

# KROC CALENDAR

SENIOR LIFE | AQUATICS | GROUP FITNESS | GYM & SPORT

SEPTEMBER 13-OCTOBER 31

## SENIOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AQUATICS</b>				
<b>SILVERSNEAKERS® SPLASH</b> 8:00-8:45 AM LAP POOL (P)		<b>SILVERSNEAKERS® SPLASH</b> 8:00-8:45 AM LAP POOL (J)		<b>SILVERSNEAKERS® SPLASH</b> 8:00-8:45 AM LAP POOL (K)
<b>WATER WORKS</b> 10:00-10:45 AM (J) LAP POOL LANES 2-4	<b>AQUA CYCLING</b> 10:00-10:45 AM SLIDE PIT (K)	<b>WATER WORKS</b> 10:00-10:45 AM LAP POOL (J)	<b>AQUA CYCLING</b> 10:00-10:45 AM SLIDE PIT (K)	<b>WATER WORKS</b> 10:00-10:45 AM (J) LAP POOL LANES 2-4
<b>JOINT MOVEMENT</b> 11:00-11:45 AM (J) LAP POOL LANES 2-4		<b>JOINT MOVEMENT</b> 11:00-11:45 AM (J) LAP POOL LANES 2-4		<b>JOINT MOVEMENT</b> 11:00-11:45 AM (J) LAP POOL LANES 2-4
<b>GROUP FITNESS</b>				
<b>SENIOR FIT</b> 9:00-10:00 AM INSTRUCTOR: MELISSA GYM A/VIRTUAL		<b>SENIOR FIT</b> 9:00-10:00 AM INSTRUCTOR: MELISSA GYM A/VIRTUAL	<b>SLOW FLOW YOGA</b> 9:00-9:45 AM INSTRUCTOR: KAREN DANCE STUDIO /VIRTUAL	
<b>STRETCH CLASS</b> 10:00-10:45 AM INSTRUCTOR: JANE FITNESS STUDIO	<b>SILVERSNEAKERS®</b> 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	<b>SILVERSNEAKERS® BOOM</b> MUSCLE/CIRCUIT 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	<b>SILVERSNEAKERS®</b> 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	
<b>ZUMBA® GOLD</b> 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO		<b>ZUMBA® GOLD</b> 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO		<b>ZUMBA® GOLD</b> 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO
<b>GYM &amp; SPORT</b>				
<b>PICKLEBALL RECREATIONAL</b> 7:00 AM-12:00 PM	<b>PICKLEBALL INTERMEDIATE</b> 8:00 AM-12:00 PM	<b>PICKLEBALL RECREATIONAL</b> 7:00 AM-12:00 PM	<b>PICKLEBALL ADVANCED</b> 8:00 AM-12:00 PM	<b>PICKLEBALL RECREATIONAL</b> 7:00 AM-12:00 PM
<b>PICKLEBALL OPEN PLAY ALL LEVELS</b> 12:00-3:00 PM	<b>PICKLEBALL ADVANCED</b> 12:00-3:00 PM	<b>PICKLEBALL SELF DIRECTED DRILLS</b> 12:00-3:00 PM	<b>PICKLEBALL OPEN PLAY</b> 12:00-3:00 PM	<b>PICKLEBALL OPEN PLAY</b> 12:00-3:00 PM
<b>SATURDAY</b>	<b>PICKLEBALL ADVANCED 6:00-9:00 AM</b>			



**KROC**  
COMMUNITY CENTER

# AQUATICS

Water Temp is  
set at 84°



September 13-October 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIMMING 5:30-7:45 AM LAP POOL	LAP SWIMMING 5:30 AM-12:55 PM LAP POOL	LAP SWIMMING 5:30-7:45 AM LAP POOL	LAP SWIMMING 5:30 AM-12:55 PM LAP POOL	LAP SWIMMING 5:30-7:45 AM LAP POOL	LAP SWIMMING 6:30-8:45 AM LAP POOL
AQUA ZUMBA® 6:00-6:45 AM SLIDE PIT (P)		AQUA CYCLING 6:15-7:00 AM SLIDE PIT (K)	LANE 2-4 ONLY (11:30 AM-12:55 PM)	SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (K)	SWIM LESSONS 9:00-11:50 AM LAP POOL & SLIDE PIT
SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (P)	LANE 1 ONLY (9:00-9:45 AM)	SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (J)	AQUA ZUMBA® 9:00-9:45 AM SLIDE PIT (P)	DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (K)	
DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (K)	AQUA BARRE 9:00-9:45 AM LAP POOL LANES 2-4 (K)	DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (J)	AQUA CYCLING 10:00-10:45 AM SLIDE PIT (K)	LAP SWIMMING 10:45 AM-12:55 PM LAP POOL	SPLASH PLAY 9:00 AM-12:00 PM SPLASH ZONE
LAP SWIMMING 10:00 AM-12:55 PM LAP POOL		LAP SWIMMING 10:00 AM-12:55 PM LAP POOL	DAYTIME SWIM LESSONS/LOG ROLLING 10:45 AM-1:00 PM LAP POOL LANE 1 SLIDE PIT	LANE 1 ONLY (10:00-11:45 AM)	
LANE 1 ONLY (10:00-11:45 AM)	AQUA CYCLING 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM LAP POOL LANES 2-4 (J)	SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	JOINT MOVEMENT 11:00-11:45 AM LAP POOL LANES 2-4 (J)	OPEN SWIM 12:00-5:30 PM ALL AREAS
WATER WORKS 10:00-10:45 AM LAP POOL LANES 2-4 (J)	SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	JOINT MOVEMENT 11:00-11:45 AM LAP POOL LANES 2-4 (J)		JOINT MOVEMENT 11:00-11:45 AM LAP POOL LANES 2-4 (J)	
JOINT MOVEMENT 11:00-11:45 AM LAP POOL LANES 2-4 (J)		AQUATIC CENTER CLOSED MONDAY - FRIDAY 1:00-4:00 PM			
SWIM LESSONS 4:00-6:45 PM LAP POOL & SLIDE PIT	SWIM LESSONS LOG ROLLING 4:00-6:45 PM LAP POOL & SLIDE PIT	SWIM TEAM 3:30-5:00 PM LAP POOL LANES 1-4	SWIM LESSONS LOG ROLLING 4:00-6:45 PM LAP POOL & SLIDE PIT	SWIM TEAM 3:30-5:30 PM LAP POOL LANES 1-4	INSTRUCTORS:  (J) JOEL (K) KAREN (P) PAUL
		SWIM LESSONS 4:00-6:45 PM LAP POOL & SLIDE PIT		OPEN SWIM 4:00-7:30 PM ALL AREAS	
SPLASH PLAY 4:00-8:30 PM SPLASH ZONE	SPLASH PLAY 4:00-6:45 PM SPLASH ZONE	SPLASH PLAY 4:00-8:30 PM SPLASH ZONE	SPLASH PLAY 4:00-6:45 PM SPLASH ZONE	LAP POOL CLOSED UNTIL 5:30 PM	
AQUA CYCLE 6:00-6:45 PM SLIDE PIT (K)	GENERAL SWIM LAP SWIMMING 6:45-8:00 PM ALL AREAS (LANES 3 & 4 LAP)	AQUABASE BOARD 6:00-6:45 PM LAP POOL 1-3 (K)	GENERAL SWIM LAP SWIMMING 6:45-8:00 PM ALL AREAS (LANES 3 & 4 LAP)	WATERSLIDE IS OFF 7:00 PM	
SWIM TEAM 6:45-8:30 PM LAP POOL LANES 1-4		SWIM TEAM 6:45-8:30 PM LAP POOL LANES 1-4			

For a description of Fitness Classes and Open Swimming, visit [gbkroccenter.org/aquatics](http://gbkroccenter.org/aquatics)

**WINDING RIVER CURRENT ON**  
M-F: 6:00-8:00 AM &  
9:00-11:00 AM  
SAT: 7:00-8:00 AM

Splash Play water features are on only during advertised General and Open swim times.

Per ATCP 76.23, we are required to have an additional lifeguard on the pool deck when the winding river current is turned on. We have selected the following times for accommodation. Please note if we are down a staff member for whatever reason, the current will be turned off, but the area will still remain open for use. Thank you!

# GROUP FITNESS

For a description of Fitness Classes  
visit [gbkroccenter.org/fitness](http://gbkroccenter.org/fitness)

September 13-October 31

IN PERSON

IN PERSON & VIRTUAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>INCINERATE (TABATA)</b> 5:30-6:15 AM INSTRUCTOR: JESSICA GYM	<b>CRANK OF DAWN</b> 5:45-6:30 AM INSTRUCTOR: DAWN CYCLE STUDIO	<b>CARDIO FUSION</b> 5:30-6:15 AM INSTRUCTOR: DAWN GYM	<b>TRX, CORE &amp; MORE</b> 5:30-6:15 AM INSTRUCTOR: DAWN FITNESS STUDIO	<b>TOTAL BODY BLAST</b> 5:30-6:15 AM INSTRUCTOR: VARIES GYM
<b>BARRE</b> 8:15-9:00 AM INSTRUCTOR: COURTNEY FITNESS STUDIO /VIRTUAL	<b>SHRED &amp; SCULPT</b> 8:30-9:15 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	<b>BARRE</b> 8:15-9:00 AM INSTRUCTOR: COURTNEY FITNESS STUDIO /VIRTUAL	<b>BARBELL STRENGTH</b> 8:30-9:15 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	<b>BARRE</b> 8:30-9:15 AM INSTRUCTOR: HAILEY FITNESS STUDIO /VIRTUAL
<b>SENIOR FIT</b> 9:00-10:00 AM INSTRUCTOR: MELISSA GYM A/VIRTUAL		<b>SENIOR FIT</b> 9:00-10:00 AM INSTRUCTOR: MELISSA GYM A/VIRTUAL	<b>SLOW FLOW YOGA</b> 9:00-9:45 AM INSTRUCTOR: KAREN DANCE STUDIO /VIRTUAL	<b>PILOXING</b> 9:00-9:45 AM INSTRUCTOR: CORRIN DANCE STUDIO
<b>CYCLE</b> 9:00-9:45 AM INSTRUCTOR: JANE CYCLE STUDIO		<b>CYCLE</b> 9:00-9:45 AM INSTRUCTOR: JEN CYCLE STUDIO		
<b>BOOTCAMP EXPRESS</b> 9:15-9:45 AM INSTRUCTOR: JESSICA FITNESS STUDIO	<b>CYCLE &amp; STRENGTH</b> 9:15-10:00 AM INSTRUCTOR: JESSICA CYCLE STUDIO	<b>BOOTCAMP EXPRESS</b> 9:15-9:45 AM INSTRUCTOR: JESSICA FITNESS STUDIO	<b>CYCLE &amp; STRENGTH</b> 9:15-10:00 AM INSTRUCTOR: JESSICA CYCLE STUDIO	
<b>YOGA-ALL LEVELS</b> 9:30-10:30 AM INSTRUCTOR: MERCEDES DANCE STUDIO /VIRTUAL		<b>YOGA-ALL LEVELS</b> 9:30-10:30 AM INSTRUCTOR: MERCEDES DANCE STUDIO /VIRTUAL		<b>YOGA</b> 9:30-10:30 AM INSTRUCTOR: HAILEY FITNESS STUDIO /VIRTUAL
<b>STRETCH CLASS</b> 10:00-10:45 AM INSTRUCTOR: JANE FITNESS STUDIO	<b>SILVERSNEAKERS*</b> 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	<b>SILVERSNEAKERS* BOOM</b> MUSCLE/CIRCUIT 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	<b>SILVERSNEAKERS*</b> 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	
<b>ZUMBA® GOLD</b> 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO	<b>BURN EXPRESS UPPER BODY</b> 12:00-12:30 PM INSTRUCTOR: JESSICA FITNESS STUDIO /VIRTUAL	<b>ZUMBA® GOLD</b> 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO	<b>BURN EXPRESS LOWER BODY</b> 12:00-12:30 PM INSTRUCTOR: JESSICA FITNESS STUDIO /VIRTUAL	<b>ZUMBA® GOLD</b> 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO
<b>POWER BARRE</b> 5:15-6:00 PM INSTRUCTOR: AMBER FITNESS STUDIO /VIRTUAL	<b>BARRE</b> 4:15-5:00 PM INSTRUCTOR: MERCEDES FITNESS STUDIO /VIRTUAL	<b>TOTAL BODY CIRCUIT</b> 5:15-6:00 PM INSTRUCTOR: VARIES FITNESS STUDIO /VIRTUAL	<b>R.I.P.P.E.D.</b> 5:00-5:45 PM INSTRUCTOR: JESSICA FITNESS STUDIO /VIRTUAL	
<b>CYCLE &amp; STRENGTH</b> 5:30-6:15 PM INSTRUCTOR: JEN CYCLE STUDIO	<b>HIIT IT</b> 5:15-6:00 PM INSTRUCTOR: MERCEDES FITNESS STUDIO /VIRTUAL	<b>CYCLE &amp; STRENGTH</b> 5:30-6:15 PM INSTRUCTOR: JEN CYCLE STUDIO		
	<b>MAT PILATES</b> 6:15-7:00 PM INSTRUCTOR: CORRIN FITNESS STUDIO	<b>BARBELL STRENGTH</b> 6:15-7:00 PM INSTRUCTOR: JOSEPH FITNESS STUDIO		
		<b>STRONG NATION</b> 6:15-7:00 PM INSTRUCTOR: PAUL DANCE STUDIO		
				<b>SATURDAY</b>
				<b>STRONG NATION</b> 8:30-9:15 AM INSTRUCTOR: PAUL FITNESS STUDIO

September 13-October 31

# GYM A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 8:00 AM-9:00 AM	OPEN GYM 8:00 AM-8:45 PM	OPEN GYM 8:00 AM-9:00 AM	OPEN GYM 8:00 AM-12:00 PM	OPEN GYM 8:00 AM-7:45 PM	PICKLEBALL ADVANCED 6:00-8:30 AM
SENIOR FIT 9:00-10:00 AM		SENIOR FIT 9:00-10:00 AM	ELEMENTARY PE 1:00-1:45 PM		OPEN GYM 8:30 AM-5:45 PM
OPEN GYM 10:00 AM-8:45 PM		OPEN GYM 10:00 AM-8:30 PM	OPEN GYM 1:15-8:45 PM		

# GYM B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PICKLEBALL RECREATIONAL 7:00 AM-12:00 PM	PICKLEBALL INTERMEDIATE PLAY 8:00 AM-12:00 PM	PICKLEBALL RECREATIONAL 7:00 AM-12:00 PM	PICKLEBALL ADVANCED PLAY 8:00 AM-12:00 PM	PICKLEBALL RECREATIONAL 7:00 AM-12:00 PM	PICKLEBALL ADVANCED 6:00-9:00 AM
PICKLEBALL OPEN PLAY ALL LEVELS 12:00-3:00 PM	PICKLEBALL ADVANCED PLAY 12:00-3:00 PM	PICKLEBALL SELF DIRECTED DRILLS, NO PLAY 12:00-3:00 PM	PICKLEBALL OPEN PLAY 12:00-3:00 PM	PICKLEBALL OPEN PLAY 12:00-3:00 PM	FULL COURT BASKETBALL 9:00 AM-5:45 PM
AFTER SCHOOL 3:00-5:00 PM	AFTER SCHOOL 3:00-5:00 PM	AFTER SCHOOL 3:00-5:30 PM	AFTER SCHOOL 3:00-5:00 PM	AFTER SCHOOL 3:00-5:30 PM	
YOUTH SPORTS 5:00-8:30 PM	YOUTH SPORTS 5:00-7:00 PM	FULL COURT BASKETBALL OPEN PLAY 5:30-8:30 PM	YOUTH SPORTS 5:00-7:00 PM	FULL COURT BASKETBALL 5:30-7:45 PM	
OPEN GYM 8:30-8:45 PM	FULL COURT BASKETBALL 7:00-8:45 PM		FULL COURT BASKETBALL 7:00-8:45 PM		

**GYM CLOSES 30 MINUTES PRIOR TO FACILITY CLOSE ON WEDNESDAYS.**

Schedule subject to change due to weather related relocation of Youth Sports Classes.

Full Court Basketball games are to be played during designated scheduled times only.



No organized activities during Open Gym.

