

# KROC GROUP EXERCISE: MORNING CLASS SCHEDULE

# MARCH 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Beginner Walk • Field 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga 1/2 • GFS 10:45a Silver Sneakers 2 • GFS 11:00a Water Boot Camp • 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 ProCycle • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Aqua Jog • 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 Yoga1/2 • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers 2 • GFS 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 8:30a Beginner Walk • Field 8:45a SPRINT • SS 9:30a Yoga 2/3 • Chapel 9:30a Beginner Fit • Gym 10:45a Silver Sneakers 2 • GFS	8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a BODYPUMP • Gym 9:30a Yoga All Levels • CC3 10:30a Zumba • GFS
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Highlighted classes are at new times or are new to the schedule!</b>	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Beginner Walk • Field 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga 1/2 • GFS 10:45a Silver Sneakers 2 • GFS 11:00a Water Boot Camp • 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 ProCycle • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Aqua Jog • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	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 Yoga1/2 • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • GFS 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 8:30a Beginner Walk • Field 8:45a SPRINT • SS 9:30a Yoga 2/3 • Chapel 9:30a Beginner Fit • Gym 10:45a Silver Sneakers 2 • GFS	8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a BODYPUMP • Gym 9:30a Yoga All Levels • Chapel 10:30a Zumba • GFS
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Beginner Walk • Field 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga 1/2 • GFS 10:45a Silver Sneakers 2 • GFS 11:00a Water Boot Camp • 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 ProCycle • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Aqua Jog • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	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 Yoga1/2 • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • GFS 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 8:30a Beginner Walk • Field 8:45a SPRINT • SS 9:30a Yoga 2/3 • Chapel 9:30a Beginner Fit • Gym 10:45a Silver Sneakers 2 • GFS	8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a BODYPUMP • Gym 9:30a Yoga All Levels • CC3 10:30a Zumba • GFS
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Beginner Walk • Field 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga 1/2 • GFS 10:45a Silver Sneakers 2 • GFS 11:00a Water Boot Camp • 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 ProCycle • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Aqua Jog • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	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 Yoga1/2 • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • GFS 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 8:30a Beginner Walk • Field 8:45a SPRINT • SS 9:30a Yoga 2/3 • CC3 9:30a Beginner Fit • Gym 10:45a Silver Sneakers 2 • GFS	8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a BODYPUMP • Gym 9:30a Yoga All Levels • CC3 10:30a Zumba • GFS
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
<b>*Ex* - Denotes 30-min express class</b>  <b>\$- Denotes additional fee for Kroc Fit program</b>	6:00a Boot Camp • Gym 6:00a \$ Kroc Fit • KF 8:30a Boot Camp • Gym 8:30a Beginner Walk • Field 9:30a Beginner Fit • Gym 9:30a Rhythm Ride • SS 9:30a Yoga 1/2 • GFS 10:45a Silver Sneakers 2 • GFS 11:00a Water Boot Camp • 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 ProCycle • SS 9:00a Pilates • GFS 9:30a Beginner Fit • Gym 10:00a Tabata • GFS 12p Aqua Jog • Pool 12p Yoga All Levels • GFS 12:00p \$ Kroc Fit • KF	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 Yoga1/2 • GFS 9:30a Beginner Fit • Gym 10:45a Silver Sneakers • GFS 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 8:30a Beginner Walk • Field 8:45a SPRINT • SS 9:30a Yoga 2/3 • Chapel 9:30a Beginner Fit • Gym 10:45a Silver Sneakers 2 • GFS	8:00a \$ Kroc Fit • KF 8:45a SPRINT • SS 9:00a BODYPUMP • Gym 9:30a Yoga All Levels • Chapel 10:30a Zumba • GFS

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<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>	<b>3</b>
	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 6:00p \$ Kroc Fit • KF 6:30p Yoga 2/3 • GFS 6:30p BODYPUMP • Gym	5:30p Yoga All Levels • GFS 6:00p \$ Kroc Fit • KF 6:00p Boot Camp • Gym 6:30p <b>Strong • GFS</b>	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga 1/2 • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF  <b>Community Zumba</b> <b>6:00p-7:30p</b> Free to members and only \$5 for guests.	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>Highlighted classes are at new times or are new to the schedule!</b>	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 6:00p \$ Kroc Fit • KF 6:30p Yoga 2/3 • GFS 6:30p BODYPUMP • Gym	5:30p Yoga All Levels • GFS 6:00p \$ Kroc Fit • KF 6:00p Boot Camp • Gym 6:30p <b>Strong • GFS</b>	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga 1/2 • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF 6:00p <b>Strong • Gym</b>	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
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<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	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 6:00p \$ Kroc Fit • KF 6:30p Yoga 2/3 • GFS 6:30p BODYPUMP • Gym	5:30p Yoga All Levels • GFS 6:00p \$ Kroc Fit • KF 6:00p Boot Camp • Gym 6:30p <b>Strong • GFS</b>	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga 1/2 • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF 6:00p <b>Strong • Gym</b>	
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