

HEALTH & WELLNESS

SUMMER 2021 PROGRAM GUIDE



Health & Wellness Guidelines

- All in-person fitness class numbers are limited in size.
- Members must pre-register for all classes through Kroc Sales. Classes are free to members and registration will open at noon each day prior to the class and close when full or 15 minutes prior to the start time.
- Personal & Small Group training is allowed and can be purchased online.
- Members must limit their personal items. All personal items must be locked in a locker.
- The Gymnasium will be open for Basketball, Shoot-around, and Pickleball at specific times. Members must bring their own basketball or pickleball paddle. See program page for specific times.

Special Need-To-Know Guidelines

- The Kroc Center will remain open for Members only.
- Face coverings will no longer be required for fully vaccinated individuals inside the Kroc Center. A person is considered “fully vaccinated” two weeks after receiving their final vaccine dose. Face coverings are still required indoors for all other individuals.
- As always, anyone with a reason to believe they may have COVID-19 should stay home;
- As a community center, it is important that we all work together to follow these guidelines in the interest of keeping everyone healthy. We appreciate your cooperation and continued support of the Kroc Center!

Special Dates

May 31, Memorial Day
6am - 12pm

June 28
Summer Day Camp Begins

July 4
CLOSED

August 5
Early Closure at 7pm

September 6, Labor Day
6am - 12pm



Building Hours

M-F / 6AM - 9PM

SAT 8AM - 7PM | SUN 1PM - 6PM

KrocHamptonRoads.org



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LOW-IMPACT

FLOW YOGA

This class is great for beginners and seasoned practitioners. Postures will be foundational with an emphasis on breath, alignment and a focus on transitions.

Stretch 101

This class is a slow body stretch progression. We start with simple movements and work to complex. Learn how to use your breath to help open the body.

Yoga

Open to all yoga levels of experience! Our focus is moving the body and breath together. This class provides a great foundation by working from simple to complex movements.

MOVEMENT & RHYTHM

ZUMBA®

A dance fitness workout that is fun for people of all fitness abilities!

HIP-HOP STEP

(60 MIN CLASS)

Step your game up! This 60 minute fast paced class will energize your workout routine! *Limited Steps.

MIXEDFIT®

Dance your way to fitness with this class that uses explosive moves and big choreography to burn the calories off!

COMMIT®

This is a dynamic, fun-filled HIIT-style dance workout. Each routine focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving.

CYCLE

PEDAL N' PUMP

Cycling done Kroc style! Come on in for a great cardio workout that strengthens your legs and core. We'll use hand weights and resistance bands for added intensity!

REVOLUTIONS

This is our 50 min cycling class. Every instructor is unique, but all REVOLUTION Rides are full-body and high-energy. With killer arm, core, and cardio sequences, you'll experience an incredible mind and body transformation!

CYCLE & BURN

Start with a 30 minute interval ride to improve leg strength, power and endurance. Then, we turn it up for a 30 minute endurance ride that will maximize your calorie burn! Your body will transform in one hour!

INTERACTIVE CYCLE

The cycling room is open and available for cycling at your own pace! - Interactive Class

STRENGTH & POWER (IC) (VIDEO CLASS)

Get ready to climb! This dedicated strength based ride incorporates steep climbs and rolling hills designed to challenge your body and push you to perform. Find the peak of fitness as you push your way through this intense ride - the climbs get steeper as the peaks get HIGHER!

H.I.P (IC)

(VIDEO CLASS)

Put the pedals to the metal in this fast-paced workout taught on a stationary bike. You'll climb, sprint, and train to incredible music and extraordinary instruction. A combination of Pilates, Dance, and Cardio, and Strength training that will tighten and tone the body.

KROC SILVER SERIES FOR ACTIVE ADULTS

SILVER FIT

A dance fitness workout designed especially for active older adults to help increase cardiovascular endurance and mobility.

SILVER SNEAKERS

Calling all Active Adults! This upbeat class will improve your strength and flexibility while working on your coordination and mobility.

STRENGTH & CARDIO

THE GRIND

(30 MIN CLASS)

This H.I.I.T class will GRIND out the calories in your workout. We will focus on calisthenics and non-weighted body movements to reach our goals for the day!

TREAD N'SHED

Torch major calories with intervals alternating between the floor and treadmill. Your speed, endurance and agility will be tested!

BOXFIT

Do you have what it takes to train like a boxer? Come find out with this HITT (High Intensity Interval Training) class that focuses on conditioning and boxing techniques!

OTHER

AQUA JAM

Splash your way into shape with invigorating, low impact aquatic exercises.

Aqua Zumba

Low-impact, high energy aquatic class that uses the water's natural resistance to help tone muscles!

Step it Up! 10,000 Step Challenge

This is a 4-week competition designed to help you reach or exceed the recommended number of daily steps. Follow us on Facebook or Instagram to stay in the know about this challenge.

KROC GYM

Open Gym

Mon - Fri

6am-4pm

Saturday

8am - 4pm

Sunday

1-4pm

Volleyball

Thursday; 5-6:30pm

Spikeball

Friday 5:30-6:30pm

Challenge your friends to a fast-paced and competitive game that will get you blocking, diving, and spiking. In this two-on-two game, you use teamwork to volley the ball back into the net in three hits or less. If you're unable to do so or the ball touches the ground, the other team gets a point. With no sides and no boundaries, you'll get an all-around workout chasing the ball during your vigorous volleys.

Pickleball

Ages 18+

Tuesday & Thursday; 9am-12pm

Pickle-ball is a doubles racket sport that blends tennis, badminton and table tennis. This low impact sport, is sure to be right for you!

Rockwall

Monday and Wednesday; 12-2pm

Our Indoor rock climbing offers a variety of skill levels for bouldering and climbing for all ages. We provide basic skills orientation on your first day! All ages welcome!

Our auto-belays are compatible to support wide variety of weight. Our friendly and patient staff are trained in a wide range of climbing techniques and can help you at every level of climbing.



QUESTIONS???

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ONLINE AT: KrocHamptonRoads.org



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