

# KROC CALENDAR

SENIOR LIFE | AQUATICS | GROUP FITNESS | GYM & SPORT

**JUNE 20-SEPTEMBER 5**

**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

<b>SILVERSNEAKERS* SPLASH</b> 8:00-8:45 AM LAP POOL (P)		<b>SILVERSNEAKERS* SPLASH</b> 8:00-8:45 AM LAP POOL (K)		<b>SILVERSNEAKERS* SPLASH</b> 8:00-8:45 AM LAP POOL (K)
<b>JOINT MOVEMENT</b> 10:00-10:45 AM (J) SLIDE PIT& WINDING RIVER	<b>AQUA CYCLING</b> 10:00-10:45 AM SLIDE PIT (K)	<b>JOINT MOVEMENT</b> 10:00-10:45 AM (J) SLIDE PIT& WINDING RIVER	<b>AQUA CYCLING</b> 10:00-10:45 AM SLIDE PIT (K)	<b>JOINT MOVEMENT</b> 10:00-10:45 AM (J) SLIDE PIT& WINDING RIVER

### GROUP FITNESS

<b>SENIOR FIT</b> 9:00-9:45 AM INSTRUCTOR: VARIES GYM A/VIRTUAL	<b>FUNCTIONAL &amp; FIT</b> 9:00-10:00 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL	<b>SENIOR FIT</b> 9:00-9:45 AM INSTRUCTOR: VARIES GYM A/VIRTUAL	<b>FUNCTIONAL &amp; FIT</b> 9:00-10:00 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL	<b>SENIOR FIT</b> 9:00-9:45 AM INSTRUCTOR: MARENDA GYM A/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>SLOW FLOW YOGA</b> 9:00-9:45 AM INSTRUCTOR: KAREN DANCE 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>SILVERSNEAKERS*</b> 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	<b>ZUMBA* GOLD</b> 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO

### GYM & SPORT

<b>PICKLEBALL</b> OPEN PLAY & BEGINNER 7:00 AM-12:00 PM	<b>PICKLEBALL</b> INTERMEDIATE 7:00-10:00 AM COUPLES PLAY 10:00 AM-12:00 PM	<b>PICKLEBALL</b> OPEN PLAY & BEGINNER 7:00 AM-12:00 PM	<b>PICKLEBALL</b> ADVANCED 9:00 AM-12:00 PM	<b>PICKLEBALL</b> OPEN PLAY 7:00 AM-12:00 PM
<b>PICKLEBALL</b> INTERMEDIATE/ADVANCED 12:00-3:00 PM	<b>PICKLEBALL</b> ADVANCED 12:00-3:00 PM	<b>PICKLEBALL</b> INTERMEDIATE/ADVANCED 12:00-3:00 PM	<b>PICKLEBALL</b> INTERMEDIATE PLAY 12:00-3:00 PM	<b>PICKLEBALL</b> INTERMEDIATE/ADVANCED 12:00-3:00 PM
<b>SATURDAY</b>	<b>PICKLEBALL ADVANCED 6:00-8:30 AM</b>			

#### 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°



JUNE 20-AUGUST 19 (POOL MAINTENANCE AUGUST 20-SEPTEMBER 5)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIMMING 5:30-7:45 AM LAP POOL	LAP SWIMMING 5:30 -9:15 AM LAP POOL	LAP SWIMMING 5:30-7:45 AM LAP POOL	LAP SWIMMING 5:30 -9:15 AM 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 ZUMBA® 8:00-8:45 AM SLIDE PIT (P)	AQUA CYCLING* 6:15-7:00 AM SLIDE PIT (K)		SILVERSNREAKERS® SPLASH 8:00-8:45 AM LAP POOL (K)	SWIM LESSONS 9:00-11:50 AM LAP POOL & SLIDE PIT
SILVERSNREAKERS® SPLASH 8:00-8:45 AM LAP POOL (P)	AQUA BARRE 9:00-9:45 AM SLIDE PIT	SILVERSNREAKERS® SPLASH 8:00-8:45 AM LAP POOL (K)	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 CYCLING* 10:00-10:45 AM SLIDE PIT (K)	DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (K)	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (K)		
SWIM LESSONS 9:30 - 11:45 AM LAP POOL & SLIDE PIT	SWIM LESSONS 9:30 - 11:45 AM LAP POOL & SLIDE PIT	SWIM LESSONS 9:30 - 11:45 AM LAP POOL & SLIDE PIT	SWIM LESSONS 9:30 - 11:45 AM LAP POOL & SLIDE PIT	SWIM LESSONS 9:30 - 11:45 AM LAP POOL & SLIDE PIT	
SPLASH PLAY 9:00 AM-1:00 PM SPLASH ZONE	SPLASH PLAY 9:00 AM-1:00 PM SPLASH ZONE	SPLASH PLAY 9:00 AM-1:00 PM SPLASH ZONE	SPLASH PLAY 9:00 AM-1:00 PM SPLASH ZONE	SPLASH PLAY 9:00 AM-1:00 PM SPLASH ZONE	SPLASH PLAY 9:00 AM-12:00 PM SPLASH ZONE
JOINT MOVEMENT 10:00-10:45 AM SLIDE PIT & WINDING RIVER		JOINT MOVEMENT 10:00-10:45 AM SLIDE PIT & WINDING RIVER		JOINT MOVEMENT 10:00-10:45 AM SLIDE PIT & WINDING RIVER	OPEN SWIM 12:00-5:30 PM ALL AREAS
LAP SWIMMING 11:45 AM-12:55 PM LAP POOL	LAP SWIMMING 11:45 AM-12:55 PM LAP POOL	LAP SWIMMING 11:45 AM-12:55 PM LAP POOL	LAP SWIMMING 11:45 AM-12:55 PM LAP POOL	LAP SWIMMING 11:45 AM-12:55 PM LAP POOL	
CAMP ONLY SWIM 1:00-4:00 PM	AQUATIC CENTER CLOSED 1:00-4:00 PM	CAMP ONLY SWIM 1:00-4:00 PM	AQUATIC CENTER CLOSED 1:00-4:00 PM	CAMP ONLY SWIM 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 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	WATERSLIDE IS OFF 4:00 PM
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	
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)		LAP POOL CLOSED UNTIL 5:30 PM	INSTRUCTORS: (J) JOEL (K) KAREN (P) PAUL
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	GENERAL SWIM LAP SWIMMING 6:45-8:00 PM ALL AREAS (LANES 3 & 4 LAP)	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](http://gbkroccenter.org/programs/aquatics)

**WINDING RIVER CURRENT ON**  
M-W-F: 6:00-8:00 AM &  
9:00-10:00 AM  
TU-TH: 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

JUNE 20-SEPTEMBER 5

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

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> 5:30-6:15 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 FITNESS STUDIO
<b>BARRE</b> 8:15-9:00 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	<b>SHRED &amp; SCULPT</b> 8:15-9:00 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	<b>BARRE</b> 8:15-9:00 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	<b>BARBELL STRENGTH</b> 8:15-9:00 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	<b>KICKBOXING</b> 8:30-9:15 AM INSTRUCTOR: JEN P FITNESS STUDIO
<b>SENIOR FIT</b> 9:00-9:45 AM INSTRUCTOR: LEXI GYM A/VIRTUAL	<b>FUNCTIONAL &amp; FIT</b> 9:00-10:00 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL	<b>SENIOR FIT</b> 9:00-9:45 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL	<b>FUNCTIONAL &amp; FIT</b> 9:00-10:00 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL	<b>SENIOR FIT</b> 9:00-9:45 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL
<b>CYCLE</b> 9:00-9:45 AM INSTRUCTOR: JANE CYCLE STUDIO		<b>CYCLE</b> 9:00-9:45 AM INSTRUCTOR: JEN P CYCLE STUDIO	<b>SLOW FLOW YOGA</b> 9:00-9:45 AM INSTRUCTOR: KAREN DANCE STUDIO	<b>MOVE WELL</b> 9:30-10:15 AM INSTRUCTOR: LEXI FITNESS STUDIO
<b>BOOTCAMP EXPRESS</b> 9:15-9:45 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	<b>MAT PILATES</b> 9:30-10:15 AM INSTRUCTOR: CORRIN DANCE STUDIO	<b>BOOTCAMP EXPRESS</b> 9:15-9:45 AM INSTRUCTOR: COURTNEY FITNESS STUDIO		<b>CYCLE</b> 10:15-11:00 AM INSTRUCTOR: KAREN CYCLE STUDIO
		<b>KICKBOXING</b> 9:30-10:15 AM INSTRUCTOR: CORRIN DANCE STUDIO		
<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>BARRE BLEND</b> 4:15-5:00 PM INSTRUCTOR: PAUL FITNESS STUDIO		<b>ABSOLUTELY GLUTES</b> 5:00-5:45 PM INSTRUCTOR: MICHELLE FITNESS STUDIO	
<b>HIIT YOGA SCULPT</b> 5:15-6:00 PM INSTRUCTOR: JESSICA FITNESS STUDIO		<b>R.I.P.P.E.D.</b> 5:15-6:00 PM INSTRUCTOR: JESSICA FITNESS STUDIO		
<b>ZUMBA® (LATIN)</b> 5:30-6:15 PM INSTRUCTOR: BRANDY DANCE STUDIO	<b>ZUMBA® (LATIN)</b> 5:30-6:15 PM INSTRUCTOR: BRANDY FITNESS STUDIO		<b>ZUMBA® EN ESPAÑOL</b> 5:30-6:15 PM INSTRUCTOR: BRANDY DANCE STUDIO	<b>BARRE BLEND</b> 8:30-9:15 AM INSTRUCTOR: PAUL FITNESS STUDIO

## SATURDAY

# GYM A

JUNE 20-SEPTEMBER 5

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	
YOUTH CAMPS 10:00 AM-12:00 PM	YOUTH CAMPS 10:15 AM-12:00 PM	YOUTH CAMPS 10:00 AM-12:00 PM	YOUTH CAMPS 10:15 AM-12:00 PM	YOUTH CAMPS 10:00 AM-12:00 PM	OPEN GYM 8:30 AM-5:45 PM
OPEN GYM 12:00-5:00 PM	OPEN GYM 12:00-8:30 PM	OPEN GYM 12:00-8:30 PM	OPEN GYM 12:00-8:30 PM	OPEN GYM 12:00-7:45 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 5:00-7:00 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 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.

# 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.