### Fitness Class Schedule

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning Classes</th>
<th>Afternoon Classes</th>
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<tbody>
<tr>
<td>M</td>
<td>Sunrise Yoga (6AM)</td>
<td>BodyPump (9AM)</td>
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<td></td>
<td>RPM 30 (6AM)</td>
<td>Water Aerobics (8AM)</td>
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<td>T</td>
<td>Boot Camp (9AM)</td>
<td>Zumba (10AM)</td>
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<td>W</td>
<td>Boot Camp (9AM)</td>
<td>BodyPump (9AM)</td>
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<td>TH</td>
<td>BodyPump (9AM)</td>
<td>Water Aerobics (9AM)</td>
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<td>F</td>
<td>RPM 30 (6AM)</td>
<td>BodyPump (9AM)</td>
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<td>S</td>
<td>Ride the Ridge 30 (6AM)</td>
<td>BodyPump (5:30 PM)</td>
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<tr>
<td>SU</td>
<td>Sunrise Yoga (6AM)</td>
<td>BodyPump (5:30 PM)</td>
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**Effective 03/01/2020**

With over 115 Fitness Classes per week, we are sure there is something to meet your needs! Meet with one of our professionals at the Fitness Desk for more help on which classes would be best for you. Classes are FREE with your membership, unless otherwise noted. To learn more or register for Specialty Classes, visit [www.krocmemphis.org](http://www.krocmemphis.org) or call 901-729-8068.
Class Descriptions

**ARYATTACK: A high-energy fitness class with moves that cater to total beginners to total addicts. We combine athletic movements like running, lunging & jumping with strength exercises and cardio for a total body workout.**

**BODYCOMBAT: BODYCOMBAT is a high-energy martial arts-inspired workout that is fun and easy to learn. You use light to moderate weights with lots of repetition. BODYPUMP gives you a total body workout. With aspects of yoga, Pilates and bodyweight strength exercises, this class combines cardio-aerobic dance moves with weight-bearing movements to blast calories, de-stress and tone your body.**

**BODYSYSTE: If you fancy quicker stepping and the chance to showcase your rhythm and flair then BODYSYSTEM Classic is the way to go. There are always loads of options to get you moving.**

**CWXWORK: Exercising the core muscles. CWXWORK™ provides the total ingredient for a stronger body. All the moves in CWXWORK have options, so it’s challenging but achievable for your own fitness level.**

**TONE: If you want the optimal mix of strength, cardio and core training this is the one for you. Tone is a combination of a complete workout in 65 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you take your fitness to the next level. Also a great foundational class. LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring every participant works the workout successfully.**

**PILATES WITH MOM: Spend 45 minutes building core strength and improving flexibility. All the moves in CWXWORK have options, so it’s challenging but achievable for your own fitness level.**

**BODYFLOW: Ideal for anyone and everyone, BODYFLOW™ is the yoga-based class that will improve your mind, your body and your life. An inspired soundtrack plays as you bend and stretch through a series of simple yoga moves and embrace elements of Tai Chi, Qigong and Breathing. Brings together strength training, cardiovascular fitness, increases metabolism & boosts weight loss. 60 minutes and 30 minute options available.**

**ZUMBA: ZUMBA® is a fusion of Latin and International music & dance themes that create a dynamic, exciting workout. Come join the party and dance your cares away!**

**WATER IN MOTION: Low impact, high-energy challenge for all ages, skill and fitness levels. With land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 35 minute water extravaganza.**

**SILVER SNEAKERS: SilverSneakers is an industry-leading fitness program for older adults. It includes light cardio, weight training, balance, and stretching.**

**SQUEAKY SNEAKERS: Learn balance, coordination, flexibility, rhythm and activity in this intro-to-fitness class. Children will learn the moves, and instructors will always provide options for those just getting started. You’ll strengthen your entire body and leave the class feeling calm and centered.**

**VINYA YOGA: Vinyasa Yoga is a form of yoga that focuses on stretching of the connective tissues. Poses in Yin Yoga are primarily seated or supine with more passive holds for longer intervals ranging from 2-5 minutes.**

**REILYONE: RIDE THE RIDGE: Looking for an indoor cycling class in a fun environment? Try our classes up on The Ridge! A non-impact cardio workout that uses the full hour to help improve cardiovascular fitness, increases metabolism & boosts weight loss.**

**BODYPUMP: W / M 630PM | S 3030PM**

**BODYFLOW: W / M 6:30PM**

**BODYSYSTE: T / TH 6:40PM | W / M 10:15AM | S 11:30AM**

**WATER IN MOTION: W / M 6:30PM | S 9AM**

**SILVER SNEAKERS: W / M 6:30PM | S 9AM**

**SQUEAKY SNEAKERS: M / W 8PM | M / W 12PM | M / W 9:45AM**

**VINYA YOGA: M / W 4:30PM | S 4:30PM**

**RIDE THE RIDGE: W / M 6:30PM | S 3:00PM”}

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**Specialty Classes**

**MYOFASCIAL RELEASE: Myofascial release is a safe, effective, self-massage technique used by professional athletes and enthusiasts to enhance performance.**

**GRIT STRONG: cardio takes HIIT and combines it with powerful music and inspiration, leaving you with a sense of achievement.**

**GRIT CARDIO: GRIT Cardio is a 30-minute high-intensity interval training (HIIT) workout that incorporates strength and cardiovascular exercise.**

**VATA AERIAL YOGA: The harness used for Vata Aerial yoga full support for your torso and pelvis, while six handles for support of the upper body and accommodates users of all capabilities.**

**YIN YOGA: Yin Yoga is a form of yoga that focuses on stretching of the connective tissues. Poses in Yin Yoga are primarily seated or supine with more passive holds for longer intervals ranging from 2-5 minutes.**

**BOOT CAMP: boot camp is designed for personalized & efficient support geared toward building balance, strength, balance & flexibility exercises that will increase cardio activity. Our barre equipment will ensure a full body workout, that can be modified for any fitness level.**

**BARE NONE: Barre None™ is a fun, energetic, low-impact workout using techniques from Ballet, Pilates, and Yoga to tone the body; combining strength, balance & flexibility exercises that will increase cardio activity.**

**HYDROGLO: This is a water-based workout that you have never tried before! We combine elements of balance, bodyweight exercises, yoga, Pilates, and more, all on our Aqua Physical Fitness boards in the pool.**

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Effective 03/20