

KROC CALENDAR

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

JANUARY 6 - MARCH 2

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

GYM HOURS

MONDAY	5:00 AM-8:45 PM	THURSDAY	5:00 AM-8:45 PM
TUESDAY	5:00 AM-8:45 PM	FRIDAY	5:00 AM-7:45 PM
WEDNESDAY	5:00 AM-8:45 PM	SATURDAY	6:00 AM-5:45 PM

GYM A


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYM 5:00-8:45 AM	OPEN GYM 5:00-8:45 AM	OPEN GYM 5:00-8:45 AM	OPEN GYM 5:00-8:45 AM	OPEN GYM 5:00-8:45 AM	OPEN GYM 6:00-8:45 AM
GROUP FITNESS 8:45-10:00 AM	GROUP FITNESS 8:45-10:15 AM	GROUP FITNESS 8:45-10:00 AM	GROUP FITNESS 8:45-10:15 AM	GROUP FITNESS 8:45-10:00 AM	YOUTH SPORTS BASKETBALL LEAGUE 8:45-10:15 AM
OPEN GYM 10:00 AM-5:00 PM	OPEN GYM 10:15 AM-5:00 PM	OPEN GYM 10:00 AM-4:45 PM	OPEN GYM 10:15 AM-1:00 PM	OPEN GYM 10:00 AM-5:00 PM	OPEN GYM 10:15 AM-3:00 PM
FULL COURT BASKETBALL 5:00-8:45 PM	FULL COURT BASKETBALL 5:00-8:45 PM	YOUTH SPORTS BASKETBALL LEAGUE 4:45-6:15 PM	HOMESCHOOL PE 1:00-2:15 PM	FULL COURT BASKETBALL 5:00-7:45 PM	FULL COURT BASKETBALL 3:00-5:45 PM
		FULL COURT BASKETBALL 6:15-8:45 PM	OPEN GYM 2:15-5:00 PM		
			OPEN GYM 6:00-8:45 PM		

GYM B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
GROUP FITNESS 5:30-6:30 AM	PICKLEBALL OPEN PLAY 5:00-8:00 AM	GROUP FITNESS 5:30-6:30 AM	PICKLEBALL OPEN PLAY 5:00-8:00 AM	PICKLEBALL OPEN PLAY 5:00-8:00 AM	PICKLEBALL OPEN PLAY 6:00-8:00 AM
OPEN GYM 6:30-8:00 AM	PICKLEBALL INT/ADVANCED 8:00-11:00 AM	OPEN GYM 6:30-8:00 AM	PICKLEBALL INT/ADVANCED 8:00-11:00 AM	PICKLEBALL BEGINNER 8:00-11:00 AM	PICKLEBALL BEGINNER 8:00-11:00 AM
PICKLEBALL BEGINNER 8:00-11:00 AM		PICKLEBALL BEGINNER 8:00-11:00 AM			
PICKLEBALL INT/ADVANCED 11:00 AM-2:00 PM	PICKLEBALL BEGINNER 11:00 AM-2:00 PM	PICKLEBALL INT/ADVANCED 11:00 AM-2:00 PM	PICKLEBALL BEGINNER 11:00 AM-2:00 PM	PICKLEBALL INT/ADVANCED 11:00 AM-2:00 PM	OPEN GYM 11:00 AM-5:45 PM
OPEN GYM 2:00-4:00 PM	OPEN GYM 2:00-5:00 PM	OPEN GYM 2:00-4:45 PM	OPEN GYM 2:00-5:00 PM	OPEN GYM 2:00-5:30 PM	
YOUTH SPORTS BASKETBALL 4:00-6:00 PM	FAMILY OPEN GYM* 5:00-6:00 PM	YOUTH SPORTS VOLLEYBALL 4:45-6:15 PM	FAMILY OPEN GYM* 5:00-6:00 PM	FULL COURT VOLLEYBALL 5:30-7:45 PM	
FAMILY OPEN GYM* 6:00-7:00 PM	OPEN GYM 6:00-8:45 PM	OPEN GYM 6:15-8:45 PM	FULL COURT VOLLEYBALL 6:00-8:45 PM		
OPEN GYM 7:00-8:45 PM					

Schedule subject to change due to weather related relocation of Youth Sports Classes.

*Family Open Gym: Time designed for families with kids 11 & under. Hoops will be lowered and age appropriate equipment set out for use.

 Full Court Basketball / Volleyball games are to be played during designated scheduled times only.

 No organized activities during Open Gym.

AQUATICS

Water Temp is
set at 86°
(Winter Adjustment) 

JANUARY 6 - MARCH 2

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

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-1:00 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 5:30 AM-1:00 PM LAP POOL LANES 1-3 LAP SWIM 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 (P)	LANES 2-4 10:30 AM-1:00 PM	AQUA CYCLING* 7:00-7:45 AM SLIDE PIT (P)	SWIM TEAM 9:00-11:00 AM LAP POOL (LANES 1-2)
AQUA CYCLING* 7:00-7:45 AM SLIDE PIT (P)	AQUA ZUMBA® 8:00-8:45 AM SLIDE PIT (P)	SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (P)	AQUA ZUMBA® 8:00-8:45 AM SLIDE PIT (P)	SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (P)	SWIM LESSONS 9:00-11:50 AM LAP POOL (LANES 3-4) & SLIDE PIT
SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (P)	AQUA BARRE 9:00-9:45 AM SLIDE PIT (P)	DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (L)	AQUA YOGA 9:00-9:45 AM SLIDE PIT (P)	DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (L)	SPLASH PLAY 9:00 AM-12:00 PM SPLASH ZONE
DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (L)	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (P)	WATER WORKS 10:00-10:45 AM LAP POOL (L)	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (P)	WATER WORKS 10:00-10:45 AM LAP POOL (L)	OPEN SWIM 12:00-5:30 PM ALL AREAS
WATER WORKS 10:00-10:45 AM LAP POOL (L)	SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	JOINT MOVEMENT 11:00-11:45 AM LAP POOL (L)	DAYTIME SWIM LESSONS 10:30 AM-1:00 PM LAP LANE 1 ONLY	LAP SWIMMING 11:00 AM-1:00 PM LAP POOL ALL LANES	WATERSLIDE CLOSES 5:00 PM
LAP SWIMMING 11:00 AM-1:00 PM LAP POOL ALL LANES		LAP SWIMMING 12:00 PM-1:00 PM LAP POOL ALL LANES	SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE		

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

SWIM LESSONS 4:30-6:45 PM LAP POOL & SLIDE PIT	SWIM TEAM 4:00-6:00 PM LAP POOL (LANES 1-2)	SWIM TEAM 4:00-6:00 PM LAP POOL (LANES 1-2)	SWIM TEAM 4:00-6:00 PM LAP POOL (LANES 1-2)	SWIM TEAM 4:00-6:00 PM LAP POOL (LANES 1-2)	INSTRUCTORS: (P) PAUL (L) LAUREN (V) VARIES Splash Play water features on only during advertised Open Swim times.
SPLASH PLAY 4:00-8:30 PM SPLASH ZONE	SWIM LESSONS 4:30-6:45 PM LAP POOL (LANES 3-4) & SLIDE PIT	SWIM LESSONS 4:30-6:45 PM LAP POOL (LANES 3-4) & SLIDE PIT	SWIM LESSONS 4:30-6:45 PM LAP POOL (LANES 3-4) & SLIDE PIT	OPEN SWIM 4:00-7:30 PM ALL AREAS**	
SWIM TEAM 6:45-8:30 PM LAP POOL ALL LANES	UNDERWATER HOCKEY 6:45-8:30 PM LAP POOL ALL LANES	AQUABASE BOARD 6:15-7:00 PM LAP POOL 1-3 (P)	LAP SWIMMING 6:45-8:30 PM LAP POOL LANES 3-4 ONLY	**LAP LANES 1-2 CLOSED	
		LAP SWIMMING 7:00-8:30 PM LAP POOL LANES 3-4 ONLY		WATERSLIDE CLOSES 7:00 PM	

*WATER SHOES REQUIRED FOR AQUA CYCLING

Children 5 and under must be in water with an adult and an adult must always be within arm's reach of a child.

Children 6 - 11 may be in water without an adult (adult must be present in the Aquatic Center at all times).

Children 12 and over may be in the Aquatic Center without an adult present.

WINDING RIVER CURRENT ON

MONDAY-FRIDAY
6:00-8:00 AM &
9:00-11:00 AM

SATURDAY
7:00-8:00 AM

GROUP FITNESS

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

JANUARY 6 - MARCH 2

IN PERSON

IN PERSON & VIRTUAL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
INCINERATE (TABATA) 5:30-6:15 AM GYM B JESSICA	SUNRISE CYCLE 5:30-6:15 AM CYCLE STUDIO DAWN	TOTAL BODY BLAST 5:30-6:15 AM GYM B DAWN	TRX, CORE & MORE 5:30-6:15 AM FIT STUDIO DAWN	TOTAL BODY BLAST 5:30-6:15 AM FIT STUDIO JESSICA
	BARBELL STRENGTH 7:15-8:00 AM FIT STUDIO COURTNEY		BARBELL STRENGTH 7:15-8:00 AM FIT STUDIO COURTNEY	
			BILINGUAL CYCLE 8:00-8:30 AM CYCLE STUDIO DENIZ	
BARRE 8:15-9:00 AM FIT STUDIO COURTNEY	BARBELL STRENGTH 8:15-9:00 AM FIT STUDIO COURTNEY	BARRE 8:15-9:00 AM FIT STUDIO COURTNEY	BARBELL STRENGTH 8:15-9:00 AM FIT STUDIO COURTNEY	
SENIOR FIT 9:00-9:45 AM GYM A/VIRT VARIES	FUNCTIONAL & FIT 9:00-10:00 AM GYM A/VIRT MARENDA	SENIOR FIT 9:00-9:45 AM GYM A/VIRT MARENDA	FUNCTIONAL & FIT 9:00-10:00 AM GYM A/VIRT MARENDA	SENIOR FIT 9:00-9:45 AM GYM A/VIRT MARENDA
CYCLE 9:00-9:45 AM CYCLE STUDIO JANE		CYCLE 9:00-9:45 AM CYCLE STUDIO JEN	SLOW FLOW YOGA 9:00-9:45 AM DANCE STUDIO COLLEEN	KICKBOXING 9:00-9:45 AM FIT STUDIO PAUL
YOGA 9:00-9:45 AM DANCE STUDIO COLLEEN		YOGA 9:00-9:45 AM DANCE STUDIO COLLEEN		
BOOTCAMP EXPRESS 9:15-9:45 AM FIT STUDIO COURTNEY	BARRE 9:15-9:45 AM FIT STUDIO COURTNEY	BOOTCAMP EXPRESS 9:15-9:45 AM FIT STUDIO COURTNEY	BARRE 9:15-9:45 AM FIT STUDIO COURTNEY	
STRETCH 10:00-10:45 AM FIT STUDIO JANE	FUN & FIT 10:00-10:45 AM FIT STUDIO VARIES	STABILITY & STRENGTH 10:00-10:45 AM FIT STUDIO VARIES	FUN & FIT 10:00-10:45 AM FIT STUDIO VARIES	ABSOLUTELY GLUTES 10:00-10:30 AM FIT STUDIO PAUL
		MOVE WELL 10:00-10:30 AM CYCLE STUDIO JEN		
		CHAIR YOGA 10:15-10:45 AM DANCE STUDIO COLLEEN		
ZUMBA GOLD* 11:00-11:45 AM FIT STUDIO PAUL	SILVERSNEAKERS* 11:00-11:45 AM FIT STUDIO VARIES	ZUMBA GOLD* 11:00-11:45 AM FIT STUDIO PAUL	SILVERSNEAKERS* 11:00-11:45 AM FIT STUDIO VARIES	ZUMBA GOLD* 11:00-11:45 AM FIT STUDIO PAUL
TOTAL BODY BLAST 5:15-6:00 PM FIT STUDIO JESSICA	CYCLE & STRENGTH 5:15-6:00 PM CYCLE STUDIO JESSICA	BARBELL STRENGTH 5:15-6:00 PM FIT STUDIO JESSICA		
	ABSOLUTELY GLUTES 5:15-6:00 PM FIT STUDIO PAUL			
	ZUMBA® EN ESPAÑOL 6:15-7:00 PM CYCLE STUDIO AMI	MOVE WELL 6:15-6:45 PM FIT STUDIO JESSICA		
	BARBELL STRENGTH 7:15-8:15 AM FIT STUDIO JESSICA	BILINGUAL CYCLE 8:00-8:30 AM CYCLE STUDIO DENIZ	BARRE BLEND 8:30-9:15 AM FIT STUDIO PAUL	
SATURDAY				



Worship with us!

SUNDAYS AT 10:00 AM

USE THE NORTH ENTRANCE.

SPIRITUAL LIFE

JANUARY 6 - MARCH 2

TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
<p>TUESDAY TOPICAL BIBLE STUDY PINE 9:00-10:00 AM START DATE: 1/07/25 REGISTRATION REQUIRED 251TBS</p>		<p>WOMEN'S PRECEPT BIBLE STUDY PINE 9:00-11:00 AM START DATE: 1/09/25 REGISTRATION REQUIRED 251PRCP</p>	
<p>JOY (JUST OLDER YOUTH) PREFUNCTION LOBBY AGES 18+ 9:00-10:00 AM START DATE: 1/07/25</p>	<p>CLUB 316 GAME ROOM AGES 4-11 4:00-4:45 PM START DATE: 1/08/25</p>	<p>BIBLE STORY TIME RJ'S CHILD WATCH 10:15-10:45 AM</p>	<p>SUNDAY WORSHIP AUDITORIUM 10:00-11:00 AM</p>
	<p>KROC CHURCH FAMILY DINNER WALNUT 5:15-6:00 PM</p>		<p>SMALL GROUP AGES 0-K 11:00 AM-12:00 PM</p>
	<p>ADULT BIBLE STUDY PINE 6:00-7:00 PM</p>		<p>SMALL GROUP 1ST-5TH GRADERS 11:00 AM-12:00 PM</p>
<p>COMMUNITY WIDE WOMEN'S BIBLE STUDY WALNUT/OAK 6:00-8:00 PM START DATE: 1/21/25 REGISTRATION REQUIRED 251CWWBS</p>	<p>TEEN BIBLE STUDY GAME ROOM 6:00-7:00 PM</p>		<p>SMALL GROUP 6TH-12TH GRADERS 11:00 AM-12:00 PM</p>
	<p>IGNITE YOUTH MINISTRY GAME ROOM AGES 11-18 7:00-8:00 PM</p>		<p>SMALL GROUP ADULTS 11:00 AM-12:00 PM</p>
<p>PASTORAL CARE</p>	<p>WHETHER YOU ARE LOOKING FOR SOMEONE TO TALK TO OR JUST NEED SOMEONE TO PRAY WITH, WE ARE HERE TO WALK ALONGSIDE YOU.**</p>		



****PLEASE NOTE** One-on-one pastoral care counseling available on request.
Talk to Membership Services about contacting Captain Stephanie Hartley to set up an appointment.

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



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