

GROUP FIT AM

ABBREVIATIONS AND NOTES:

YF = Youth Friendly (10+ w/parent or guardian)

Gym = Basketball Gym

 = Spin Class

Asterisks* = 30-minute long class

MONDAY (AM) Classes

- 5:45 - *Les Mills RPM - Café **YF** 
- 6:00 - KrocFit Strength - KrocFit Box
- 7:15 - Yobachi - Studio
- 8:30 - Barre - Studio
- 9:45 - Yoga Blend - Chapel
- 9:45 - Glutology 101 - Studio
- 10:00 - Aqua Zumba - Pool
- 11:00 - Silver Classic - Gym

WEDNESDAY (AM) Classes

- 5:45 - *Les Mills CORE 45 - Studio **YF**
- 6:00 - KrocFit Strength - KrocFit Box
- 7:15 - Body Combat - Studio
- 8:30 - Barre - Studio
- 9:45 - Vinyasa Yoga - Studio
- 10:00 - Aqua Zumba - Pool
- 11:00 - Silver Strength - Gym

FRIDAY (AM) Classes

- 5:45 - *Les Mills SPRINT - Café **YF** 
- 8:30 - Barre - Studio
- 9:45 - Yoga Blend - Chapel
- 10:00 - Aqua Jog- Pool
- 11:00 - Silver Strength- Gym

TUESDAY (AM) Classes

- 5:45 - Les Mills BODYPUMP - Gym
- 8:30 - Pilates Sculpt - Chapel
- 9:00 - Kroc Fit - Kroc Fit Box
- 10:00 - Boot Camp/HIIT - KrocFit Box
- 9:45 - Deep Stretch and Mobility - GFS
- 10:00 - Aqua Jog- Pool
- 11:00 - Silver Circuit - Gym
- 12:00 - Vinyasa Yoga - Studio

THURSDAY (AM) Classes

- 5:45 - Les Mills BODYPUMP - Gym
- 8:30 - Pilates Sculpt - Chapel
- 9:00 - Kroc Fit - Kroc Fit Box
- 10:00 - Boot Camp/HIIT - KrocFit Box
- 10:00 - Shallow Hydrotone - Pool
- 9:45 - Deep Stretch & Mobility - Studio
- 11:00 - Silver Yoga - Gym
- 12:00 - Slow Flow Yoga - Studio

SATURDAY (AM) Classes

- 8:30 - Pilates Sculpt - Studio
- 8:45 - *Les Mills Sprint **YF** - Café 
- 9:00 - Les Mills BODYPUMP - Chapel
- 9:45 - Slow Flow Yoga **YF** - Studio
- 10:30 - Zumba - Chapel

GROUP FIT PM

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YF = Youth Friendly (10+ w/parent or guardian)

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MONDAY (PM) Classes

5:00 - Kroc Fit- Kroc Fit Box
5:30 - Yoga Strong - Studio
5:30 - Les Mills BODYPUMP - Chapel
6:30 - Zumba - Chapel


TUESDAY (PM) Classes

5:00 - Kroc Fit - Kroc Fit Box
5:30 - *RPM+Arm Intensive - Cafe
5:30 - PiYo - Studio 

WEDNESDAY (PM) Classes

5:00 - Kroc Fit - Kroc Fit Box
5:45 - Les Mills CORE 30 YF - Café
6:00 - Breathe & Stretch Yoga - Studio
6:30 - Kettlebell AMPD - Café

THURSDAY (PM) Classes

5:00 - Kroc Fit - Kroc Fit Box
5:30 - *RPM+Arm Intensive - Café 
5:30 - Les Mills BODYPUMP - Chapel
6:30 - Zumba - Chapel

FRIDAY (PM) Classes

NO PM CLASSES ON FRIDAYS

SATURDAY (PM) Classes

NO PM CLASSES ON SATURDAYS

Group fitness classes are open to anyone 16+.
- Last Updated 01/13/2025 -