

KROC GROUP EXERCISE: MORNING CLASS SCHEDULE

JANUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
<p>Kroc Center Closed.</p> <p>Happy New Year!</p>	<p>Modified Hours 9a-5p</p> <p>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</p>	<p>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</p>	<p>6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Barre • GFS 8:30a Boot Camp • Gym 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>	<p>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</p>	<p>6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Barre • GFS 8:30a Boot Camp • Gym 8:45a SPRINT • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym</p>	<p>8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a BODYPUMP • Gym 9:00a Kroc Fit-Free Trial • KF 9:30a Yoga All Levels • GFS 10:30a Zumba • GFS</p>
7	8	9	10	11	12	13
<p>Highlighted classes are at new time or are new to the schedule!</p>	<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</p>	<p>6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 6:00a *BODYPUMP Ex • GFS 8:30a Boot Camp • Gym 8:30a ProCycle • 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</p>	<p>6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Barre • GFS 8:30a Boot Camp • Gym 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>	<p>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</p>	<p>6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Barre • GFS 8:30a Boot Camp • Gym 8:45a SPRINT • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym</p>	<p>8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a BODYPUMP • Gym 9:00a Kroc Fit-Free Trial • KF 9:30a Yoga All Levels • GFS 10:30a Zumba • GFS</p>
14	15	16	17	18	19	20
	<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</p>	<p>6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 6:00a *BODYPUMP Ex • GFS 8:30a Boot Camp • Gym 8:30a ProCycle • 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</p>	<p>6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Barre • GFS 8:30a Boot Camp • Gym 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>	<p>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</p>	<p>6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Barre • GFS 8:30a Boot Camp • Gym 8:45a SPRINT • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym</p>	<p>8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a BODYPUMP • Gym 9:00a Kroc Fit-Free Trial • KF 9:30a Yoga All Levels • Teen Room 10:30a Zumba • KF</p>
21	22	23	24	25	26	27
	<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</p>	<p>6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 6:00a *BODYPUMP Ex • GFS 8:30a Boot Camp • Gym 8:30a ProCycle • 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</p>	<p>6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Barre • GFS 8:30a Boot Camp • Gym 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>	<p>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 12:00p \$ Kroc Fit • KF</p>	<p>6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Barre • GFS 8:30a Boot Camp • Gym 8:45a SPRINT • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym</p>	<p>8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a BODYPUMP • Gym 9:00a Kroc Fit-Free Trial • KF 9:30a Yoga All Levels • GFS 10:30a Zumba • GFS</p>
28	29	30	31	1	2	3
<p>*Ex* - Denotes 30-min express class</p> <p>\$- Denotes additional fees for Kroc Fit Program</p>		<p>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</p>	<p>6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Barre • GFS 8:30a Boot Camp • Gym 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>	<p>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 12:00p \$ Kroc Fit • KF</p>	<p>6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Barre • GFS 8:30a Boot Camp • Gym 8:45a SPRINT • SS 9:30a Yoga II/III • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • Gym</p>	<p>8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a BODYPUMP • Gym 9:00a Kroc Fit-Free Trial • KF 9:30a Yoga All Levels • GFS 10:30a Zumba • GFS</p>

KROC GROUP EXERCISE: EVENING CLASS SCHEDULE

January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
Kroc Center Closed. Happy New Year!	Modified Hours 9a-5p Happy New Year!	5:30p Spin • SS 5:30p Kettlebell AMPD • Gym 6:00p Yoga II/III • GFS 6:30p BODYPUMP • Gym	5:30p Yoga All Levels • GFS 6:00p \$ Kroc Fit • KF 6:00p Boot Camp • Gym	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga Flex • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF Community Zumba 6:00p-7:30p Free to members and only \$5 for guests.	
7	8	9	10	11	12	13
Highlighted classes are at new time or are new to the schedule!	5:30p Yoga Flex • GFS 5:30p BODYPUMP • Gym 6:00p \$ Kroc Fit • KF 6:30p Spin • SS 6:30p Barre • GFS	5:30p Spin • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym	5:30p Yoga All Levels • GFS 6:00p \$ Kroc Fit • KF 6:00p Boot Camp • Gym	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga Flex • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF 6:00p Zumba • Gym	
14	15	16	17	18	19	20
	5:30p Yoga Flex • GFS 5:30p BODYPUMP • Gym 6:00p \$ Kroc Fit • KF 6:30p Spin • SS 6:30p Barre • GFS	5:30p Spin • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym	5:30p Yoga All Levels • GFS 6:00p \$ Kroc Fit • KF 6:00p Boot Camp • Gym	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga Flex • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF Group Fit Mixer 6:00p-7:30p Yoga Flex-Boot Camp-Sprint Free to members and only \$5 for guests. Sign up at the front desk.	
21	22	23	24	25	26	27
	5:30p Yoga Flex • GFS 5:30p BODYPUMP • Gym 6:00p \$ Kroc Fit • KF 6:30p Spin • SS 6:30p Barre • GFS	5:30p Spin • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym	5:30p Yoga All Levels • GFS 6:00p \$ Kroc Fit • KF 6:00p Boot Camp • Gym	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga Flex • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF 6:00p Zumba • Gym	
28	29	30	31	1	2	3
* - Denotes 30-min express class \$- Denotes additional fees for Kroc Fit Program	5:30p Yoga Flex • GFS 5:30p BODYPUMP • Gym 6:00p \$ Kroc Fit • KF 6:30p Spin • SS 6:30p Barre • GFS	5:30p Spin • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym	5:30p Yoga All Levels • GFS 6:00p \$ Kroc Fit • KF 6:00p Boot Camp • Gym	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga Flex • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF 6:00p Zumba • Gym	



krocgroville.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