

JULY & AUGUST 2024

# KOHL'S GROUP FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Pilates</b> ● 11:30am-12:15pm	<b>Boot Camp</b> ● 6:00am-6:45am	<b>Interval</b> ● 6:15am-7:00am	<b>Women on Weights</b> ● 12:00pm-12:45pm	<b>Yoga</b> ◆ 11:45am-12:30pm
<b>Yoga</b> ◆ 12:00pm-12:45pm	<b>Barre Sculpt</b> ● 11:30am-12:15pm	<b>Total Body Toning</b> ● 12:00pm-12:30pm	<b>Interval</b> ● 5:00pm-5:40pm	<b>Pilates</b> ◆ 12:30pm-1:15pm
<b>Zumba®</b> ● 5:00pm-5:45pm	<b>Yoga Express</b> ◆ 4:30pm-5:00pm	<b>Kickboxing</b> ◆ 12:00pm-12:45pm		
	<b>Kickboxing</b> ● 5:00pm-5:40pm	<b>Advanced Boot Camp</b> ● 12:30pm-1:00pm		
		<b>Kickboxing</b> ◆ 3:45pm-4:30pm		
		<b>Boot Camp</b> ● 4:45pm-5:30pm		
		<b>Yoga Express</b> ◆ 5:35pm-6:05pm		

## CARDIO

### Boot Camp

This class is an introduction to an intense workout that will include strength, conditioning, speed work, balance and plyometric drills. Watch your stamina and fitness level soar to new heights.

### Kickboxing

Come prepared to engage and tone your muscles in this high intensity, boxing-inspired workout. Punches, kicks and athletic drills will be incorporated to create a workout sure to shred.

### Interval

This fiercely energetic class involves alternating short bursts of intense activity with active recovery. This is an efficient training method using mostly body weight to help increase your cardiovascular intensity without burning yourself out.

## GROOVE

### Zumba

Zumba is an exhilarating, effective, easy-to-follow, calorie-burning dance fitness-party. This class is based on a fusion of Latin and International music dance themes.

## STRENGTH

### Barre Sculpt

Barre Basics is a total-body workout that ensures no muscles are overlooked. With a combination of functional strength, dance, Pilates and Yoga, we use the ballet barre, free weights and mat work to focus on alignment and optimal posture. Enjoy a fun, intense and safe workout that will leave you feeling lengthened, strengthened and ready to reach your goals!

### Total Body Toning

Get ready to feel the burn as this class targets all the areas you are looking to tone. This is a full body workout that focuses on strength and stamina using resistance bands, free weights, and your own body weight. Let's sculpt your body into the best shape of your life!

### Women on Weights

Especially for women, this exciting course will help you get lean and speed up your metabolism to help you lose weight. This class focuses on educating and instructing women on strength training techniques using free weights, stability balls, medicine balls, BOSU and more.

## MIND|BODY

### Pilates

Learn how to target your core muscles as you tone and sculpt your body. This classic Pilates mat class emphasizes precise body alignment, mental focus, and breath work for a refreshing mind/body workout resulting in improved posture, flexibility, and strength. All levels are welcome.

### Yoga

This ancient practice creates a strong and flexible body through a series of poses that enhance focus and calm the mind. This is a perfect complement to your existing fitness program or a great workout all on its own.

For social spacing, all class spots are by reservation. Register for classes on the Kohl's Fitness App.

KOHL'S FITNESS CENTER ROOM KEY

● Studio 1 ◆ Studio 2

