

# KROC

**FALL  
2021**

## FITNESS PROGRAM GUIDE



**YOU BELONG HERE.**



# FITNESS SCHEDULE

ALL MEMBERS MUST REGISTER FOR CLASS PRIOR TO START.  
REGISTRATION CLOSSES 15 MINUTES PRIOR TO START TIME.

FOR REGISTRATION, PLEASE VISIT:  
[KROCSALES.SAUSS.NET/#/HTN](https://KROCSALES.SAUSS.NET/#/HTN)



## COVID-19 Updates

Members must stay 6' away from non-family members while in the facility.

Members who have a temperature or have symptoms of COVID 19 are asked to not enter the facility.

Members who are not vaccinated must wear a mask while in the facility.

Vaccinated guests may choose to wear a mask at their discretion.

**For questions regarding COVID-19 procedures at The Kroc Center, contact the Welcome Desk at 757-622-KROC**

## FITNESS CLASSES & PROGRAMS

### DANCE-BASED

ZUMBA | TUES 6PM/SAT 11AM

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

HIP-HOP STEP | THURS 5:30PM

Step your game up! This 60 min fast paced class will energize your workout routine! \*Limited Steps.

MIXXEDFIT® | MON/WED 6PM

Dance your way to fitness with this class that uses explosive, extreme moves and big choreography to burn even more calories off!

COMMIT® | THURS 6:30PM

COMMIT is a dynamic, fun-filled HIIT-style (high-intensity interval training) dance workout. Each routine focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving.



POUND | TBD

A full-body cardio, toning workout using lightly weighted ripstix to add a fun challenge.

### AQUA-BASED

AQUA JAM | TUES 6PM

Splash your way into shape with invigorating, low impact aquatic exercises.

AQUA ZUMBA | THURS 6PM

Low-impact, high energy aquatic class that uses the water's natural resistance to help tone muscles!



Questions?

Fitness Desk: 757-622-KROC ext.64351

Online: [KrocHamptonRoads.org](https://KrocHamptonRoads.org)



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HAMPTON ROADS



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## MONTHLY CHALLENGES

### SEPTEMBER

#### FKB (FITNESS KROC BINGO)

Add to the fun of your fitness routine with this new twist on classic Bingo. Get up, Get moving with fitness Kroc Bingo. Physically complete a variety of fitness challenges to get a Bingo!

### OCTOBER

#### 80'S FITNESS NIGHT

Let's take it back to the 80's with this electrifying, entertaining health event! Join our instructors as they take you back in time with 80's era themed classes. Best 80's outfit wins a prize!

### NOVEMBER

Healthy Eating Challenge

### DECEMBER

12 Day Holiday Challenge

FITNESS DESK SERVICE HOURS	
DAY	TIME
Mon-Fri	6AM-9PM
Sat	8AM-7PM
Sun	1AM-6PM

See weekly basketball court hours at Guest Services Desk.

# YOU BELONG HERE!



### LOW IMPACT

#### FLOW YOGA | SAT 10AM

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

#### YOGA | MON 5:30PM/ THURS 10AM

Open to all yoga levels of experience! Our focus is moving the body and breath together. This class provides a great foundation by working from simple to complex movements.

#### BODY RESTORE | TUES/FRI

Loosen tight muscles and regain flexibility with this 30-minute class. Your instructor will guide you through various stretches to loosen tight muscles, improve flexibility and relieve our bodies of the stress caused by everyday activities.

#### L.I.T. (LOW INTENSITY TRAINING) TUES/THURS TBD

This chair-based class will combine low-intensity interval training and cardio conditioning to jolt your workout into gear! Perfect for true beginners and people returning to exercise.

#### SILVER SNEAKERS | MON/WED

11:15AM

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

#### SILVER FIT | MON/WED 10:30AM

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



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## STRENGTH & CARDIO

### T.R.A.P. | TUES 6:15PM

This 30-minute core class is designed to strengthen the muscles of the abs and back with non-stop core sculpting moves. T.R.A.P. (The Roughest Abs Possible) is a tempo-based class set to today's best TRAP music. This class is a great addition to anyone's fitness routine and guaranteed to be a core burner!

### THE GRIND | WED 5:30PM

This 30-Min, 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!

### BOX FIT MON/WED 6:30PM

Do you have what it takes to train like a boxer? Come find out with this H.I.I.T. (High Intensity Interval Training) class that focuses on conditioning and boxing techniques!

## SPIN

### CYCLE & BURN | MON 6PM

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! muscles, improve flexibility and relieve our bodies of the stress caused by everyday activities.

### PEDAL N' PUMP | TUES 6PM

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!

### CYCLE EXPRESS | MON 6PM

Get all the benefits of an awesome cycle class in half the time! Get ready for a full-body, high-energy class that focuses on your cardio and core with various flow sequences! You will love the mind and body transformation you get from participating in this class!

### INTERACTIVE CYCLE

MON-FRI 12PM-1PM | SAT 10AM-11AM

(VIDEO CLASS.)

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



## Calendar Dates

Sep. 6

Labor Day – Special Hours

Kroc Open 6AM-12PM

Sep. 9

Kroc Closes at 5PM

Sep. 10-13

ChildWatch & Tween Scene Closed

Sep. 20-22

Aquatics Center Closed

Sep. 23-24

Gymnasium & Fitness Center Closed

October 23

Kroc Octoberfest

Kroc Center opens at 2PM

Sep. 26

Kroc Closed

Nov 24

Special Hours

Kroc Open 6AM-12PM

Nov 25

Thanksgiving – KROC Closed

Nov. 26

Special hours

Kroc Open 6AM-12PM

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