

KROC CALENDAR

SENIOR LIFE | AQUATICS | GROUP FITNESS | GYM & SPORT

APRIL 25-JUNE 19

SIGN UP FOR CLASSES ONLINE OR REGISTER AT MEMBERSHIP SERVICES TO GUARANTEE YOUR SPOT!

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 9:00-9:45 AM INSTRUCTOR: VARIES GYM A/VIRTUAL	FUNCTIONAL & FIT 9:00-10:00 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL	SENIOR FIT 9:00-9:45 AM INSTRUCTOR: VARIES GYM A/VIRTUAL	FUNCTIONAL & FIT 9:00-10:00 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL	SENIOR FIT 9:00-9:45 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	SLOW FLOW YOGA 9:00-9:45 AM INSTRUCTOR: KAREN DANCE STUDIO /VIRTUAL	
ZUMBA® GOLD 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO		ZUMBA® GOLD 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO	SILVERSNEAKERS* 10:00-10:45 AM INSTRUCTOR: BETH 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 INTERMEDIATE/ADVANCED 12:00-3:00 PM	PICKLEBALL INTERMEDIATE PLAY 12:00-3:00 PM	PICKLEBALL INTERMEDIATE/ADVANCED 12:00-3:00 PM
SATURDAY	PICKLEBALL ADVANCED 6:00-8:30 AM			

AQUATICS CENTER HOURS

MONDAY, TUESDAY, WEDNESDAY | 5:30 AM-1:00 PM & 4:00-8:30 PM
THURSDAY | 5:30 AM-1:00 PM & 4:00-8:00 PM
FRIDAY | 5:30 AM-1:00 PM & 4:00-7:30 PM
SATURDAY | 6:30 AM-5:30 PM

FACILITY HOURS

MONDAY - THURSDAY | 5:00 AM-9:00 PM
FRIDAY | 5:00 AM-8:00 PM
SATURDAY | 6:00 AM-6:00 PM



KROC
COMMUNITY CENTER

920.884.5007
GBKROCCENTER.ORG

AQUATICS

Water Temp is
set at 84°



APRIL 25-JUNE 19

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 3-4 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 10:00 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 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 LANES 1 & 2 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)	AQUATIC CENTER CLOSED MONDAY - FRIDAY 1:00-4:00 PM				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 4:00-8:30 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 CYCLING* 6:00-6:45 PM SLIDE PIT (K)	UNDERWATER HOCKEY 6:45-8:30 PM LAP POOL ALL LANES	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	ALL OTHER AREAS ARE OPEN WATER FEATURES ARE OFF	SWIM TEAM 6:45-8:30 PM LAP POOL ALL LANES		WATERSLIDE IS OFF 7:00 PM	

*WATER SHOES REQUIRED FOR AQUA CYCLING

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

APRIL 25-JUNE 19

For a description of Fitness Classes
visit gbkroccenter.org/programs/fitness

IN PERSON

IN PERSON & VIRTUAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
INCINERATE (TABATA) 5:30-6:15 AM INSTRUCTOR: JESSICA GYM	CRANK OF DAWN 5:30-6:15 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 8:00-8:45 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	BARRE 8:15-9:00 AM INSTRUCTOR: COURTNEY FITNESS STUDIO /VIRTUAL	BARBELL STRENGTH 8:00-8:45 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	KICKBOXING 8:30-9:15 AM INSTRUCTOR: JEN P FITNESS STUDIO
SENIOR FIT 9:00-9:45 AM INSTRUCTOR: VARIES GYM A/VIRTUAL	FUNCTIONAL & FIT 9:00-10:00 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL	SENIOR FIT 9:00-9:45 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL	BARBELL STRENGTH 9:00-9:45 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	SENIOR FIT 9:00-9:45 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL
CYCLE 9:00-9:45 AM INSTRUCTOR: JANE CYCLE STUDIO	BARBELL STRENGTH 9:00-9:45 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	CYCLE 9:00-9:45 AM INSTRUCTOR: JEN P CYCLE STUDIO	FUNCTIONAL & FIT 9:00-10:00 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL	MOVE WELL 9:30-10:15 AM INSTRUCTOR: LEXI FITNESS STUDIO
BOOTCAMP EXPRESS 9:15-9:45 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	MAT PILATES 9:30-10:15 AM INSTRUCTOR: CORRIN DANCE STUDIO	BOOTCAMP EXPRESS 9:15-9:45 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	BARBELL STRENGTH 9:00-9:45 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	CYCLE 10:15-11:00 AM INSTRUCTOR: KAREN CYCLE STUDIO
STRETCH CLASS 10:00-10:45 AM INSTRUCTOR: JANE FITNESS STUDIO		KICKBOXING 9:30-10:15 AM INSTRUCTOR: CORRIN DANCE STUDIO	SLOW FLOW YOGA 9:00-9:45 AM INSTRUCTOR: KAREN DANCE 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
	BARRE BLEND 4:15-5:00 PM INSTRUCTOR: PAUL FITNESS STUDIO	CYCLE 5:30-6:15 PM INSTRUCTOR: PAUL CYCLE STUDIO	ABSOLUTELY GLUTES 5:00-5:45 PM INSTRUCTOR: MICHELLE FITNESS STUDIO /VIRTUAL	
HIIT YOGA SCULPT 5:15-6:00 PM INSTRUCTOR: JESSICA FITNESS STUDIO /VIRTUAL		R.I.P.P.E.D. 5:15-6:00 PM INSTRUCTOR: JESSICA FITNESS STUDIO		
NEW CLASS OFFERING	NEW CLASS OFFERING		NEW CLASS OFFERING	SATURDAY
ZUMBA® (LATIN) 5:30-6:15 PM INSTRUCTOR: BRANDY OAK	ZUMBA® (LATIN) 5:30-6:15 PM INSTRUCTOR: BRANDY FITNESS STUDIO		ZUMBA® EN ESPAÑOL 5:30-6:15 PM INSTRUCTOR: BRANDY DANCE STUDIO	BARRE BLEND 8:30-9:15 AM INSTRUCTOR: PAUL FITNESS STUDIO

GYM A

APRIL 25-JUNE 19

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 6:30-9:00 AM	OPEN GYM 6:30-9:00 AM	OPEN GYM 6:30-9:00 AM	OPEN GYM 6:30-9:00 AM	OPEN GYM 6:30-9:00 AM	PICKLEBALL ADVANCED 6:00-8:30 AM
SENIOR FIT 8:45-10:00 AM	FUNCTIONAL & FIT 8:45-10:15 AM	SENIOR FIT 8:45-10:00 AM	FUNCTIONAL & FIT 8:45-10:15 AM	SENIOR FIT 8:45-10:00 AM	
OPEN GYM 10:00 AM-5:30 PM	OPEN GYM 10:15 AM-8:30 PM	OPEN GYM 10:00 AM-8:30 PM	OPEN GYM 10:15 AM-8:30 PM	OPEN GYM 10:00 AM-7:30 PM	OPEN GYM 8:30 AM-5:45 PM
FULL COURT BASKETBALL 5:30-8:45 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 6:00-8:30 AM
PICKLEBALL INTERMEDIATE ADVANCED 12:00-3:00 PM	PICKLEBALL ADVANCED PLAY 12:00-3:00 PM	PICKLEBALL INTERMEDIATE ADVANCED 12:00-3:00 PM	PICKLEBALL INTERMEDIATE PLAY 12:00-3:00 PM	PICKLEBALL INTERMEDIATE ADVANCED 12:00-3:00 PM	YOUTH SPORTS 9:00 AM-12:00 PM
OPEN GYM 3:00-5:00 PM	OPEN GYM 3:00-5:00 PM	OPEN GYM 3:00-5:30 PM	OPEN GYM 3:00-5:00 PM	OPEN GYM 3:00-5:00 PM	FULL COURT BASKETBALL 12:00 -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 5:30-7:30 PM	FULL COURT VOLLEYBALL 5:30-7:45 PM	
OPEN GYM 7:00-8:45 PM	FULL COURT BASKETBALL 7:00-8:45 PM		FULL COURT VOLLEYBALL 7:30-8:45 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.

FINE ARTS

New Class Added!

MUSIC & MOVEMENT

**THURSDAY | DANCE STUDIO | 10:00-10:45 AM
AGES 2-4 WITH PARENT**

Come make music and move with your toddler! This class combines creativity and imagination with song, dance, and playing instruments. It's the perfect class for you to have fun with your creative child. Registration is not required but preferred.