

# KROC

## FITNESS PROGRAM GUIDE

Winter/Spring 2024



KROC  
HAMPTON ROADS

**YOU BELONG HERE.**

  @krochamptonroads

# FITNESS SCHEDULE

WINTER/SPRING 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9 a.m.</b>	Virtual Core & More <b>9 a.m.</b>	Virtual Boot Camp <b>9 a.m.</b>	Virtual Core & More <b>9 a.m.</b>		Virtual Core & More <b>9 a.m.</b>	
<b>10 a.m.</b>	Silver Fit <b>10:30 a.m.</b>	Core Only <b>10 a.m.</b>  Aqua Fit <b>10:15 a.m.</b>	Aqua Fit <b>10:15 a.m.</b>  Silver Fit <b>10:30 a.m.</b>	Core Only <b>10 a.m.</b>  Aqua Fit <b>10:15 a.m.</b>	Body Restore <b>10:30 a.m.</b>	Flow Yoga <b>10 a.m.</b>
<b>11 a.m.</b>	Silver Sneakers <b>11:15 a.m.</b>		Silver Sneakers <b>11:15 a.m.</b>	Line Dancing <b>11:30 a.m.</b>		Zumba <b>11 a.m.</b>
<b>12 p.m.</b>	Virtual HIIT Body Blast <b>12 p.m.</b>		Virtual HIIT Body Blast <b>12 p.m.</b>		Virtual HIIT Body Blast <b>12 p.m.</b>	Xtreme Hip-Hop Step <b>12 p.m.</b> <i>Every Other Saturday</i>
<b>4 p.m.</b>				Virtual Boot Camp <b>4 p.m.</b>		
<b>5 p.m.</b>	F3 (Boxing/ Self-Defense) <b>5:30 p.m.</b>	Tread 'N Shed <b>5:30 p.m.</b>	F3 (Boxing/ Self-Defense) <b>5:30 p.m.</b>	Core & More <b>5:30 p.m.</b>	POWER30: Sweatzone <b>5:30 p.m.</b>	
<b>6 p.m.</b>	MixedFit® <b>6 p.m.</b>	Zumba® <b>6 p.m.</b>  T.R.A.P. <b>6:15 p.m.</b>	MixedFit® <b>6 p.m.</b>	The Grind <b>6 p.m.</b>  Built to Worship International <b>6:30 p.m.</b>	COMMIT® <b>6 p.m.</b>	

## FITNESS CLASSES & PROGRAMS

### LOW-IMPACT

#### FLOW YOGA

MONDAY 6:30 P.M./SATURDAY 10 A.M.

This class is great for beginners and seasoned practitioners. A Flow class will be more basic in nature. Postures will be foundational with an emphasis on breath, alignment, and a focus on transitions.

#### SILVER SNEAKERS

MONDAY/WEDNESDAY 11:15 A.M.

Calling all Active Adults! This upbeat class will improve your strength and flexibility while working on your coordination and mobility.

#### SILVER FIT

MONDAY/WEDNESDAY 10:30 A.M.

A dance fitness workout designed especially for active older adults to help increase cardiovascular endurance and mobility.

#### YOGA

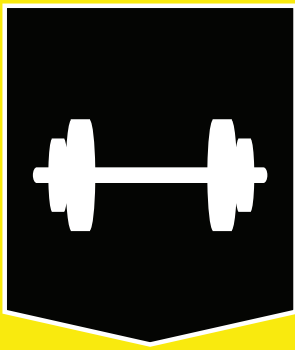
TUESDAY 7 P.M.

Open to all yoga levels of experience! Our focus is moving the body and breath together. This class provides a great foundation by working from simple to complex movements.

#### BODY RESTORE

FRIDAY 10:30 A.M.

Loosen tight muscles and regain flexibility with this 45-minute class. Your instructor will guide you through various stretches to loosen tight muscles, improve flexibility and relieve our bodies of the stress caused by everyday activities.



# FITNESS SCHEDULE

ALL MEMBERS MUST PRE-REGISTER FOR ALL CLASSES



## DANCE-BASED

### ZUMBA®

**TUESDAY 6 P.M./SATURDAY 11 A.M.**

A Latin-inspired dance fitness workout that is fun for people of all fitness abilities!

### COMMIT®

**FRIDAY 6:00 P.M.**

HIIT-style dance workout. Each routine focuses on essential fitness elements created to a variety of popular music.

### XTREME HIP-HOP STEP

**EVERY OTHER SATURDAY 12:00 P.M.**

Combines Xtreme cardio, the step board, hip-hop music and lots of swag to provide our participants with a fresh spin on an old concept. We are making STEP great again.

### MIXXEDFIT®

**MONDAY/WEDNESDAY 6 P.M.**

A people-inspired fitness program that combines explosive dance movements with bodyweight toning.

### BUILT TO WORSHIP INTERNATIONAL

**THURSDAY 6:30 P.M.**

This class develops an atmosphere of praise, edification, and fitness. It includes a dynamic playlist of clean music that uplifts the spirit and honors our almighty God! There is also a portion for devotion and testimonials.

## WATER-BASED

### AQUA FIT

**TUESDAY/WEDNESDAY/THURSDAY 10:15 A.M.**

Low-impact, high energy aquatic class that uses the water's natural resistance to help tone muscles!

## SPIN

### INTERACTIVE CYCLE

**VIDEO CLASS (INTERACTIVE CLASS)**

**M/W/F - 1 P.M. - 2 P.M.**

**SAT. - 11 A.M. - 12 P.M.**

The cycling room is open and available for cycling at your own pace! Please see fitness desk for assistance.

## STRENGTH & CARDIO-BASED

### T.R.A.P.

**TUESDAY 6:15 P.M.**

This 30-minute core class is designed to strengthen the muscles of the abs and back with non-stop core sculpting moves. T.R.A.P. (The Roughest Abs Possible) is a tempo-based class set to today's best TRAP music.

### THE GRIND

**THURSDAY 6:00 P.M.**

This 30-Min, H.I.I.T. class will GRIND out the calories in your workout. We will focus on calisthenics and non-weighted body movements to reach our goals for the day!

### POWER30: SWEATZONE

**FRIDAY 5:30 P.M.**

Energizing, highly effective full-body workout structured to increase strength and cardiovascular conditioning - all in just 30-minutes.

### TREAD N' SHED

**TUESDAY 5:30 P.M.**

Torch major calories with intervals alternating between the floor and treadmill. Your speed, endurance and agility will be tested!



**HOW TO REGISTER  
CLASSES ONLINE**

**1**

Visit [krochamptonroads.org](http://krochamptonroads.org) and log in to your account

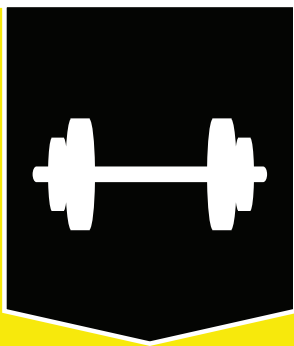
**2**

Search for the class you are looking for, click the magnifying glass, and select your class

**3**

Add class to cart and complete your purchase.





# FITNESS CLASSES

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## F3

**MONDAY/WEDNESDAY 5:30 P.M.**

Fight! Form! Fitness! Do you have what it takes to train like a boxer? Come find out with this H.I.I.T. (High Intensity Interval Training) class that focuses on conditioning and boxing techniques!

## CORE ONLY

**TUESDAY/THURSDAY 10:00 A.M.**

An ab circuit class, charged with slow to medium tempo rhythms. Participants will engage every abdominal muscle in a full range set of exercises targeting the core.

## CORE & MORE

**THURSDAY 5:30 P.M.**

Focus on toning and sculpting your abs while getting a great cardio and strength building workout.

## FITNESS EVENTS

### KROCFIT24

**January 13 - 10 A.M. - 12 P.M.**

**Cost: FREE**

**All ages are welcome to participate**

An excellent opportunity for those interested to see what The Kroc Center has to offer and to gain knowledge on how to live a healthier lifestyle. Various group fitness classes, aqua aerobics, recreational activities, and vendors will be available throughout the event for participants to experience.

### COUPLES BOOT CAMP

**February 9 - 6 P.M. - 8 P.M.**

**Cost: FREE**

Love is in the air as we celebrate Valentine's Day. Take advantage of treating you and your partner to a workout for physical and emotional benefits of working out together. Boot Camp combines the best of cardiovascular and strength training! Expect to challenge your mind and body as you alternate between high and low intensity exercises through timed intervals of free weights, plyometrics, cardio training and balance work.

## VIRTUAL CLASSES

### VIRTUAL: CORE & MORE

**M/W/F 9 A.M.**

Focus on toning and sculpting your abs while getting a great cardio and strength building workout.

### VIRTUAL: HIIT:BODY BLAST

**M/W/F 12 P.M.**

Need an extra push? This class will keep you on your toes! We want to keep you guessing—this class will BLAST those calories away!

### VIRTUAL: BOOT CAMP

**TUESDAY/THURSDAY 9 A.M. | 4 P.M.**

Want a full body workout but short on time? Crush your cardio goals while creating tone muscles in this new 30-minute class.

## WEIGHT LOSS GROUPS



### T.O.P.S.

**THURSDAY**

**WEIGH-IN 9:30 A.M. | MEETING 10 A.M.**

"Taking Off Pounds Sensibly" offers tools and programs for healthy living and weight management, with exceptional group fellowship and recognition. Kroc Chapter #0788

## MONTHLY CHALLENGES

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**PLEASE SEE FITNESS DESK EACH MONTH TO SIGN UP!  
CHECK OUR INSTAGRAM PAGE @KROCFIT757**

**JANUARY** - Burpee Challenge

**FEBRUARY** - Plank-A-Day Challenge

**MARCH** - Mile-A-Day Challenge

**APRIL** - Push-Up Challenge

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