

APRIL & MAY 2024

KOHL'S GROUP FITNESS

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Barre Express ● 11:30am-12:00pm	Boot Camp ● 6:00am-6:45am	Interval ● 6:15am-7:00am	Women on Weights ● 12:00pm-12:45pm	Kickboxing ● 12:00pm-12:45pm
Pilates Express ● 12:00pm-12:30pm	Barre Sculpt ● 11:30am-12:15pm	Total Body Toning ● 12:00pm-12:30pm	Interval ● 5:00pm-5:40pm	Pilates ◆ 12:30pm-1:15pm
Zumba® ● 5:00pm-5:45pm	Kickboxing ● 5:00pm-5:40pm	Flexibility & Mobility ◆ 12:00pm-12:45pm	Barre Sculpt ● 5:45pm-6:30pm	
	Barre Express ◆ 5:00pm-5:30pm	Advanced Boot Camp ● 12:30pm-1:00pm		
	Stretch Express ● 5:45pm-6:15pm	Strength ● 4:30pm-5:00pm		
		Interval ● 5:00pm-5:30pm		

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.

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

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!

Barre Sculpt

Come experience a total-body workout that focuses on resistance training and core exercises while incorporating fundamentals of ballet. This barre-style class is designed to sculpt every muscle in your body while lengthening from head to toe. You can expect to work with exercises at the barre or on the mat while using various equipment such as dumbbells, resistance bands, gliding discs and exercise balls.

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

Flexibility & Mobility

This class covers past and current research on stretching and mobility with opportunities to learn new alternative stretches for joint and ligament health. You will learn recommendations for duration and frequency of stretching. Each week we will focus on learning new stretches and work on a specific region of the body. Come with a flexible mind and stretch beyond your boundaries!

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.

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.

KOHL'S FITNESS CENTER ROOM KEY

● Studio 1 ◆ Studio 2

