



Thanks to member input, we've made minor adjustments to our scheduling to better meet your needs. Keep the input coming and email us at omaha\_kroccenter@usc.salvationarmy.org

# CURRENT SCHEDULE

THE SALVATION ARMY  
**KROC CENTER**

UPDATE TO THE 2010 PROGRAM GUIDE

*Planificación Actual. Actualización al Guía de programación de 2010. Gracias a las recomendaciones de miembros, hemos hechos ajustes menores a nuestra programación para que se ajusten mejor a sus necesidades. Sigán dándonos recomendaciones y envíanos un correo electrónico a omaha\_kroccenter@usc.salvationarmy.org*

## Drop-in Fitness Classes

Beginning August 1, 2011

## Horario de clases acogida

Comienzan el 1 de agosto, 2011

	Mon   lunes	Tues   martes	Wed   miercoles	Thurs   jueves	Fri   viernes	Sat   sabado	
<b>HEALTH SCREENINGS</b>  <b>THURSDAYS</b> 9am - 2pm UNMC College of Nursing Mobile Nursing Center Most Services Free! (Total Cholesterol screening \$15) (No appointment needed)	<b>MORNING / mañana</b>						
	8:15 - 9:00 Fitness Studio * Functional Fitness Club <i>club de ejercicio funcional</i>		8:15 - 9:00 Fitness Studio * Functional Fitness Club <i>club de ejercicio funcional</i>		8:15 - 9:00 Fitness Studio * Functional Fitness Club <i>club de ejercicio funcional</i>		<b>Fit n 50 Free Fridays!</b> 9-11 am Attend 3 classes a week & take home free bread from Panera! <b>Bread Pick-up for 50 yrs. and older!*</b>
	9:00 - 1:00 Indoor or Outdoor Routes * Walking Club <i>caminar club</i>	9:00 - 11:00 Indoor or Outdoor Routes * Walking Club <i>caminar club</i>	9:00 - 11:00 Indoor or Outdoor Routes * Walking Club <i>caminar club</i>	9:00 - 11:00 Indoor or Outdoor Routes * Walking Club <i>caminar club</i>	9:00 - 11:00 Indoor or Outdoor Routes * Walking Club <i>caminar club</i>	9:00 - 11:00 Indoor or Outdoor Routes * Walking Club <i>caminar club</i>	
	9:30 - 10:20 Fitness Studio Zumba®	9:30 - 10:20 Fitness Studio * Strength & Stretch <i>fuera y estiramiento</i>	9:30 - 10:20 Fitness Studio Step Aerobics <i>ejercicios aeróbicos de paso</i>	9:30 - 10:20 Fitness Studio * Strength & Stretch <i>fuera y estiramiento</i>			
							<b>New time due to member feedback!</b>  <b>9:00 - 9:50am</b> Fitness Studio Boot Camp <i>ejercicio militar</i>
							<b>11:15 - 12:05 pm</b> Fitness Studio Zumba®
	<b>DROP-IN CLASS UPDATES!</b>  <b>Tuesdays &amp; Thursdays</b>  <b>Zumba</b> will be on Gym-Court #3	<b>MID-DAY / por la tarde</b>					
		<b>EVENING / por la noche</b>					
		6:00 - 6:45 Classroom 6B Group Cycle <i>grupo de ciclo</i>	6:00 - 6:50 Fitness Studio TurboKick®	6:00 - 6:45 Classroom 6B Group Cycle <i>grupo de ciclo</i>	6:00 - 6:50 Fitness Studio TurboKick®		6:15 - 7:05 Fitness Studio Zumba®
6:15 - 7:05 Fitness Studio Zumba®			6:00 - 6:50 Fitness Studio Zumba®	6:50 - 7:10 Fitness Studio Zumba Toning®			
		7:15 - 8:00pm Dance Studio (Classroom 5) Kroc P.T. Workout Ages 8+	7:15 - 7:45 Classroom 6B KidzRide Ages 8-15 yrs. Must be 51" tall	7:15 - 8:00pm Dance Studio (Classroom 5) Hip Hop Hustle® Ages 8+			
7:15 - 8:05 Fitness Studio Boot Camp <i>ejercicio militar</i>		7:15 - 8:05 Gym-Court #3 Zumba®	7:15 - 8:05 Fitness Studio Boot Camp <i>ejercicio militar</i>	7:15 - 8:05 Gym-Court #3 Zumba®			
						<b>ADDED CLASSES!</b>  <b>THANKS!</b> Due to members comments!	

If you have any suggestions or comments regarding fitness classes please contact our Fitness Manager or fill out a comment card! After all this is YOUR Center!