

KROC CALENDAR

SENIOR LIFE | AQUATICS | GROUP FITNESS | GYM & SPORT | FINE ARTS

OCTOBER 31-DECEMBER 31

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

SENIOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

AQUATICS

SILVERSNEAKERS* SPLASH 8:00-8:45 AM LAP POOL (P)		SILVERSNEAKERS* SPLASH 8:00-8:45 AM LAP POOL (K)		SILVERSNEAKERS* SPLASH 8:00-8:45 AM LAP POOL (K)
WATER WORKS 10:00-10:45 AM LAP POOL 2-4 (J)	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM LAP POOL 2-4 (J)	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM LAP POOL 2-4 (J)
JOINT MOVEMENT 11:00-11:45 AM LAP POOL 3-4 (J)	SILVERSNEAKERS* STABILITY 11:00-11:45 AM SLIDE PIT (J)	JOINT MOVEMENT 11:00-11:45 AM LAP POOL 3-4 (J)	SILVERSNEAKERS* STABILITY 11:00-11:45 AM SLIDE PIT (J)	JOINT MOVEMENT 11:00-11:45 AM LAP POOL 3-4 (J)

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: MARENDA 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	
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 BEGINNER 6:30-10:00 AM	PICKLEBALL INTERMEDIATE PLAY 6:30-10:00 AM COUPLES PLAY 10:00 AM-12:00 PM	PICKLEBALL BEGINNER 6:30-10:00 AM	PICKLEBALL ADVANCED PLAY 6:30-10:00 AM	PICKLEBALL OPEN PLAY 7:00 AM-12:00 PM
PICKLEBALL INTERMEDIATE/ADVANCED 10:00 AM-3:00 PM	PICKLEBALL ADVANCED 12:00-3:00 PM	PICKLEBALL INTERMEDIATE/ADVANCED 10:00 AM-3:00 PM	PICKLEBALL INTERMEDIATE PLAY 10:00 AM-3:00 PM	PICKLEBALL INTERMEDIATE/ADVANCED 12:00-3:00 PM
SATURDAY	PICKLEBALL ADVANCED 6:00-8:30 AM			

AQUATICS CENTER HOURS

MONDAY – THURSDAY | 5:30 AM-1:00 PM & 4:00-8:30 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°



OCTOBER 31-DECEMBER 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 LANES 1-3 LAP SWIM LANE 4 SHARED RECREATIONAL SWIM	LAP SWIMMING 5:30AM-12:55 PM LAP POOL LANES 1-3 LAP SWIM	LAP SWIMMING 5:30-7:45 AM LAP POOL LANES 1-3 LAP SWIM LANE 4 SHARED RECREATIONAL SWIM	LAP SWIMMING 6:30-8:45 AM LAP POOL
AQUA ZUMBA® 6:00-6:45 AM SLIDE PIT (P)	LANES 1-3 LAP SWIM	AQUA CYCLING* 6:15-7:00 AM SLIDE PIT (K)	LANE 4 SHARED RECREATIONAL SWIM	SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (K)	SWIM LESSONS 9:00-11:50 AM LAP POOL & SLIDE PIT SPLASH PLAY 9:00 AM-12:00 PM SPLASH ZONE OPEN SWIM 12:00-5:30 PM ALL AREAS WATERSLIDE IS OFF 4:00 PM
AQUA CYCLING* 7:00-7:45 AM SLIDE PIT (K)	LANE 4 SHARED RECREATIONAL SWIM	SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (K)	LANE 3-4 ONLY 11:00 AM-12:55 PM	DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (K)	
SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (P)	AQUA ZUMBA® 8:00-8:45 AM SLIDE PIT (P)	DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (K)	AQUA ZUMBA® 9:00-9:45 AM SLIDE PIT (P)	LAP SWIMMING 10:00 AM - 12:55 PM LANE 1 ONLY 10:00-10:45AM LANES 1 AND 2 10:45-11:45 AM ALL LANES 11:45-12:55PM	
DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (K)	AQUA BARRE 9:00-9:45 AM SLIDE PIT (K)	LAP SWIMMING 10:00 AM - 12:55 PM LANE 1 ONLY 10:00-10:45AM LANES 1 AND 2 10:45-11:45 AM ALL LANES 11:45-12:55PM	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (K)	DAYTIME SWIM LESSONS 11:00 AM-1:00 PM LAP LANE 1-2	
LAP SWIMMING 10:00 AM - 12:55 PM LANE 1 ONLY 10:00-10:45AM LANES 1 AND 2 10:45-11:45 AM ALL LANES 11:45-12:55PM	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM LAP POOL 2-4 (J)	SILVERSNEAKERS® STABILITY 11:00-11:45 AM SLIDE PIT (J)	WATER WORKS 10:00-10:45 AM LAP POOL 2-4 (J)	
WATER WORKS 10:00-10:45 AM LAP POOL 2-4 (J)	SILVERSNEAKERS® STABILITY 11:00-11:45 AM SLIDE PIT (J)	JOINT MOVEMENT 11:00-11:45 AM LAP POOL 3-4 (J)	SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	JOINT MOVEMENT 11:00-11:45 AM LAP POOL 3-4 (J)	
JOINT MOVEMENT 11:00-11:45 AM LAP POOL 3-4 (J)	SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	AQUATIC CENTER CLOSED MONDAY - FRIDAY 1:00-4:00 PM			
SWIM LESSONS 4:00-6:45 PM LAP POOL & SLIDE PIT	SWIM LESSONS 4:00-6:45 PM LAP POOL & SLIDE PIT	SWIM TEAM 4:00-5:30 PM LAP POOL ALL LANES	SWIM LESSONS 4:00-6:45 PM LAP POOL & SLIDE PIT	SWIM TEAM 4:00-6:00 PM LAP POOL LANES 1-2	INSTRUCTORS: (J) JOEL (K) KAREN (P) PAUL
SPLASH PLAY 4:00-8:30 PM SPLASH ZONE	SPLASH PLAY 4:00-8:30 PM SPLASH ZONE	SWIM LESSONS 4:00-6:45 PM LAP POOL & SLIDE PIT	SPLASH PLAY 4:00-8:30 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 ALL OTHER AREAS ARE OPEN WATER FEATURES ARE OFF	AQUABASE BOARD 6:00-6:45 PM LAP POOL 1-3 (K)	SWIM TEAM 6:45-8:30 PM LAP POOL ALL LANES	WATERSLIDE IS OFF 7:00 PM	
SWIM TEAM 6:45-8:30 PM LAP POOL ALL LANES		SPLASH PLAY 4:00-8:30 PM SPLASH ZONE			

*WATER SHOES REQUIRED FOR AQUA CYCLING

**LANES 1-3 LAP SWIM, LANE 4 SHARED RECREATIONAL SWIM

WINDING RIVER CURRENT ON
MONDAY - FRIDAY
6:00-8:00 AM &
9:00-11:00 AM
SATURDAY
7:00-8:00 AM

Splash Play water features are
on only during advertised 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!

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

GROUP FITNESS

OCTOBER 31-DECEMBER 31

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: JESSICA FITNESS STUDIO
	ALL LEVELS YOGA 6:30-7:00 AM INSTRUCTOR: BRIANNA DANCE STUDIO		ALL LEVELS YOGA 6:30-7:00 AM INSTRUCTOR: BRIANNA DANCE STUDIO	
BARRE 8:15-9:00 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	BARBELL STRENGTH 8:15-9:00 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	BARRE 8:15-9:00 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	BARBELL STRENGTH 8:15-9:00 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	KICKBOXING 9:00-9:45 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	FUNCTIONAL & FIT 9:00-10:00 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL	SENIOR FIT 9:00-9:45 AM INSTRUCTOR: MARENDA GYM A/VIRTUAL
CYCLE 9:00-9:45 AM INSTRUCTOR: JANE CYCLE STUDIO	BARRE 9:15-9:45 PM INSTRUCTOR: COURTNEY FITNESS STUDIO	CYCLE 9:00-9:45 AM INSTRUCTOR: JEN P CYCLE STUDIO	SLOW FLOW YOGA 9:00-9:45 AM INSTRUCTOR: KAREN DANCE STUDIO	MOVE WELL 10:00-10:45 AM INSTRUCTOR: LEXI FITNESS STUDIO
BOOTCAMP EXPRESS 9:15-9:45 AM INSTRUCTOR: COURTNEY FITNESS STUDIO		BOOTCAMP EXPRESS 9:15-9:45 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	BARRE 9:15-9:45 PM 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	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 4:15-5:00 PM INSTRUCTOR: MERCEDES FITNESS STUDIO			
HIIT YOGA SCULPT 5:15-6:00 PM INSTRUCTOR: JESSICA FITNESS STUDIO	HIIT IT 5:15-6:00 PM INSTRUCTOR: MERCEDES FITNESS STUDIO	R.I.P.P.E.D. 5:15-6:00 PM INSTRUCTOR: JESSICA FITNESS STUDIO	ABSOLUTELY GLUTES 5:15-6:00 PM INSTRUCTOR: MICHELLE FITNESS STUDIO	
ZUMBA 5:30-6:15 PM INSTRUCTOR: BRIANNA CYCLE STUDIO		ZUMBA 5:30-6:15 PM INSTRUCTOR: BRIANNA CYCLE STUDIO		
				SATURDAY
				TRX, CORE & MORE 6:30-7:15 AM INSTRUCTOR: HONEY FITNESS STUDIO
				BARRE BLEND 8:30-9:15 AM INSTRUCTOR: PAUL FITNESS STUDIO

FINE ARTS

OCTOBER 31-DECEMBER 31

SIP & STITCH THURSDAY | FIREPLACE | 9:00-11:00 AM

Come join me at the fireplace for Coffee with your Crochet/Knitting project. As an experienced stitcher, I will be there to help with any stitch or pattern problems! Or just come and work on your project with me! I hope to see you there! - Valerie

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.

GYM A


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 6:30-8:45 AM	OPEN GYM 6:30-8:45 AM	OPEN GYM 6:30-8:45 AM	OPEN GYM 6:30-8:45 AM	OPEN GYM 6:30-8:45 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 10:15 AM-5:30 PM	OPEN GYM 10:30 AM-12:30 PM	OPEN GYM 10:15 AM-8:30 PM	OPEN GYM 10:30 AM-12:00 PM	OPEN GYM 10:15 AM-5:30 PM	OPEN GYM 8:30 AM-5:45 PM
	CREEKSIDE MONTESSORI 12:30-2:00 PM		HOME SCHOOL PE 12:00-2:00 PM		
FULL COURT BASKETBALL 5:30-8:45 PM	OPEN GYM 2:00-8:45 PM		OPEN GYM 2:00-5:00 PM	FULL COURT BASKETBALL 5:30-7:45 PM	
			YOUTH SPORTS 5:00-7:00 PM		
			FULL COURT BASKETBALL 7:00-8:45 PM		


GYM B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PICKLEBALL BEGINNER 6:30-10:00 AM	PICKLEBALL INTERMEDIATE PLAY 6:30-10:00 AM	PICKLEBALL BEGINNER 6:30-10:00 AM	PICKLEBALL ADVANCED PLAY 6:30-10:00 AM	PICKLEBALL OPEN PLAY 7:00 AM-12:00 PM	PICKLEBALL ADVANCED 6:00-8:30 AM
	COUPLES PLAY 10:00 AM-12:00 PM				
PICKLEBALL INTERMEDIATE ADVANCED 10:00 AM-3:00 PM	PICKLEBALL ADVANCED PLAY 12:00-3:00 PM	PICKLEBALL INTERMEDIATE ADVANCED 10:00 AM-3:00 PM	PICKLEBALL INTERMEDIATE PLAY 10:00 AM-3:00 PM	PICKLEBALL INTERMEDIATE ADVANCED 12:00-3:00 PM	YOUTH SPORTS 8:30 AM-12:00 PM
OPEN GYM 3:00-4:15 PM	OPEN GYM 3:00-5:00 PM	OPEN GYM 3:00-5:30 PM	OPEN GYM 3:00-5:00 PM	OPEN GYM 3:00-5:30 PM	FULL COURT BASKETBALL 12:00 -5:45 PM
YOUTH SPORTS 4:15-6:45 PM	FULL COURT BASKETBALL 5:00-8:45 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 6:45-8:45 PM			FULL COURT VOLLEYBALL 7:00-8:45 PM		

GYM CLOSERS 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.