

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

5:45 - 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** - Café 

5:30 - Strength 360 - Kroc Fit Box

5:30 - Breathe & Stretch Yoga - Studio

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?

