



January 2020 Live and Virtual Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fitness Room B 5:30AM - 9:00AM <i>On Demand</i> 9:15AM - 10:00AM <i>Kroc Dance Fitness</i> 10:15AM - 11:00AM <i>POUND</i> 12:00PM - 12:45PM <i>BODYFLOW®</i> 1:00PM - 2:00PM <i>Gentle Yoga</i> 2:15PM - 5:15PM <i>On Demand</i> 5:30PM - 6:15PM <i>POUND</i> 6:30PM - 7:30PM <i>Yoga</i> 7:45PM - 9:45PM <i>On Demand</i>	Fitness Room B 5:30AM - 6:25AM <i>BODYFLOW®</i> 6:35AM - 8:45AM <i>On Demand</i> 9:00AM - 9:45AM <i>Zumba</i> 10:00AM - 10:55AM <i>BODYFLOW®</i> 11:15AM - 12:15PM <i>Gentle Yoga</i> 12:30PM - 5:15PM <i>On Demand</i> 5:30PM - 6:25PM <i>BODYCOMBAT™</i> 6:30PM - 7:25PM <i>BODYFLOW®</i> 7:45PM - 9:45PM <i>On Demand</i>	Fitness Room B 5:30AM - 9:00AM <i>On Demand</i> 9:15AM - 10:00AM <i>Kroc Dance Fitness</i> 10:15AM - 11:00AM <i>Pilates</i> 12:00PM - 12:45PM <i>BODYFLOW®</i> 1:00PM - 5:15PM <i>On Demand</i> 5:30PM - 6:15PM <i>POUND</i> 6:30PM - 7:30PM <i>Yoga</i> 7:45PM - 9:45PM <i>On Demand</i>	Fitness Room B 5:30AM - 6:25AM <i>BODYFLOW®</i> 6:35AM - 8:45AM <i>On Demand</i> 9:00AM - 9:45AM <i>Zumba</i> 10:00AM - 10:55AM <i>BODYFLOW®</i> 11:15AM - 12:15PM <i>Gentle Yoga</i> 12:30PM - 5:15PM <i>On Demand</i> 5:30PM - 6:25PM <i>BODYCOMBAT™</i> 6:30PM - 7:30PM <i>BODYFLOW®</i> 7:45PM - 9:45PM <i>On Demand</i>	Fitness Room B 5:30AM - 9:00AM <i>On Demand</i> 9:15AM - 10:00AM <i>Kroc Dance Fitness</i> 10:15AM - 11:00AM <i>Yoga</i> 12:00PM - 12:45PM <i>BODYFLOW®</i> 1:00PM - 9:00PM <i>On Demand</i> 9:00PM - 9:45PM <i>On Demand</i>	Fitness Room B 7:30AM - 8:45AM <i>On Demand</i> 9:00AM - 9:55AM <i>BODYFLOW®</i> 10:15AM - 6:15PM <i>On Demand</i> 6:15PM - 7:45PM <i>On Demand</i>	Fitness Room B 9:30AM - 5:30PM <i>On Demand</i>
Fitness Room A 5:30AM - 6:30AM <i>BODYPUMP™</i> 6:45AM - 8:00AM <i>On Demand</i> 8:15AM - 8:45AM <i>Senior Fit</i> 9:00AM - 10:00AM <i>BODYPUMP™</i> 10:15AM - 10:45AM <i>Low Impact Cardio</i> 10:50AM - 11:20AM <i>Butts & Guts</i> 12:00PM - 12:30PM <i>CXWORX™</i> 12:35PM - 5:15PM <i>On Demand</i> 5:30PM - 6:30PM <i>BODYPUMP™</i> 6:40PM - 7:10PM <i>BODYCOMBAT™</i> 7:20PM - 9:45PM <i>On Demand</i>	Fitness Room A 6:00AM - 6:30AM <i>Kroc H.I.I.T.</i> 6:45AM - 9:00AM <i>On Demand</i> 9:15AM - 9:45AM <i>CXWORX™</i> 10:00AM - 11:00AM <i>Fit 4 Life</i> 12:00PM - 12:45PM <i>BODYPUMP™</i> 1:00PM - 5:15PM <i>On Demand</i> 5:30PM - 6:25PM <i>Step It Up</i> 6:35PM - 7:05PM <i>Kroc H.I.I.T.</i> 7:15PM - 9:45PM <i>On Demand</i>	Fitness Room A 5:30AM - 6:30AM <i>BODYPUMP™</i> 6:45AM - 8:00AM <i>On Demand</i> 8:15AM - 8:45AM <i>Senior Fit</i> 9:00AM - 10:00AM <i>BODYPUMP™</i> 10:15AM - 10:45AM <i>Low Impact Cardio</i> 10:50AM - 11:20AM <i>Butts & Guts</i> 12:00PM - 12:30PM <i>CXWORX™</i> 12:35PM - 5:15PM <i>On Demand</i> 5:30PM - 6:30PM <i>BODYPUMP™</i> 6:45PM - 9:45PM <i>On Demand</i>	Fitness Room A 6:00AM - 6:30AM <i>Kroc H.I.I.T.</i> 6:45AM - 9:00AM <i>On Demand</i> 9:15AM - 9:45AM <i>CXWORX™</i> 10:00AM - 11:00AM <i>Fit 4 Life</i> 12:00PM - 12:45PM <i>BODYPUMP™</i> 1:00PM - 5:15PM <i>On Demand</i> 5:30PM - 6:25PM <i>Step It Up</i> 6:35PM - 7:05PM <i>Kroc H.I.I.T.</i> 7:45PM - 9:45PM <i>On Demand</i>	Fitness Room A 5:30AM - 6:30AM <i>BODYPUMP™</i> 6:45AM - 8:45AM <i>On Demand</i> 9:00AM - 10:00AM <i>BODYPUMP™</i> 10:15AM - 6:15PM <i>On Demand</i> 6:15PM - 9:45PM <i>On Demand</i>	Fitness Room A 7:30AM - 8:30AM <i>On Demand</i> 8:45AM - 9:45AM <i>BODYPUMP™</i> 10:00AM - 10:45AM <i>POUND</i> 11:00AM - 7:00PM <i>On Demand</i>	Fitness Room A 9:30AM - 5:30PM <i>On Demand</i>
Cycling Room 5:30AM - 6:00AM <i>Kroc Cycling</i> 6:15AM - 2:15PM <i>On Demand</i> 2:15PM - 9:45PM <i>On Demand</i>	Cycling Room 5:30AM - 6:00AM <i>Kroc Cycling</i> 6:15AM - 8:00AM <i>On Demand</i> 8:15AM - 8:50AM <i>Kroc Cycling</i> 9:00AM - 5:00PM <i>On Demand</i> 5:30PM - 6:15PM <i>Kroc Cycling</i> 6:30PM - 9:45PM <i>On Demand</i>	Cycling Room 5:30AM - 6:00AM <i>Kroc Cycling</i> 6:15AM - 2:15PM <i>On Demand</i> 2:15PM - 9:45PM <i>On Demand</i>	Cycling Room 5:30AM - 6:00AM <i>Kroc Cycling</i> 6:15AM - 8:00AM <i>On Demand</i> 8:15AM - 8:50AM <i>Kroc Cycling</i> 9:00AM - 5:00PM <i>On Demand</i> 5:30PM - 6:15PM <i>Kroc Cycling</i> 6:30PM - 9:45PM <i>On Demand</i>	Cycling Room 5:30AM - 1:30PM <i>On Demand</i> 1:30PM - 9:30PM <i>On Demand</i>	Cycling Room 8:00AM - 8:45AM <i>Kroc Cycling</i> 9:00AM - 5:00PM <i>On Demand</i> 5:00PM - 7:45PM <i>On Demand</i>	Cycling Room 9:30AM - 5:30PM <i>On Demand</i>

Salvation Army Kroc Center -
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Virtual Class Descriptions