



# KROC GROUP EXERCISE: EVENING CLASS SCHEDULE

# 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
	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 6:30p Strong • GFS	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga Flex • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF  <b>Community Zumba</b> 6:00p-7:30p Free to members and only \$5 for guests.	
4	5	6	7	8	9	10
<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 6:30p Yoga II/III • GFS 6:30p BODYPUMP • Gym	5:30p Yoga All Levels • GFS 6:00p \$ Kroc Fit • KF 6:00p Boot Camp • Gym 6:30p Strong • GFS	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 Strong • Gym	
11	12	13	14	15	16	17
	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 6:30p Strong • GFS	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga Flex • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF  <b>Group Fit Mixer</b> 6:00p-7:30p Body Pump – Spin – Yoga Free to members and only \$5 for guests. Sign up at the front desk.	
18	19	20	21	22	23	24
	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 6:30p Strong • GFS	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 Strong • Gym	
25	26	27	28	1	2	3
*Ex* - Denotes 30-min express class  \$- Denotes additional fee 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 6:30p Strong • GFS	5:30p Rhythm Ride • SS 5:30p Kettlebell AMPD • GFS 6:30p Yoga Flex • GFS 6:30p BODYPUMP • Gym	4:00p \$ Kroc Fit • KF  <b>Community Zumba</b> 6:00p-7:30p Free to members and only \$5 for guests.	



[krocgreenville.org](http://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\*\*