

KROC CALENDAR

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

FEBRUARY 27-APRIL 23

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 1-4 (J)	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM LAP POOL 1-4 (J)	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM LAP POOL 1-4 (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: ARIANA DANCE STUDIO	MOVE WELL 10:00-10:30 AM INSTRUCTOR: MARENDA FITNESS 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°



FEBRUARY 27-APRIL 23

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LAP SWIMMING 5:30-7:45 AM LAP POOL LANES 1-3 LAP SWIM LANE 4 SHARED RECREATIONAL SWIM	LAP SWIMMING 5:30 AM -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 5:30AM-12:55 PM LAP POOL LANES 1-3 LANE 4 SHARED RECREATIONAL 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)	LANE 4 SHARED RECREATIONAL SWIM	AQUA CYCLING* 6:15-7:00 AM SLIDE PIT (K)	LANE 3-4 ONLY 11:00 AM-12:55 PM	AQUA CYCLING* 7:00-7:45 AM SLIDE PIT (K)	SWIM LESSONS 9:00-11:50 AM LAP POOL & SLIDE PIT
AQUA CYCLING* 7:00-7:45 AM SLIDE PIT (K)		SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (K)	AQUA ZUMBA® 9:00-9:45 AM SLIDE PIT (P)	SILVERSNEAKERS® SPLASH 8:00-8:45 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 CYCLING* 10:00-10:45 AM SLIDE PIT (K)	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 SLIDE PIT (K)				
LAP SWIMMING 10:45 - 11:45 AM LANES 1-2 ONLY	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (K)	LAP SWIMMING 10:45 - 11:45 AM LANES 1-2 ONLY	DAYTIME SWIM LESSONS 11:00 AM-1:00 PM LAP LANES 1-2	LAP SWIMMING 10:45 - 11:45 AM LANES 1-2 ONLY	
11:45 AM-1:00 PM ALL LANES	SILVERSNEAKERS® STABILITY 11:00-11:45 AM SLIDE PIT (J)	11:45 AM-1:00 PM ALL LANES	SILVERSNEAKERS® STABILITY 11:00-11:45 AM SLIDE PIT (J)	11:45 AM-1:00 PM ALL LANES	SPLASH PLAY 9:00 AM-12:00 PM SPLASH ZONE
WATER WORKS 10:00-10:45 AM LAP POOL 1-4 (J)		WATER WORKS 10:00-10:45 AM LAP POOL 1-4 (J)		WATER WORKS 10:00-10:45 AM LAP POOL 1-4 (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)	SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	JOINT MOVEMENT 11:00-11:45 AM LAP POOL 3-4 (J)	

AQUATIC CENTER CLOSED MONDAY - FRIDAY 1:00-4:00 PM

SWIM LESSONS 4:30-6:45 PM LAP POOL & SLIDE PIT	SWIM LESSONS 4:30-6:45 PM LAP POOL & SLIDE PIT	SWIM LESSONS 4:30-6:45 PM LAP POOL & SLIDE PIT	SWIM LESSONS 4:30-6:45 PM LAP POOL & SLIDE PIT	OPEN SWIM 4:00-7:30 PM ALL AREAS	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	SPLASH PLAY 4:00-8:30 PM SPLASH ZONE	SPLASH PLAY 4:00-8:30 PM SPLASH ZONE			WATERSLIDE IS OFF 7:00 PM
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	AQUABASE BOARD 6:00-6:45 PM LAP POOL 1-3 (K)	LAP SWIMMING 6:45 - 8:30 PM LANES 3-4 ONLY			
LAP SWIMMING 6:45 - 8:30 PM LANES 3-4 ONLY		GENERAL/LAP SWIM 6:45 - 8:30 PM LAP SWIM LANES 1-2		GENERAL SWIM LANES 3-4		

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

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

*WATER SHOES REQUIRED FOR AQUA CYCLING

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

FEBRUARY 27-APRIL 23

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	SUNRISE CYCLE 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			
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 AM INSTRUCTOR: COURTNEY FITNESS STUDIO	CYCLE 9:00-9:45 AM INSTRUCTOR: JEN P CYCLE STUDIO	SLOW FLOW YOGA 9:00-9:45 AM INSTRUCTOR: ARIANA DANCE STUDIO	MOVE WELL 10:00-10:30 AM INSTRUCTOR: MARENDA 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 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	SILVERSNREAKERS® 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	SILVERSNREAKERS® BOOM MUSCLE/CIRCUIT 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	SILVERSNREAKERS® 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	STRENGTH, FLEX, FLOW 10:00-10:45 AM INSTRUCTOR: ARIANA DANCE STUDIO
ZUMBA® GOLD 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO		POWER YOGA 10:00-10:45 AM INSTRUCTOR: ARIANA DANCE STUDIO		ZUMBA® GOLD 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO
		ZUMBA® GOLD 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO		
HIIT YOGA SCULPT 5:15-6:00 PM INSTRUCTOR: JESSICA FITNESS STUDIO	CYCLE & STRENGTH 5:15-6:00 PM INSTRUCTOR: JESSICA FITNESS STUDIO	BARBELL STRENGTH 5:15-6:00 PM INSTRUCTOR: JESSICA FITNESS STUDIO	ABSOLUTELY GLUTES 5:00-5:45 PM INSTRUCTOR: MICHELLE FITNESS 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

FEBRUARY 27-APRIL 23



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

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 10:00 AM-5:30 PM	OPEN GYM 10:15 AM-12:30 PM	OPEN GYM 10:00 AM-8:30 PM	OPEN GYM 10:15 AM-12:00 PM	OPEN GYM 10:00 AM-5:30 PM	OPEN GYM 8:30 AM-5:45 PM
FULL COURT BASKETBALL 5:30-8:45 PM	CREEKSIDE MONTESSORI 12:30-2:00 PM		HOME SCHOOL PE 12:00-2:00 PM		
	OPEN GYM 2:00-8:45 PM		OPEN GYM 2:00-4:45 PM	FULL COURT BASKETBALL 5:30-7:45 PM	
			YOUTH SPORTS 4:45-6:00 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 8:30-11:30 AM
	OPEN GYM 3:00-5:00 PM	OPEN GYM 3:00-5:30 PM	OPEN GYM 3:00-4:00 PM	OPEN GYM 3:00-5:30 PM	FULL COURT BASKETBALL 11:30 AM -5:45 PM
OPEN GYM 3:00-8:45 PM	FULL COURT BASKETBALL 5:00-8:45 PM	FULL COURT VOLLEYBALL OPEN PLAY 5:30-8:30 PM	YOUTH SPORTS 4:00-7:00 PM	FULL COURT VOLLEYBALL 5:30-7:45 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.