

# Health & Fitness Schedule

Jan - May 2012



## Group Fitness Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Member	Nonmember
BODYPUMP	5:30pm	6am & 8:30am	9:30am & 5:30pm	6am, 8:30am & 4:30pm	9:30am	9am	3pm	FREE	\$10 Day Pass
BODYSTEP	8:30am & 4:30pm		10:30am					FREE	\$10 Day Pass
BODYFLOW	9:30am & 6:30pm	4:30pm		10:30am		10am		FREE	\$10 Day Pass
BODYCOMBAT		9:30am		9:30am	5:30pm			FREE	\$10 Day Pass
BODYVIVE	Express 12pm	5:30pm	8:30am					FREE	\$10 Day Pass
RPM	8:30am & 5:30pm	9:30am & 5:30pm	6am & 4:30pm	9:30am & 5:30pm	8:30am	8am	1:45pm	FREE	\$10 Day Pass
Zumba	10:30am		6:30pm			11am		FREE	\$10 Day Pass
Renewal Yoga		10:30am		5:30pm	10:30am			FREE	\$10 Day Pass
Introductory Tai Chi		12pm			12pm			FREE	\$10 Day Pass
Sit to be Fit					1pm			FREE	\$10 Day Pass
Junior Fitness			5:30pm			9am		FREE	\$10 Day Pass
Kroc Fit	5:30 - 6am	5 - 5:30pm	5:30 - 6am	5 - 5:30pm	5 - 5:30pm			FREE	\$10 Day Pass

### Final Fitness Kroc-tacular

Date	Theme
Jan. 28	Indoor Winter Biathlon
Feb. 25	Cycle de Kroc
March 31	Indoor Triathlon
April 28	5K & 1 Mile Family Fun Run
May 26	Military PT

The last Saturday of each month the Fitness Center is offering a fun fitness event. Register at the fitness desk by the 15th of each month for training tips so that you're ready to perform! Members only – no cost.

### Kroc Center Ultimate Loser

Registration	January 1-15
Orientation	January 16-22
Program Date	January 23 - April 15
Award Night	April 18

Each participant must attend a minimum of 3 provided weekly exercise classes & 2 monthly nutrition appointments which includes a weigh-in. Personal training will be available at a 25% discount.

All participants must be members.  
One time registration fee of \$50

### Free Nutritional Education Classes

Month	Date & Time
January	Mon 16, 5.30-6.30pm & Thurs 19, 11.30am-12.30pm
February	Mon 13, 5.30-6.30pm & Thurs 16, 11.30am-12.30pm
March	Mon 12, 5.30-6.30pm & Thurs 15, 11.30am-12.30pm
April	Mon 16, 5.30-6.30pm & Thurs 19, 11.30am-12.30pm
May	Mon 14, 5.30-6.30pm & Thurs 17, 11.30am-12.30pm

### New Year Body Boot Camp

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Member	Nonmember
<b>Session 1: (6 Weeks)</b>									
Jan. 9th - Feb. 17th	6-7am				6-7am			\$15	\$45
Jan. 10th - Feb. 18th		6:30-7:30pm		6:30-7:30pm				\$15	\$45
Jan. 9th - Feb. 17th	6-7am	6:30-7:30pm		6:30-7:30pm	6-7am			\$20	\$60
<b>Session 2: (6 Weeks)</b>									
March 5th - April 13th	6-7am				6-7am			\$15	\$45
March 4th - April 12th		6:30-7:30pm		6:30-7:30pm				\$15	\$45
March 5th - April 13th	6-7am	6:30-7:30pm		6:30-7:30pm	6-7am			\$20	\$60
<b>Session 3: (6 Weeks)</b>									
May 7th - June 15th	6-7am				6-7am			\$15	\$45
May 8th - June 14th		6:30-7:30pm		6:30-7:30pm				\$15	\$45
May 7th - June 15th	6-7am	6:30-7:30pm		6:30-7:30pm	6-7am			\$20	\$60

### Health & Fitness Events

Date	Event	Time	Member	Nonmember
Feb. 25th	Kroc Trotters   Come to the first orientation meeting of the Kroc Center's running club.	7pm	--	--
May 19th	Armed Forces Day of Fitness   Free day at the Kroc Center for ALL Active Duty & their families!	All Day	--	--
Coming in February!	Watch for our health & fitness expo! Free health testing, exercise tips, dietary suggestions, food sampling, family fun & more			
April 2nd - April 6th	Spring Break Sports Speed & Agility Camp   Ages 7 – 18, designed for youth involved in athletics & sports to maintain sports specific fitness during season down time & prepare for spring sports.	1-3pm	\$10	\$40

### Smart Start For Teens

Mondays 6pm-7.30pm & Saturdays 11am-12.30pm      For teens ages 13-15, this class must be completed to work out in the fitness center & to participate in group fitness classes without the chaperone of a parent.

\* The schedule & prices are subject to change without notice. For more information, stop by the Welcome Desk or visit [www.KrocAugusta.org](http://www.KrocAugusta.org)