

# HEALTH & WELLNESS

 **KROC**  
HAMPTON ROADS



## FALL 2020 PROGRAM GUIDE



### Special Need-To-Know Guidelines

- The Kroc Center will be open for Members Only.
- Members are asked to limit their visit to 90 minutes.
- Members who are at high risk are reminded that they are safer at home.
- All Members 10 years old and older must wear a mask when entering The Kroc Center, when walking through the Center, and when not engaged in strenuous exercise.

#### All Members must confirm that ALL of the following are true:

- \*I Do Not have a fever or sense of fever (100.4° or higher),
- \*I Do Not have a cough, shortness of breath, difficulty breathing, chills, sore throat, muscle aches, or loss of taste or smell that cannot be attributed to another health condition or activity.
- \*I Have Not tested positive for COVID-19 in the past 10-days
- \*I Have Not been in close contact with someone suspected or known to have COVID in the past 14 days

### Health & Wellness Guidelines

- All in-person fitness class numbers are limited in size.
- Members must pre-register for all classes through Kroc Sales. Classes are free to members and registration will open 4 hours prior to the class and close when full or 15 minutes prior to the start time. Registration will open at noon each day.
- There will be no fitness towels available for use. Members are encouraged to bring their own. Fitness towels may be purchased at The Welcome Desk.
- Personal & Small Group training is allowed and can be purchased online.
- Members must limit their personal items. All personal items must be locked in a locker.
- Staff will do a thorough cleaning every 90 minutes and Members may be asked to pause a workout if necessary
- The Gymnasium will be open for Basketball shoot-around and Pickleball at specific times. Members must bring their own basketball or pickleball paddle. See program page for specific times. No basketball games or close contact allowed.

M-F / 6AM - 8PM | SAT 8AM - 7PM | SUN 1PM - 7PM

[KrocHamptonRoads.org](http://KrocHamptonRoads.org)

# KROC FITNESS & WELLNESS

## CYCLE

### PEDAL N' PUMP

Cycling done Kroc style! Come on in for a great cardio workout that strengthens your legs and core. We'll use hand weights and resistance bands for added intensity!

### RIDE

#### (VIDEO CLASS)

This is a 50 minute High Intensity Interval Training (HIIT) ride on a Cycle! What else do you need? This class will take through high intervals and fast paced revolutions to increase your endurance. Let's ride! -Interactive Class

### REVOLUTIONS

This is our 50 min cycling class. Every instructor is unique, but all REVOLUTION Rides are full-body and high-energy. With killer arm, core, and cardio sequences, you'll experience an incredible mind and body transformation!

### CYCLE & BURN

Start with a 30 minute interval ride to improve leg strength, power and endurance. Then, we turn it up for a 30 minute endurance ride that will maximize your calorie burn! Your body will transform in one hour!

### INTERACTIVE CYCLE

The cycling room is open and available for cycling at your own pace! - Interactive Class

### STRENGTH & POWER (IC)

#### (VIDEO CLASS)

Get ready to climb! This dedicated strength based ride incorporates steep climbs and rolling hills designed to challenge your body and push you to perform. Find the peak of fitness as you push your way through this intense ride - the climbs get steeper as the peaks get HIGHER!

### H.I.P (IC)

#### (VIDEO CLASS.)

Put the pedals to the metal in this fast-paced workout taught on a stationary bike. You'll climb, sprint, and train to incredible music and extraordinary instruction. - Interactive Class

## LOW-IMPACT

### YOGA

Improve your balance, flexibility and breathing techniques with this stress-relieving workout.

### FLOW YOGA

This class is great for beginners and seasoned practitioners. A Flow class will be more basic in nature. Postures will be foundational with an emphasis on breath, alignment and a focus on transitions.

### PILATES

Strengthen and lengthen your core muscles while working on breath control, body alignment and posture.

### BARRE FIT!

A combination of Pilates, Dance, and Cardio, and Strength training that will tighten and tone the body.

## KROC SILVER SERIES

### FOR MATURE ACTIVE ADULTS

### SILVER FIT

A dance fitness workout designed especially for active older adults to help increase cardiovascular endurance and mobility.

### SILVER SNEAKERS

Calling all Active Adults! This upbeat class will improve your strength and flexibility while working on your coordination and mobility.

## OTHER

### 30 FOR 30

Each day, participants will have a different mini-challenge to complete. This beats boredom and works your muscles efficiently because your body won't expect the different exercises. Whether you're new or skilled at working out, each mini challenge or work out day is tiered to challenge any fitness level. The goal is to get you stronger, fitter, and healthier in a month.

### CORE & MORE

Focus on toning and sculpting your abs while getting a great cardio and strength building workout.

### THE GRIND

#### (30 MIN CLASS)

This 30 minute H.I.I.T class will GRIND out the calories in your workout. We will focus on calisthenics and non-weighted body movements to reach our goals for the day!

## MOVEMENT & RHYTHM

### ZUMBA®

A dance fitness workout that is fun for people of all fitness abilities!

### HIP-HOP STEP

#### (30 MIN CLASS)

Step your game up! This 30 minute fast paced class will energize your workout routine! \*Limited Steps.

### MIXXEDFIT®

Dance your way to fitness with this class that uses explosive moves and big choreography to burn the calories off!

### POUND

Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drum!

## Monthly Challenges

### SEPTEMBER

#### WALKING CHALLENGE

### OCTOBER

#### "30FOR30" CHALLENGE

### NOVEMBER

#### PLANK CHALLENGE

### DECEMBER

#### 12 DAY HOLIDAY CHALLENGE

## CORNHOLE LEAGUE

SINGLES OR DOUBLES CORNHOLE LEAGUE. OFFICIAL CORNHOLE RULES WILL APPLY.

ADULT 21+ UP LEAGUE. 4 -WEEK LEAGUE, TWO MATCHES WILL BE PLAYED EACH WEEK. PLAYOFFS WILL BE SEDED BASED ON WIN/LOSS RECORD FROM SEASON.

## Special Dates

### September 8-13

Pool Closed

### October 24

Kroctoerfest (11AM-2PM)

### November 3

Election Day

(The Kroc Center is a polling location)

### November 5

The Kroc Center will close at 6 p.m.

### November 25

Holiday Hours

### November 26

Kroc Closed - Happy Thanksgiving!

### December 24

Holiday Hours

### December 25

Kroc Closed - Merry Christmas!

### December 31

Holiday Hours

## QUESTIONS???

PHONE: 757-622-KROC x 64351

EMAIL: [KrocHRinfo@uss.salvationarmy.org](mailto:KrocHRinfo@uss.salvationarmy.org)

ONLINE AT: [KrocHamptonRoads.org](http://KrocHamptonRoads.org)



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