

OCTOBER GROUP FIT

Highlights

Les Mills UNSTOPPABLE.
The Fitness event of the year!
October 23, beginning at 10 am.

**details available on our website www.KrocGreenville.org
 Scan QR code to register now!*



BODYPUMP
BODYCOMBAT
CORE
RPM



Things to remember

- Mind & Body classes 60 min, Cardio & Strength classes 45 min, Express classes 30 min.
- Please follow COVID-19 safety precautions at www.KrocGreenville.org
- Mask wearing at the kroc is encouraged.

Group Fitness classes are open to teens ages 16+
Kroc Fit classes are open to ages 18+

KROC Greenville turns 10. Happy Birthday to you!

MONDAY

545a BODYPUMP - Gym
 900a Barre - GFS
 930a Yoga 2/3 - Chapel
 930a Cycle Fit - Cafe *YF
 1000a Aqua Zumba - Pool *YF
 1100a SilverSneakers - Gym

500p Kroc Fit - KF Box
 530p Yoga Flex - GFS
 530p BODYPUMP - GYM
 600p Kroc Fit - KF Box
 600p CycleCore - Cafe *YF
 630p **Low Impact Cardio Step** - GYM

TUESDAY

545a RPM - Cafe*YF
 830a Boot Camp - Gym
900a Kroc Fit - KF Box
 900a Pilates - GFS *YF
 1000a Aqua Jog - Pool
 1000a GRIT Athletic - Gym
 1100a Silver Sneakers - Gym
 1200p Yoga All Levels - Chapel *YF

400p Fit Kids - Gym
 500p Kroc Fit - KF Box
 530p RPM - Cafe *YF
 530p BODY COMBAT - GYM
 600p Kroc Fit - KF Box
 630p *CORE - GYM

WEDNESDAY

545a CORE 45 - Gym
 900a Barre - GFS
 930a Yoga 1/2 - Chapel
 930a Cycle Core - Cafe *YF
 1100a SilverSneakers - Gym

530p BODYPUMP - Gym
 530p Yoga all levels - GFS
 600p Kroc Fit - KF Box
 600p Cycle Fit - Cafe * YF
 630p Zumba - Gym *YF

THURSDAY

545a RPM - Cafe*YF
 830a Boot Camp - Gym
900a Kroc Fit - KF Box →
 900a Pilates - GFS *YF
 1000a Hydro-Tone - Pool *YF
 1000a GRIT Strength - Gym
 1100a Silver Sneakers - Gym
 1200p Yoga All Levels - Chapel*YF

530p RPM - Cafe *YF
 530p Zumba - GFS
 600p KrocFit - KF Box
 630p *CORE - GFS

FRIDAY

545a BODY PUMP - Gym
 845a *SPRINT - Cafe *YF
830a Barre - GFS →
 930a Yoga 2/3 (75 min) - Chapel
 1100a Silver Cycle - Cafe

500p Kroc Fit - KF Box
 530p Kettlebell AMPD - Gym

SATURDAY

845a *SPRINT - Cafe *YF
 → **900a Pilates - GFS *YF**
 900a BODYPUMP - GYM
 930a Yoga All levels - Chapel
 1030a Zumba - GYM * YF

*YF stands for Youth Friendly classes 12+ with a parent or guardian
 * denotes 30 min class



KROC GREENVILLE

GROUP FIT DESCRIPTIONS



KROC FIT
TM

Strengthen your body & challenge yourself with functional fitness like never before! Our CrossFit certified instructors will ensure that everyone from beginners to experienced athletes learn proper technique and safety to maximize results. **Join an intro class the first two Thurs of every month @ 5p.**

Visit KrocGreenville.org/fitness to start!

Mon 5p, 6p
Tues 9a, 5p, 6p
Wed 6p
Thur 9a, 6p
Fri 5p

Coaches: Christina, Sarah, Tre

Cycle Fit

Endurance, strength, hills and drills!
Mon/Wed 9:30a/6:00p
Instructor: Jennifer & Courtney

Cycle Core

30 min ride followed by 15 min of core work.
Mon/Wed 9:30a/6:00p
Instructor: Courtney & Jennifer

Silver Cycle

Designed for the active older adult. Easy on joints and low impact. 45 min class.
Fri 11:00a
Instructor: Jennifer

Les Mills RPM

A 45 min journey designed to take you to your cardio peak and back down.
Tues/Thurs 5:45am / 5:30pm
Instructor: Carleen & Erin

Les Mills SPRINT

Cycle sprints are mixed with rest periods for a high intensity challenge. (30-min class)
Fri / Sat 8:45a
Instructor: Megan

SPIN STUDIO

Aqua Zumba

A real splash of dance moves with a smooth mix of Latin and today's music hits.
Mon 10:00a
Instructor: Tina

Aqua Jog

Mixed tempo, deep water exercises to alleviate spinal compression and joint pain. Waist belts, buoys, and noodles to increase resistance in the water.
Tues 10:00a
Instructor: Tina

Hydro-Tone

Discover the benefits of liquid resistance while toning and strengthening your body. This class will mix shallow and deep water exercises to increase performance and functional fitness.
Thurs 10:00a
Instructor: Tina

FIT Kids

Fun fitness and dance classes designed for kids! Activities vary weekly. Kroc Youth members are welcome to join us in the Gym.

Ages 6 - 10
Tues 4:00p

Instructor: Chelsea

AQUATICS

GRIT Athletic | Strength

A 45 minute Les Mills high intensity interval training class combining sports conditioning to improve athletic performance.
Tues & Thurs 10:00a
Instructor: Megan

Les Mills BODY PUMP

The original LES MILLS barbell class that will sculpt and strengthen your entire body!
Mon - Fri 5:45a / 5:30pm
Sat 9:00a
Instructor: Teia & Megan

Les Mills CORE

This highly effective 30-min workout targets the torso and sling muscles that connect your upper and lower body. Ideal for tightening the core while also improving functional strength.
Tues, Wed & Thurs 5:45a / 6:30p
Instructor: Jamie, Teia & Megan

Les Mills BODY COMBAT

High energy, martial arts inspired non-contact workout. Punch, kick and strike your way to fitness.
Tues 5:30p
Instructor: Jamie

Boot Camp

Boot Camp combines cardio, strength training, and body weight exercises. High intensity training to push your workout!
Tues & Thurs 8:30a
Instructor: Courtney

Kettlebell AMPD

Your favorite kettlebell moves combined into 45 minutes of calorie-torching fun! This class can be modified to your fitness level.
Fri 5:30p
Instructor: Teia

Low Impact Cardio Step

A full body cardio workout that is suitable for all levels. A combination of upbeat music and rhythmic stepping to tone butt & thighs.
Mon 6:30 pm
Instructor: Kurt

SilverSneakers

Join the nation's leading exercise program for active older adults. Classes focus on fitness, friends, and fun!
Mon - SilverSneakers Classic
Tues - SilverSneakers Strength
Wed - SilverSneakers Circuit
Thurs - SilverSneakers Yoga
Fri - Silver Cycle
11:00a
Instructor: Jennifer & Pat

Zumba

Non-stop cardio dance class! Combo of fast and slow rhythms using Hindi, American, African, and Latin beats.
Wed & Thurs 5:30/6:30p,
Sat 10:30a
Instructor: Teia

Barre

This upbeat class provides posture, flexibility and a full body workout!
Mon, Wed 9:00a
Fri 8:30a
Instructor: Sarah

Pilates

Based on the work of Joseph Pilates, this class is a series of non-impact exercise classes to develop strength, flexibility, and balance.
Tues, Thurs & Sat 9:00a
Instructor: Erin

Yoga

Mon- 9:30a Yoga 2/3
Mon- 5:30pm Yoga Flex
Tues 12:00p Yoga Flow
Wed- 10:00a Yoga 1/2
Wed- 5:30p Flow & Stretch
Thurs- 12:00p Yoga all levels
Fri & Sat 9:30 Yoga 2/3
Instructors: Dena, Sam, Julie, David, Carrie & Pat

STRENGTH & CARDIO