

# GROUP FIT AM

## ABBREVIATIONS AND NOTES:


**Gym** = Basketball Gym

 = Spin Class

**Asterisks\*** = 30-minute Long Class

**X** = No Equipment Class


### MONDAY (AM) Classes

- 5:45 - \*Les Mills RPM - Café 
- 8:30 - Barre - Studio
- 9:45 - Yoga Blend - Chapel **X**
- 9:45 - Glutology 101 - Studio
- 10:00 - Aqua Zumba - Pool
- 11:00 - Silver Classic - Gym

### WEDNESDAY (AM) Classes

- 5:45 - \*Les Mills CORE 45 - Studio
- 8:00 - Everyday Strength & Mobility - KrocFit Box
- 8:30 - Barre - Studio
- 9:45 - Vinyasa Yoga - Studio **X**
- 11:00 - Silver Strength - Gym

### FRIDAY (AM) Classes

- 5:45 - \*Les Mills SPRINT - Café 
- 8:30 - Barre - Studio
- 9:45 - Yoga Blend - Chapel **X**
- 11:00 - Silver Strength - Gym


### TUESDAY (AM) Classes

- 5:45 - Les Mills BODYPUMP - Studio
- 8:30 - Pilates Sculpt - Chapel
- 9:00 - Kroc Fit - Kroc Fit Box
- 9:45 - Deep Stretch and Mobility - GFS **X**
- 10:00 - Boot Camp/HIIT - KrocFit Box
- 10:00 - Deep Water Fitness - Pool
- 11:00 - Silver Circuit - Gym
- 12:00 - Vinyasa Yoga - Studio **X**

### THURSDAY (AM) Classes

- 5:45 - Les Mills BODYPUMP - Studio
- 8:30 - Pilates Sculpt - Chapel
- 9:00 - Kroc Fit - Kroc Fit Box
- 9:45 - Deep Stretch & Mobility - Studio **X**
- 10:00 - Boot Camp/HIIT - KrocFit Box
- 10:00 - Deep Water Fitness - Pool
- 11:00 - Silver Yoga - Gym
- 12:00 - Slow Flow Yoga - Studio **X**

### SATURDAY (AM) Classes

- 8:30 - Pilates Sculpt - Studio
- 8:45 - \*Les Mills Sprint - Café 
- 9:00 - Les Mills BODYPUMP - Chapel
- 9:45 - Slow Flow Yoga - Studio **X**
- 10:30 - Zumba - Chapel

# GROUP FIT PM

## ABBREVIATIONS AND NOTES:

**Gym** = Basketball Gym

 = Spin Class

**Asterisks\*** = 30-minute Long Class

**X** = No Equipment Class

### MONDAY (PM) Classes

5:00 - Kroc Fit- Kroc Fit Box

5:30 - Yoga Strong - Studio **X**


5:30 - Les Mills BODYPUMP - Chapel

6:45 - Zumba - Chapel **X**

### WEDNESDAY (PM) Classes

5:00 - Kroc Fit - KrocFit Box

5:30 - Breathe & Stretch Yoga - Studio

5:45 - Les Mills CORE & Kettlebell AMPD  
(Combo Class) - Chapel/ Café 

### FRIDAY (PM) Classes

*NO PM CLASSES ON FRIDAYS*

### TUESDAY (PM) Classes

5:30 - **\*RPM+Arm Intensive** - Cafe 

5:30 - Strength 360 - Kroc Fit Box

### THURSDAY (PM) Classes

5:00 - Kroc Fit - Kroc Fit Box

5:30 - **\*RPM+Arm Intensive** - Café 

5:30 - Les Mills BODYPUMP - Chapel

6:45 - Zumba - Chapel **X**

### SATURDAY (PM) Classes

*NO PM CLASSES ON SATURDAYS*

## RESERVE A SPOT IN CLASS



How old do I have to be to take a Group Fit class?

