

KROC GROUP EXERCISE: MORNING CLASS SCHEDULE

OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1	2	3	4	5	6	7	
Highlighted classes are at new time or are new to the schedule!	6:00a Boot Camp • Gym 8:30a Boot Camp • Gym 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga I/II • GFS 9:30a *LIFT Express• Gym* 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool 12p Aqua Zumba • Pool	6:00a Boot Camp • Gym 6:00a * BODYPUMP Ex • GFS* 8:30a Boot Camp • KF 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	6:00a Boot Camp • Gym 8:30a Boot Camp • KF 8:30a Barre • GFS 9:30a Virtual Ride • 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 • KF 9:00a Pilates •GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:15p *BODYPUMP Ex •KF*	6:00a Boot Camp • Gym 8:30a Boot Camp • Gym 8:30a Barre • GFS 9:30a Virtual Ride • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 9:30a *LIFT Express• Gym* 10:45a Silver Sneakers • Gym	9:00a Zumba • Gym 9:30a Yoga All Levels • GFS 10:00a BODYPUMP • Gym	
8	9	10	11	12	13	14	
In to CrossFit? Check out our KrocFit program! Ask front desk for membership details	6:00a Boot Camp • Gym 8:30a Boot Camp • Gym 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga I/II • GFS 9:30a *LIFT Express• Gym* 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool 12p Aqua Zumba • Pool	6:00a Boot Camp • Gym 6:00a * BODYPUMP Ex • GFS* 8:30a Boot Camp • KF 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	6:00a Boot Camp • Gym 8:30a Boot Camp • KF 8:30a Barre • GFS 9:30a Virtual Ride • 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 • KF 9:00a Pilates •GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:15p *BODYPUMP Ex •KF*	6:00a Boot Camp • Gym 8:30a Boot Camp • Gym 8:30a Barre • GFS 9:30a Virtual Ride • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 9:30a *LIFT Express• Gym* 10:45a Silver Sneakers • Gym	 <p>KROCTOBERFEST 10a-2p Featuring the Group Fit Mixer 10a-11:30a Yoga-Body Pump- Boot Camp</p>	9:00a Zumba • Gym 9:30a Yoga All Levels • GFS
15	16	17	18	19	20	21	
Virtual Cycle classes available upon request. Please see front desk	6:00a Boot Camp • Gym 8:30a Boot Camp • Gym 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga I/II • GFS 9:30a *LIFT Express• Gym* 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool 12p Aqua Zumba • Pool	6:00a Boot Camp • Gym 6:00a * BODYPUMP Ex • GFS* 8:30a Boot Camp • KF 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	6:00a Boot Camp • Gym 8:30a Boot Camp • KF 8:30a Barre • GFS 9:30a Virtual Ride • 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 • KF 9:00a Pilates •GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:15p *BODYPUMP Ex •KF*	6:00a Boot Camp • Gym 8:30a Boot Camp • Gym 8:30a Barre • GFS 9:30a Virtual Ride • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 9:30a *LIFT Express• Gym* 10:45a Silver Sneakers • Gym	9:00a Zumba • Gym 9:30a Yoga All Levels • GFS 10:00a BODYPUMP • Gym	
22	23	24	25	26	27	28	
Express classes = 30-minute classes Schedule on Krocgreenville.org	6:00a Boot Camp • Gym 8:30a Boot Camp • Gym 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga I/II • GFS 9:30a *LIFT Express• Gym* 10:45a Silver Sneakers • Gym 11:00a SPLASH • Pool 12p Aqua Zumba • Pool	6:00a Boot Camp • Gym 6:00a * BODYPUMP Ex • GFS* 8:30a Boot Camp • KF 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	6:00a Boot Camp • Gym 8:30a Boot Camp • KF 8:30a Barre • GFS 9:30a Virtual Ride • 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 • KF 9:00a Pilates •GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Hydro-Tone • Pool 12p Yoga All Levels • GFS 12:15p *BODYPUMP Ex •KF*	6:00a Boot Camp • Gym 8:30a Boot Camp • Gym 8:30a Barre • GFS 9:30a Virtual Ride • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 9:30a *LIFT Express• Gym* 10:45a Silver Sneakers • Gym	9:00a Zumba • Gym 9:30a Yoga All Levels • GFS 10:00a BODYPUMP • Gym	
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KROC GROUP EXERCISE: EVENING CLASS SCHEDULE

October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>Highlighted classes are at new time or are new to the schedule!</p>	5:30p Yoga Flex • GFS 5:30p BODYPUMP • Gym 6:30p Spin • SS 6:30p Barre • GFS	5:30p Spin • SS 5:30p Kettlebell AMPD • Gym 6:00p Yoga II/III • GFS 6:30p BODYPUMP • Gym 7:00p BODYCOMBAT • GFS 7:30P Virtual Ride • SS	5:30p Yoga All Levels • GFS 5:30p *LIFT Express • Gym* 6:00p Boot Camp • Gym 6:30p Rhythm Ride • SS 6:30p BODYCOMBAT • GFS	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • Gym 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym	6:00p Zumba • GFS 6:00p Virtual Ride • SS	
8	9	10	11	12	13	14
<p>In to CrossFit? Check out our KrocFit program! Ask front desk for membership details</p>	5:30p Yoga Flex • GFS 5:30p BODYPUMP • Gym 6:30p Spin • SS 6:30p Barre • GFS	5:30p Spin • SS 5:30p Kettlebell AMPD • Gym 6:00p Yoga II/III • GFS 6:30p BODYPUMP • Gym 7:00p BODYCOMBAT • GFS 7:30P Virtual Ride • SS	5:30p Yoga All Levels • GFS 5:30p *LIFT Express • Gym* 6:00p Boot Camp • Gym 6:30p Rhythm Ride • SS 6:30p BODYCOMBAT • GFS	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • Gym 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym 7:30P Virtual Ride • SS	6:00p Zumba • GFS 6:00p Virtual Ride • SS	
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22	23	24	25	26	27	28
<p>*Express classes = 30-minute classes*</p> <p>Schedule on Krocgreenville.org</p>	5:30p Yoga Flex • GFS 5:30p BODYPUMP • Gym 6:30p Spin • SS 6:30p Barre • GFS	5:30p Spin • SS 5:30p Kettlebell AMPD • Gym 6:00p Yoga II/III • GFS 6:30p BODYPUMP • Gym 7:00p BODYCOMBAT • GFS 7:30P Virtual Ride • SS	5:30p Yoga All Levels • GFS 5:30p *LIFT Express • Gym* 6:00p Boot Camp • Gym 6:30p Rhythm Ride • SS 6:30p BODYCOMBAT • GFS	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • Gym 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym 7:30P Virtual Ride • SS	6:00p Zumba • GFS 6:00p Virtual Ride • SS	
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krocgreenville.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