

JANUARY - MARCH 2026

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 | Strength ● 6:00am-6:45am | ABC ● 12:00pm-12:30pm |
| Total Body Toning ● 12:30pm-1:00pm | Vinyasa Flow Yoga ● 7:00am-7:45am | Total Body Toning ● 12:00pm-12:30pm | Total Body Toning ● 12:00pm-12:30pm | |
| LIFT ● 4:30pm-5:15pm | Tabata ● 12:30pm-1:00pm | Kickboxing ◆ 12:00pm-12:30pm | Core ● 12:30pm-1:00pm | |
| Zumba® ● 5:00pm-5:45pm | Women on Weights ● 4:30pm-5:15pm | Core ● 12:30pm-1:00pm | Boot Camp ● 4:30pm-5:00pm | |
| | Yoga Sculpt ● 5:00pm-5:45pm | Kickboxing ● 5:00pm-5:40pm | Core ● 5:05pm-5:35pm | |

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.

Tabata

Tabata is one of the most effective types of high-intensity interval training to burn calories and develop muscle definition. Class consists of a warm-up leading to timed sets of bodyweight exercises like sprints, push-ups and squat jumps performed in 20-second intervals of all-out intensity, followed by 10-second recovery periods, and concluding with a well-deserved cool-down. Expect to be progressively challenged as you push to the next level of intensity.

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

ABC (Abs, Butt, Core)

It's time to work out glutes and core muscles! This 30 minute class combines intense ab work with glute isolation exercise to strengthen these very important muscles.

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.

Core

Time to tighten your mid-section and stand a little taller! In this conditioning class, you will increase the strength and endurance of your core muscles (abdominals, lower back and hip complex) and improve your balance.

MIND|BODY

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.

Yoga Sculpt

This class is a fusion fitness class that blends vinyasa yoga with strength training using hand weights, high-intensity cardio bursts, and core work.

KOHL'S FITNESS CENTER ROOM KEY

● Studio 1 ◆ Studio 2



Register for classes on the Kohl's Fitness App.