

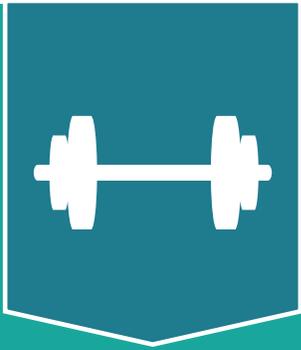
# KROC

JULY - SEPT  
2021

FITNESS PROGRAM GUIDE



YOU BELONG HERE.



# KROC FITNESS

CHECK OUT THE PERKS OF HEALTHY LIVING

Register at our Welcome Desk or any time at [KrocMSCoast.org](http://KrocMSCoast.org).



**DROP  
IN CLASSES  
ONLY \$5**

## CLASS SCHEDULE:

To see the full list of over 50 fitness group classes and times, please scan the code below to download the monthly schedule on our website.

[KrocMSCoast.org/Programs/Fitness](http://KrocMSCoast.org/Programs/Fitness)



## GROUP CYCLE

### INDOOR CYCLE RIDE

A 45-minute cardiorespiratory workout set to music and guided by a certified cycling instructor. Resistance is adjusted on the bike throughout the workout to provide different levels of intensity. All are encouraged to attend regardless of skill. We recommend participants bring a towel and water.

## DANCE

### ZUMBA®

A fusion of Latin, Pop, Hip-Hop music & dance themes that create a dynamic, exciting workout.

### LINE DANCE

Brush up your dance moves! This 45-min class of choreographed dance movements has a repeated sequence of steps in which the group dances in one or more lines or rows, all facing either each other or in the same direction, and executing the steps at the same time.

## YOGA

### YOGA FUSION

A combination of traditional yoga with other forms of fitness, like Pilates or resistance training. This technique still focuses on balance and flexibility, while also providing strength or aerobic exercise for your routine.

### SLOW FLOW YOGA

This yoga class is considered to be easier, less intense. Non-strenuous, quiet, meditative and restorative.

### MOMMY & BABY YOGA

Provides expecting moms and mothers the opportunity to regain or develop strength and tone muscle while bonding with their babies. Gain strength while cultivating confidence and alleviate pain through yoga postures.

## SENIORS

### SILVER SNEAKERS CLASSIC

Move to music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Option for seated or standing work.

### CHAIR YOGA

Learn a variety of safe and effective options designed to increase flexibility and balance to improve well being, taught from seated and standing positions.

### ZUMBA GOLD®

An easygoing mix of music & dance themes at a comfortable pace for older adults.

## AQUATIC/WATER

### AQUA ZUMBA®

Dance philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints so you can really let loose.

### AQUA TABATA

Improve core strength, tone, flexibility, mobility, balance, and strength through high intensity mixed with the properties of water through a variety of simple, yet intense exercises.

### AQUA HIIT

Improve core strength, tone, flexibility, mobility, balance, and strength through high intensity mixed with the properties of water through a variety of simple, yet intense exercises.

### COST

All Kroc Center members and families can access our group fitness classes and gym for free.

### NON-MEMBERS

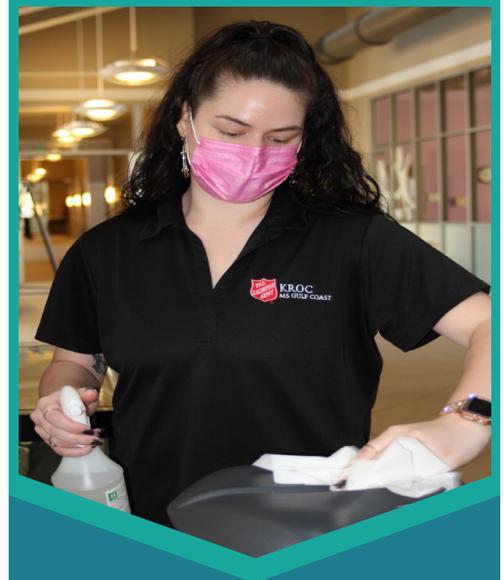
Drop-In	\$5/Class
Gym	\$10/Day

Drop-In Option is open for purchase anytime by both Members and general public.

## WHAT WE OFFER & WHAT WE'RE DOING TO PROTECT OUR MEMBERS:

Our classes are small-group, specialty classes geared to those who are wanting more individualized attention available throughout the week from early as 7:30AM to late as 6:00PM.

Multiple new sanitation stations can be found throughout our fitness center for member use. All high-traffic surfaces will also be disinfected multiple times a day using cleaning agents effective at killing the COVID-19 virus.



## QUESTIONS?

**FITNESS COORDINATOR: 228-374-9129**

**EMAIL:** [Chere.Stevenson@uss.salvationarmy.org](mailto:Chere.Stevenson@uss.salvationarmy.org)

**ONLINE AT:** [www.krocmscoast.org](http://www.krocmscoast.org)

## TEXT KROC TO 484848

Stay up-to-date on all Kroc information, including delays, closures, and more!