

KROC GROUP EXERCISE: MORNING CLASS SCHEDULE

 **NOVEMBER 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
29	30	31	1	2	3	4	
<p>Highlighted classes are at new time or are new to the schedule!</p>	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga I/II • GFS 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool 12p Aqua Zumba • Pool	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 6:00a *BODYPUMP Ex • GFS 8:30a Boot Camp • Gym 8:30a Virtual Ride • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata• GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 8:30a ProCycle • SS 9:30a Yoga I/II • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool	6:00a Boot Camp • Gym 6:00a Yoga Flex • GFS 8:30a Spin • SS 8:30a Boot Camp • Gym 9:00a Pilates •GFS 9:30a Beginner Fit • Gym 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 9:30a ProCycle • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym	8:00a \$ Kroc Fit • KF 9:00a Kroc Fit-Free Trial • KF 9:00a Zumba • Gym 9:30a Yoga All Levels • GFS 10:00a BODYPUMP • Gym	
	5	6	7	8	9	10	11
	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga I/II • GFS 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool 12p Aqua Zumba • Pool	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 6:00a *BODYPUMP Ex • GFS 8:30a Boot Camp • Gym 8:30a Virtual Ride • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata• GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 8:30a ProCycle • SS 9:30a Yoga I/II • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool	6:00a Boot Camp • Gym 6:00a Yoga Flex • GFS 8:30a Spin • SS 8:30a Boot Camp • Gym 9:00a Pilates •GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 9:30a ProCycle • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym	8:00a \$ Kroc Fit • KF 9:00a Kroc Fit-Free Trial • KF 9:00a Zumba • Gym 9:30a Yoga All Levels • GFS 10:00a BODYPUMP • Gym	
	12	13	14	15	16	17	18
	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga I/II • GFS 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool 12p Aqua Zumba • Pool	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 6:00a *BODYPUMP Ex • GFS 8:30a Boot Camp • Gym 8:30a Virtual Ride • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata• GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 8:30a ProCycle • SS 9:30a Yoga I/II • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool	6:00a Boot Camp • Gym 6:00a Yoga Flex • GFS 8:30a Spin • SS 8:30a Boot Camp • Gym 9:00a Pilates •GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 9:30a ProCycle • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym	8:00a \$ Kroc Fit • KF 9:00a Kroc Fit-Free Trial • KF 9:00a Zumba • Gym 10:00a BODYPUMP • Gym <i>Community Yoga 9:30a-11:00a Free to members, only \$5 for guests.</i>	
19	20	21	22	23	24	25	
6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga I/II • GFS 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool 12p Aqua Zumba • Pool	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 6:00a *BODYPUMP Ex • GFS 8:30a Boot Camp • Gym 8:30a Virtual Ride • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata• GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 8:30a ProCycle • SS 9:30a Yoga I/II • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 8:30a ProCycle • SS 9:30a Yoga I/II • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool	<p>Happy Thanksgiving! Facility Closed</p>	<p>Turkey Burn & Firm 10:00a-11:30a Free to members, only \$5 for guests. Facility hours: 9a-3p</p>	8:00a \$ Kroc Fit • KF 9:00a Kroc Fit-Free Trial • KF 9:00a Zumba • Gym 9:30a Yoga All Levels • GFS 10:00a BODYPUMP • Gym	
26	27	28	29	30	1	2	
<p>*Ex* - Denotes 30-min express class</p> <p>\$- Denotes additional fees for Kroc Fit Program</p>	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga I/II • GFS 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool 12p Aqua Zumba • Pool	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 6:00a *BODYPUMP Ex • GFS 8:30a Boot Camp • Gym 8:30a Virtual Ride • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata• GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 8:30a ProCycle • SS 9:30a Yoga I/II • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool	6:00a Boot Camp • Gym 6:00a Yoga Flex • GFS 8:30a Spin • SS 8:30a Boot Camp • Gym 9:00a Pilates •GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Barre • GFS 9:30a ProCycle • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym	8:00a \$ Kroc Fit • KF 9:00a Kroc Fit-Free Trial • KF 9:00a Zumba • Gym 9:30a Yoga All Levels • GFS 10:00a BODYPUMP • Gym	

KROC GROUP EXERCISE: EVENING CLASS SCHEDULE

November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1	2	3	4
Highlighted classes are at new time or are new to the schedule!	5:30p Yoga Flex • GFS	5:30p Spin • SS	5:30p Yoga All Levels • GFS	5:30p Rhythm Ride • SS	4:00p \$ Kroc Fit • KF 6:00p Virtual Ride • SS Community Zumba 6:00p-7:30p Free to members, only \$5 for guests.	
	5:30p BODYPUMP • Gym	5:30p Kettlebell AMPD • Gym	5:30p *Boot Camp Ex • Gym	5:30p Kettlebell AMPD • Gym		
	6:00p \$ Kroc Fit • KF	6:00p Yoga II/III • GFS	6:00p \$ Kroc Fit • KF	6:00p \$ Kroc Fit • KF		
	6:30p Spin • SS	6:00p BODYPUMP • Gym	6:00p Boot Camp • Gym	6:30p BODYPUMP • Gym		
	6:30p Barre • GFS	7:00p BODYCOMBAT • GFS	6:30p ProCycle • SS	7:30p Virtual Ride • SS		
	7:30p Virtual Ride • SS	6:30p BODYCOMBAT • GFS				
5	6	7	8	9	10	11
	5:30p Yoga Flex • GFS	5:30p Spin • SS	5:30p Yoga All Levels • GFS	5:30p Rhythm Ride • SS	4:00p \$ Kroc Fit • KF	
	5:30p BODYPUMP • Gym	5:30p Kettlebell AMPD • Gym	5:30p *Boot Camp Ex • Gym	5:30p Kettlebell AMPD • Gym	6:00p Zumba • GFS	
	6:00p \$ Kroc Fit • KF	6:00p Yoga II/III • GFS	6:00p \$ Kroc Fit • KF	6:30p Yoga II/III • GFS	6:00p Virtual Ride • SS	
	6:30p Spin • SS	6:30p BODYPUMP • Gym	6:00p Boot Camp • Gym	6:30p BODYPUMP • Gym		
	6:30p Barre • GFS	7:00p BODYCOMBAT • GFS	6:30p ProCycle • SS	7:30p Virtual Ride • SS		
		7:30p Virtual Ride • SS	6:30p BODYCOMBAT • GFS			
12	13	14	15	16	17	18
	5:30p Yoga Flex • GFS	5:30p Spin • SS	5:30p Yoga All Levels • GFS	5:30p Rhythm Ride • SS	4:00p \$ Kroc Fit • KF	
	5:30p BODYPUMP • Gym	5:30p Kettlebell AMPD • Gym	5:30p *Boot Camp Ex • Gym	5:30p Kettlebell AMPD • Gym	6:00p Zumba • GFS	
	6:00p \$ Kroc Fit • KF	6:00p Yoga II/III • GFS	6:00p \$ Kroc Fit • KF	6:30p Yoga II/III • GFS	6:00p Virtual Ride • SS	
	6:30p Spin • SS	6:30p BODYPUMP • Gym	6:00p Boot Camp • Gym	6:30p BODYPUMP • Gym		
	6:30p Barre • GFS	7:00p BODYCOMBAT • GFS	6:30p ProCycle • SS	7:30p Virtual Ride • SS		
		7:30p Virtual Ride • SS	6:30p BODYCOMBAT • GFS			
19	20	21	22	23	24	25
	5:30p Yoga Flex • GFS	5:30p Spin • SS	5:30p Yoga All Levels • GFS	Happy Thanksgiving! Facility Closed	Facility hours: 9a-3p No Group Fitness Classes	
	5:30p BODYPUMP • Gym	5:30p Kettlebell AMPD • Gym	5:30p *Boot Camp Ex • Gym			
	6:00p \$ Kroc Fit • KF	6:00p Yoga II/III • GFS	6:00p \$ Kroc Fit • KF			
	6:30p Spin • SS	6:30p BODYPUMP • Gym	6:00p Boot Camp • Gym			
	6:30p Barre • GFS	7:00p BODYCOMBAT • GFS	6:30p ProCycle • SS			
		7:30p Virtual Ride • SS	6:30p BODYCOMBAT • GFS			
26	27	28	29	30	1	2
* - Denotes 30-min express class \$- Denotes additional fees for Kroc Fit Program	5:30p Yoga Flex • GFS	5:30p Spin • SS	5:30p Yoga All Levels • GFS	5:30p Rhythm Ride • SS	4:00p \$ Kroc Fit • KF 6:00p Zumba • GFS 6:00p Virtual Ride • SS	
	5:30p BODYPUMP • Gym	5:30p Kettlebell AMPD • Gym	5:30p *Boot Camp Ex • Gym	5:30p Kettlebell AMPD • Gym		
	6:00p \$ Kroc Fit • KF	6:00p Yoga II/III • GFS	6:00p \$ Kroc Fit • KF	6:30p Yoga II/III • GFS		
	6:30p Spin • SS	6:30p BODYPUMP • Gym	6:00p Boot Camp • Gym	6:30p BODYPUMP • Gym		
	6:30p Barre • GFS	7:00p BODYCOMBAT • GFS	6:30p ProCycle • SS	7:30p Virtual Ride • SS		
	7:30p Virtual Ride • SS	6:30p BODYCOMBAT • GFS				



krocgroverville.org
 Main Facility • (864) 527-5948 • 424 Westfield Street, Greenville, SC 29601
 Tennis Center • (864) 241-2116 • 205 Gibbs St. Greenville, SC 29601

Classes and times are subject to change.
 Please check KrocGreenville.org and our Facebook page for updates.

Express classes are 30 minute classes