time. Come for the challenge!

### **HIIT ABS (AGE 16+)**

The 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.

### **SLOW FLOW YOGA (AGE 16+)**

A more deliberate form of vinyasa style yoga which movement and alignment, at a slower pace, balancing challenging postures with quiet calm. Slow Flow is suitable for all levels.

### **GENTLE POWER FLOW (16+)**

Gentle Power Flow is directed at creating the highest level of energy, vitality and freedom with a gentle approach. A little more vigorous than a traditional slow flow class with an emphasis on building internal heat. This style helps with overall detoxification, cardiovascular fitness and weight loss.

### **KETTLEBELLS & ROPES (16+)**

The class is offers whole-body exercises requiring full body integration and core stabilization. Kettlebell training will build long lean muscles, improve strength and power in the upper body, core and lower body and increase coordination, joint mobility and overall endurance. Battle Ropes moves varied from slamming ropes while alternating each arm to move the ropes like waves, to slamming ropes to each side, like you would move a long jump rope.

### **SENIOR RIDE (55+)**

This class is a great low impact cardiovascular workout for Seniors 55+. Pedal through hill climb, mountains, sprints, and many other challenging drills and exercises.

### **ATHLETIC CONDITIONING (16+)**

A high intensity workout blending body weight and resistance training with aerobic drills to improve overall speed, agility, balance, and endurance.