

KROC CALENDAR

SENIOR LIFE | AQUATICS | GROUP FITNESS | GYM & SPORT

NOVEMBER 1-JANUARY 2

SENIOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AQUATICS

SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (P)		SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (J)		SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (K)
WATER WORKS 10:00-10:45 AM (J) LAP POOL LANES 2-4	AQUA CYCLING 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM LAP POOL (J)	AQUA CYCLING 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM (J) LAP POOL LANES 2-4
JOINT MOVEMENT 11:00-11:45 AM (J) LAP POOL LANES 2-4		JOINT MOVEMENT 11:00-11:45 AM (J) LAP POOL LANES 2-4		JOINT MOVEMENT 11:00-11:45 AM (J) LAP POOL LANES 2-4

GROUP FITNESS

SENIOR FIT 9:00-10:00 AM INSTRUCTOR: MELISSA GYM A/VIRTUAL		SENIOR FIT 9:00-10:00 AM INSTRUCTOR: MELISSA/JEN B GYM A/VIRTUAL	SLOW FLOW YOGA 9:00-9:45 AM INSTRUCTOR: KAREN DANCE STUDIO /VIRTUAL	SENIOR FIT 9:00-10:00 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL
STRETCH CLASS 10:00-10:45 AM INSTRUCTOR: JANE FITNESS STUDIO	SILVERSNEAKERS® 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	SILVERSNEAKERS® BOOM MUSCLE/CIRCUIT 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	SILVERSNEAKERS® 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	
ZUMBA® GOLD 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO		ZUMBA® GOLD 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO		ZUMBA® GOLD 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO

GYM & SPORT

PICKLEBALL OPEN PLAY & BEGINNER 7:00 AM-12:00 PM	PICKLEBALL INTERMEDIATE 7:00-10:00 AM COUPLES PLAY 10:00 AM-12:00 PM	PICKLEBALL OPEN PLAY & BEGINNER 7:00 AM-12:00 PM	PICKLEBALL ADVANCED 9:00 AM-12:00 PM	PICKLEBALL OPEN PLAY 7:00 AM-12:00 PM
PICKLEBALL INTERMEDIATE/ADVANCED 12:00-3:00 PM	PICKLEBALL ADVANCED 12:00-3:00 PM	PICKLEBALL DRILLS/SKILLS & THRILLS 12:00-3:00 PM	PICKLEBALL INTERMEDIATE PLAY 12:00-3:00 PM	PICKLEBALL INTERMEDIATE/ADVANCED 12:00-3:00 PM
SATURDAY	PICKLEBALL ADVANCED 6:00-9:00 AM			



KROC
COMMUNITY CENTER

AQUATICS

Water Temp is
set at 84°



November 1-January 2, 2022

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 ZUMBA® 8:00-8:45 AM SLIDE PIT (P)	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	AQUA BARRE 9:00-9:45 AM LAP POOL SLIDE PIT LANES 2-4 (K)	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)	LANE 1 ONLY (10:00-11:45 AM)	WATER WORKS 10:00-10:45 AM LAP POOL LANES 2-4 (J)	WATER WORKS 10:00-10:45 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)	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)	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)	AQUATIC CENTER CLOSED MONDAY - FRIDAY 1:00-4:00 PM			WATERWORKS 10:00-10:45 AM LAP POOL LANES 2-4 (J)	WATERSLIDE IS OFF 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 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 4:00-5:30 PM LAP POOL ALL LANES	
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	OPEN SWIM 4:00-7:30 PM ALL AREAS	INSTRUCTORS: (J) JOEL (K) KAREN (P) PAUL
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)	LAP POOL CLOSED UNTIL 5:30 PM	
SWIM TEAM 6:45-8:30 PM LAP POOL ALL LANES		SWIM TEAM 6:45-8:30 PM LAP POOL LANES 1-4		WATERSLIDE IS OFF 7:00 PM	

For a description of Fitness Classes and Open Swimming, visit gbkroccenter.org/programs/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/programs/fitness

November 1-January 2, 2022

IN PERSON

IN PERSON & VIRTUAL

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

November 1-January 2, 2022

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-9:00 AM	PICKLEBALL ADVANCED 6:00-8:30 AM
SENIOR FIT 9:00-10:00 AM		SENIOR FIT 9:00-10:00 AM		SENIOR FIT 9:00-10:00 AM	
OPEN GYM 10:00 AM-7:00 PM		ELEMENTARY PE 1:00-1:45 PM	OPEN GYM 10:00 AM-8:45 PM	OPEN GYM 10:00 AM-8:45 PM	OPEN GYM 8:30 AM-5:45 PM
FULL COURT BASKETBALL 7:00-8:45 PM		OPEN GYM 1:45-8:45 PM			

GYM B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PICKLEBALL OPEN PLAY AND BEGINNER 7:00 AM-12:00 PM	PICKLEBALL INTERMEDIATE PLAY 7:00-10:00 AM COUPLES PLAY 10:00 AM-12:00 PM	PICKLEBALL OPEN PLAY AND BEGINNER 7:00 AM -12:00 PM	PICKLEBALL ADVANCED PLAY 9:00 AM-12:00 PM	PICKLEBALL OPEN PLAY 7:00 AM-12:00 PM	PICKLEBALL ADVANCED 6:00-9:00 AM
PICKLEBALL INTERMEDIATE ADVANCED 12:00-3:00 PM	PICKLEBALL ADVANCED PLAY 12:00-3:00 PM	PICKLEBALL DRILLS/SKILLS & THRILLS 12:00-3:00 PM	PICKLEBALL INTERMEDIATE PLAY 12:00-3:00 PM	PICKLEBALL INTERMEDIATE ADVANCED 12:00-3:00 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	FULL COURT BASKETBALL 9:00 AM-5:45 PM
YOUTH SPORTS 5:00-7:00 PM	YOUTH SPORTS 5:00-7:00 PM	FULL COURT VOLLEYBALL OPEN PLAY 5:30-8:30 PM	YOUTH SPORTS 5:00-7:00 PM	FULL COURT VOLLEYBALL 5:30-8:45 PM	
FULL COURT VOLLEYBALL 7:00-8:45 PM	FULL COURT BASKETBALL 7:00-8:45 PM		FULL COURT VOLLEYBALL 7:00-8:45 PM		

GYM CLOSSES 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.

