

MARCH-APRIL 2025

KOHL'S GROUP FITNESS

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Barre Sculpt ● 12:00pm-12:45pm	Boot Camp ● 6:00am-6:45am	Yoga ● 7:00am-7:45am	Interval ● 5:00pm-5:40pm	Mat Pilates ● 6:00am-6:45am
Total Body Toning ● 12:30pm-1:00pm	Barre Sculpt ● 12:00pm-12:45pm	Total Body Toning ● 12:00pm-12:30pm	Yoga ● 4:15pm-5:00pm	
LIFT ● 4:30pm-5:15pm	Vinyasa Flow Yoga ● 7:00am-7:45am	Kickboxing ◆ 12:00pm-12:45pm		
Zumba® ● 5:00pm-5:45pm	Women on Weights ● 4:30pm-5:15pm	Advanced Boot Camp ● 12:30pm-1:00pm		
	Kickboxing ● 5:00pm-5:40pm	Kickboxing ◆ 3:45pm-4:30pm		

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

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!

LIFT

No burpees! No mountain climbers! No jumping jacks! No cardio, period! Each class will focus on weight training to help you lose weight, shed inches, gain muscle and improve strength. With the guidance of one of our certified Personal Trainers, you'll be ready to take on the challenge and change your body.

Strength

Get head-to-toe results with functional strength training and full body conditioning. This class will challenge every level of fitness by using a variety of equipment such as free weights, stability balls, resistance bands and body bars to create more mobility and strength for daily activities, as well as sculpt your entire body.

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.

Mobility & Stretch

This full-body stretching class is designed to improve flexibility and provide you with stretches you can incorporate into your workout routines on a regular basis.

Stretch Express

This full-body stretching class is designed to improve flexibility and provide you with stretches you can incorporate into your workout routines on a regular basis. Our EXPRESS Classes shorten the time and ramp up the intensity. Expect more reps, longer work periods and less rest between exercises to maximize your workout in a short amount of time.

Vinyasa Flow Yoga

This flowing Yoga style can be adapted to each student's individual needs. Attention is focused on breathing techniques and developing advanced skills through weekly progressions and modifications. Props may be incorporated

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

