



RAY & JOAN
KROC
CORPS COMMUNITY CENTER
SOUTH BEND, IN

**Due to the changing COVID regulations, all programs, dates and times listed below are subject to change.*

KROC HEALTH & FITNESS

FALL & WINTER PROGRAMS: AUGUST 23, 2021 - FEBRUARY 20, 2022



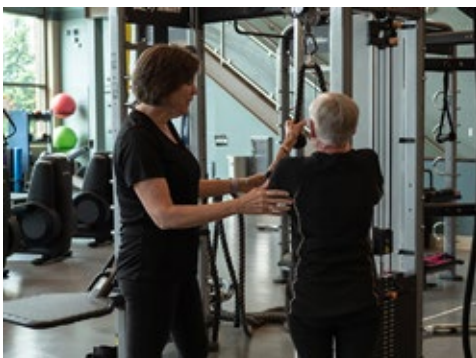
CARDIO & STRENGTH CLASSES

BOOTCAMP

An indoor / outdoor program, Bootcamp is designed to help you achieve your fitness goals through challenging and invigorating activities. **AGES 15+ | DROP-IN**

KICKBOXING

This class combines cardio and kickboxing to provide a total body workout which aims to improve strength, aerobic fitness, speed, flexibility, coordination and balance. **AGES 15+ | DROP-IN**



CYCLE

This indoor cycling class is suitable for any fitness level because you control the intensity. Listen to exhilarating music while burning 400 to 600 calories in just 45 minutes! **AGES 15+ | DROP-IN**

DANCE FITNESS

This class combines the fun of dancing and the benefits of cardiovascular exercise into one AWESOME dance party! **AGES 13+ | DROP-IN**

DIESEL STRENGTH

Take your strength training to the next level with timed intervals! Get a full body workout incorporating weights, kettlebells, bosu balls and other equipment. **AGES 15+ | DROP-IN**



HIP-HOP FITNESS

This class takes the fun of dancing and the benefits of cardiovascular exercise and combines them into one awesome dance party! **AGES 15+ | DROP-IN**

For days and times of all drop-in fitness classes, please visit our website at www.mykroc.org/wellness or view a copy at the Welcome Desk.

The Salvation Army Kroc Center | 900 W. Western Avenue, South Bend, IN | 574.233.9471 | www.mykroc.org

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† REV FIT

This high-intensity class is made for the mind, body and soul. It combines strength, cardio and worship to provide a total body workout. All fitness levels are welcome! **AGES 15+ | DROP-IN**

S.W.A.T.

Shift your workout into overdrive with S.W.A.T. (Strength With Agility Training). This high intensity interval class combines strength and cardio to provide a total body workout with maximum results.

AGES 15+ | DROP-IN

ZUMBA

In this high energy class you'll enjoy a fusion of Latin and international music with easy-to-follow moves. Achieve long term benefits, while having a blast during an exciting, calorie-burning workout that is sure to engage and captivate your life! **AGES 15+ | DROP-IN**

MIND & BODY CLASSES

CHAIR YOGA

Strengthen both your body and mind with this gentle form of yoga. Chair yoga is practiced while sitting on a chair or using one for support, and is designed specifically for those with physical disabilities or those who find a typical yoga session too challenging. **AGES 15+ | DROP-IN**

† HOLY YOGA

Holy Yoga is an experiential worship fitness class, created to deepen your connection to Christ. All fitness levels are invited to this inspiring, motivating and active yoga class! **AGES 15+ | DROP-IN**

† HOLY YOGA POWER FLOW

This class is designed to make you sweat! We will use dynamic, flowing postures that link breath to movement and help to increase your strength, flexibility, balance, focus and endurance. **AGES 15+ | DROP-IN**

PILATES

Pilates will focus on strength, flexibility and balance, while improving your posture, breathing patterns and misalignments that are common in most of the population. This class is for all levels and designed to target smaller muscle groups and the core. **AGES 15+ | DROP-IN**

YOGA

Improve your health and happiness with yoga! Strengthen and tone your entire body through breathing techniques, lengthening exercise and meditation. This class is designed to meet you where you are; modifications and optional poses are given. **AGES 15+ | DROP-IN**

YOGA FLOW

This class combines Yoga, Tai Chi and Pilates for a holistic workout that focuses on controlled breathing and concentration. Through a series of stretches, moves and poses, you will build strength, flexibility and balance. **AGES 15+ | DROP-IN**

VINYASA YOGA

This class provides a greater emphasis on coordinating movements with breath to flow from one pose to the next, rather than holding a pose for an extended period of time. **AGES 15+ | DROP-IN**

LES MILLS CLASSES

CORE™

This intense 30-minute core training workout is designed to tighten and tone your midsection in the shortest amount of time possible. This class utilizes your bodyweight, free weights and resistance tubing to challenge your balance, coordination and improve your overall functional strength. **AGES 15+ | DROP-IN**

BODYPUMP™

This class is for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODY-PUMP will give you a total body workout! Our instructors will coach you through the scientifically proven moves and techniques, all while pumping out encouragement, motivation and great music. You'll leave the class feeling challenged, motivated and ready for more!

AGES 15+ | DROP-IN

GRIT™

This high-intensity interval training (HIIT) workout is designed to improve strength and cardiovascular fitness, as well as build lean muscle. This class uses barbell, weight plate and body weight exercises to blast all major muscle groups. **AGES 15+ | DROP-IN**

† FAITH BASED CLASSES

If you see a "†" next to the class description, it is faith-based fitness class. These classes are centered on the "Rev Fitness" style - a nationwide trend that combines the word of God with fitness training. This combination of "faith and fitness" is designed to give you a complete workout - mind, body, and soul - in a safe and effective manner. Each class starts with a bible verse and ends with quite time and prayer.

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AQUATIC CLASSES

AQUA BOOTCAMP

This HIGH INTENSITY water fitness program provides the benefits of a pool (little to no impact on joints and expanding lung capacity) as well as the benefits of both weight and resistance training.

AGES 15+ | DROP-IN

AQUA AEROBICS

This class is designed to improve flexibility, strength and endurance, all while using the resistance of the water to cushion the joints. Exercises are performed to lively, motivating music and are effective and easy to follow.

AGES 15+ | DROP-IN

SENIOR FITNESS

SILVER SNEAKERS

Move through a variety of exercises designed to increase muscle strength and range of movement for improved function. Hand-held weights, bands and balls are offered as resistance. A chair is used for seated and standing support, stretching and relaxation.

Available classes include:

Cardio Drumming, Silver Circuit, and Silver Strength

AGES 15+ | DROP-IN

† SILVER SNEAKERS +

Move through a variety of exercises designed to increase muscle strength and range of movement for improved function. Hand-held weights, bands and balls are offered as resistance. A chair is used for seated and standing support, stretching and relaxation. This class also incorporates the word of God to inspire, uplift, and draw you closer to the Lord.

AGES 15+ | DROP-IN



YOUTH FITNESS

KIDS FITNESS

This group fitness class is designed to get kids up and moving! Classes will rotate between kickboxing, bootcamp, yoga and cardio-based workouts. **AGES 5-12 | DROP-IN**

KIDS KLIMB - BEGINNER

This fitness class will teach kids who are new to the rockwall about the importance of safety checks and how to perform them. They will also learn rock climbing terms, proper stretches for after a climb concludes and play fun games. **AGES 7-13 | DROP-IN**

KIDS KLIMB - ADVANCED

This class is designed for youth who know the basics of rock climbing, understand the information taught in the beginner class and are able to get to the top easily. This fitness class will focus on technique, strength building, and more advanced terminology. **AGES 7-13 | DROP-IN**

FITKIDS 360

This healthy lifestyle program helps youth and their parents make lasting behavioral changes through nutritional education, fun exercises and goal setting. *Kids must be referred by a physician and meet minimum requirements. Parent attendance is required at all sessions.*

DATES & TIMES TBD | AGES 5-16

ROSTERED CLASS | FREE

SMART START

Teens between the age of 13 and 14 must take this class before using the Fitness Center. Upon completion, teens will receive a Smart Start lanyard that allows access to the Fitness Center with an adult present. This class will answer all fitness related questions regarding equipment usage, proper form, weight room etiquette and safety.

AGES 13-15 | DROP-IN

FITNESS ORIENTATION

Want to know more about the Fitness Center? We're here to help! During Fitness Orientation, we'll answer all your fitness related questions regarding equipment usage, proper form, weight room etiquette and safety. This class will give you the confidence to create a workout plan and jump start your fitness goals. All members are welcome to attend! **AGES 13+ | DROP-IN**

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PERSONAL TRAINING & ASSESSMENTS

All assessments are by appointment only. To make an appointment, please contact the Health & Wellness Department at (574) 233-9471 ext. 2237 or email MyFitness@usc.salvationarmy.org.

PERSONAL TRAINING (ages 13+)

Our top-notch program allows you to workout one-on-one with a certified personal trainer who will exceed your expectations. We provide each client with guidance, motivation, safety and excellent fitness programs that will make the difference of a lifetime. Please contact us for a consultation!

ONE-ON-ONE PRICING (per session)

1-Hour Session: \$35 (\$45 non-member)

30-Min Session: \$18 (\$28 non-member)

SMALL GROUP TRAINING (ages 13+)

There is strength in numbers and our Small Group Training proves it! In a private group of 2 or more people, you'll work with a Performance Trainer to get the results you're looking for through motivation and creativity. All without breaking your budget!

SMALL GROUP PRICING (per session)

1-Hour Session: \$18 (\$28 non-member)

30-Min Session: \$9 (\$19 non-member)

INBODY ANALYSIS (ages 15+)

Receive a comprehensive view of your body composition balance. This includes a muscle to fat analysis, segmental lean and fat analysis, body balance evaluation and body water analysis, as well as your BMI, blood pressure and heart rate.

INBODY PRICING PER PERSON: \$18 (\$28 non-member)

INBODY FITNESS ASSESSMENT (ages 15+)

This evaluation will determine body composition, resting blood pressure and target heart rate. The results will be explained, and personalized exercise recommendations will be given based on your goals.

ASSESSMENT PRICING PER PERSON: \$35 (\$45 non-member)

FITNESS CENTER RULES & GUIDELINES

1. No one under the age of 15 is allowed in the Fitness Area unless participating in a Kroc Center program or class. Members 13-14 may use the fitness area after successfully passing the Smart Start program and remaining with a participating adult.
2. Bags and personal items must be stored in a locker while using the Fitness Center.
3. Proper workout attire is required in the fitness area (no street shoes, swimwear or jeans). Any clothing, including logos or messages on apparel, must be acceptable in a family setting. Pants must be pulled up over the buttocks and shorts must have a minimum 3-inch inseam. Shirts must cover the full torso; cutoff shirts must be cut no further than the top of the wearers hips.

For a complete list of the Fitness Center rules, the Kroc Center Recreational Guidelines is available upon request at the Welcome Desk or on our website.



ROCKWALL CHALLENGE & CERTIFICATIONS

BELAY CERTIFICATION

Want more time on the rockwall? Open Climb is available during all facility hours for those with a Kroc Climbing (Belay) Certification! Getting your belay certification is easy and FREE. During certification, a staff member will be available to answer all questions. There are 5 certification levels possible.

BY APPOINTMENT ONLY

AGES 18+ | NO COST

MONTHLY CHALLENGE

Challenge yourself! Each month there will be a new rockwall challenge. Complete the challenge and track your progress. Leaders will have their names displayed on the bulletin board.

KIDS WATCH

This area is specifically designed with your child in mind. RJ's Clubhouse is a backyard themed area with interactive trees, technology, reading and learning activities. Kids Watch is available to members of the Kroc Center only. Space is limited and is available on a first come, first served basis. *One session per day, per child is allowed. Parents and/or guardians must remain on the Kroc Center grounds during the session.*

YOUTH AGES 1-10

FREE WITH MEMBERSHIP*

*Due to COVID-19, preregistration is required. We cannot accept drop-ins at this time. To sign-up for a time slot, please email MyKids@usc.salvationarmy.org.

