

KROC CALENDAR

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

APRIL 28 - JUNE 22

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 AM-5:45 PM
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	
OPEN GYM 10:00 AM-5:00 PM	OPEN GYM 10:15 AM-5:00 PM	OPEN GYM 10:00 AM-6:00 PM	OPEN GYM 10:15 AM-1:00 PM	OPEN GYM 10:00 AM-5:00 PM	
FULL COURT BASKETBALL 5:00-8:45 PM	FULL COURT BASKETBALL 5:00-8:45 PM		HOMESCHOOL PE 1:00-2:15 PM		
			OPEN GYM 2:15-5:00 PM		
				FAMILY OPEN GYM* 5:00-6:00 PM	
		FULL COURT BASKETBALL 6:00-8:45 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		OPEN GYM 6:30-8:00 AM			
PICKLEBALL BEGINNER 8:00-11:00 AM	PICKLEBALL INT/ADVANCED 8:00-11:00 AM	PICKLEBALL BEGINNER 8:00-11:00 AM	PICKLEBALL INT/ADVANCED 8:00-11:00 AM	PICKLEBALL BEGINNER 8:00-11:00 AM	PICKLEBALL BEGINNER 8:00-11:00 AM
PICKLEBALL 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 2:00-4:45 PM	OPEN GYM 2:00-5:00 PM	OPEN GYM 2:00-5:00 PM	OPEN GYM 2:00-4:45 PM	OPEN GYM 2:00-5:30 PM	
YOUTH SPORTS BASKETBALL 4:45-6:00 PM			YOUTH SPORTS VOLLEYBALL 4:45-6:15 PM		
FAMILY OPEN GYM* 6:00-7:00 PM	PICKLEBALL OPEN PLAY 5:00-8:00 PM	FAMILY OPEN GYM* 5:00-6:00 PM		FULL COURT VOLLEYBALL 5:30-7:45 PM	
OPEN GYM 7:00-8:45 PM	OPEN GYM 8:00-8:45 PM	FULL COURT VOLLEYBALL 6:00-8:45 PM	OPEN GYM 6:15-8:45 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.



Closed.

AQUATICS

Water Temp is
set at 86°



APRIL 28 - JUNE 22

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 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 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 CYCLING* 7:00-7:45 AM SLIDE PIT (K)	LANE 4 SHARED RECREATIONAL SWIM	AQUA CYCLING* 7:00-7:45 AM SLIDE PIT (K)	LANES 2-4 10:30 AM-1:00 PM	AQUA CYCLING* 7:00-7:45 AM SLIDE PIT (K)	SWIM LESSONS 9:00-11:50 AM LAP POOL & SLIDE PIT
SILVERSNREAKERS® SPLASH 8:00-8:45 AM LAP POOL (K)	AQUA YOGA 7:00-7:45 AM SLIDE PIT (P)	SILVERSNREAKERS® SPLASH 8:00-8:45 AM LAP POOL (K)	AQUA ZUMBA® 8:00-8:45 AM SLIDE PIT (P)	SILVERSNREAKERS® SPLASH 8:00-8:45 AM LAP POOL (P)	
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 (K)	AQUA YOGA 9:00-9:45 AM SLIDE PIT (P)	DEEP WATER AEROBICS 9:00-9:45 AM LAP POOL (K)	
WATER WORKS 10:00-10:45 AM LAP POOL (L)	AQUA BARRE 9:00-9:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM LAP POOL (L)	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM LAP POOL (L)	SPLASH PLAY 9:00 AM-12:00 PM SPLASH ZONE
LAP SWIMMING 11:00 AM-1:00 PM LAP POOL LANES 1-3 LAP SWIM LANE 4 SHARED RECREATIONAL SWIM	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (K) SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	JOINT MOVEMENT 11:00-11:45 AM SLIDE PIT (L) LAP SWIMMING 11:00 AM-1:00 PM LAP POOL LANES 1-3 LAP SWIM LANE 4 SHARED RECREATIONAL SWIM	DAYTIME SWIM LESSONS 10:30 AM-1:00 PM LAP LANE 1 ONLY SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	LAP SWIMMING 11:00 AM-1:00 PM LAP POOL LANES 1-3 LAP SWIM LANE 4 SHARED RECREATIONAL SWIM	OPEN SWIM 12:00-5:30 PM ALL AREAS WATERSLIDE CLOSES 5:00 PM
AQUATIC CENTER CLOSED MONDAY - FRIDAY 1:00-4:00 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 4:00-8:30 PM SPLASH ZONE	OPEN SWIM 4:00-7:30 PM ALL AREAS	INSTRUCTORS: (P) PAUL (L) LAUREN (K) KAREN
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	WATERSLIDE CLOSES 7:00 PM	
LAP SWIMMING 6:45-8:30 PM LAP POOL LANES 3-4 ONLY	UNDERWATER HOCKEY 6:45-8:30 PM LAP POOL ALL LANES	LAP SWIMMING 6:45-8:30 PM LAP POOL LANES 3-4 ONLY	LAP SWIMMING 6:45-8:30 PM LAP POOL LANES 3-4 ONLY	Splash Play water features on only during advertised Open Swim times.	

*WATER SHOES REQUIRED FOR AQUA CYCLING

Private Lessons may affect the availability of some areas.

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

MON-WED, FRI
6:00-8:00 AM &
9:00-11:00 AM

THURSDAY
6:00-8:00 AM &
10:00-11:00 AM

SATURDAY
7:00-8:00 AM

GROUP FITNESS

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

APRIL 28 - JUNE 22

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	
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 MARENDIA	SENIOR FIT 9:00-9:45 AM GYM A/VIRT MARENDIA	FUNCTIONAL & FIT 9:00-10:00 AM GYM A/VIRT MARENDIA	SENIOR FIT 9:00-9:45 AM GYM A/VIRT MARENDIA
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 DANCESTUDIO KAREN	KICKBOXING 9:00-9:45 AM FIT STUDIO PAUL
YOGA 9:15-10:00 AM DANCESTUDIO COLLEEN		YOGA 9:15-10:00 AM DANCESTUDIO 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 PAUL	STABILITY & STRENGTH 10:00-10:45 AM FIT STUDIO PAUL	FUN & FIT 10:00-10:45 AM FIT STUDIO PAUL	ABSOLUTELY GLUTES 10:00-10:30 AM FIT STUDIO PAUL
CHAIR YOGA 10:15-10:45 AM DANCESTUDIO COLLEEN		MOVE WELL 10:00-10:30 AM CYCLE STUDIO JEN		MOVE WELL 10:45-11:15 AM CYCLE STUDIO KAREN
ZUMBA GOLD® 11:00-11:45 AM FIT STUDIO PAUL	SILVERSNEAKERS® 11:00-11:45 AM FIT STUDIO KAREN	ZUMBA GOLD® 11:00-11:45 AM FIT STUDIO PAUL	SILVERSNEAKERS® 11:00-11:45 AM FIT STUDIO PAUL	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		
	ZUMBA® EN ESPAÑOL 6:15-7:00 PM DANCE STUDIO AMI	MOVE WELL 6:15-6:45 PM FIT STUDIO JESSICA		
SATURDAY	BILINGUAL CYCLE 6:30-7:00 AM CYCLE STUDIO DENIZ	BARBELL STRENGTH 7:15-8:15 AM FIT STUDIO JESSICA	STRETCH 8:30-9:15 AM FIT STUDIO PAUL	FLEX & FLOW 9:30-10:15 AM FIT STUDIO LAUREN

SPIRITUAL LIFE

Worship with us!

SUNDAYS AT 10:00 AM

USE THE NORTH ENTRANCE.

APRIL 28 - JUNE 22



TUESDAY		THURSDAY		SUNDAY
JOY (JUST OLDER YOUTH) PREFUNCTION LOBBY AGES 18+ 9:00-10:00 AM		WOMEN'S PRECEPT BIBLE STUDY PINE 9:00-11:00 AM REGISTRATION REQUIRED 253PRCP		SUNDAY WORSHIP AUDITORIUM 10:00-11:00 AM
		BIBLE STORY TIME RJ'S CHILD WATCH 10:15-10:45 AM		SMALL GROUP AGES 0-K 11:00 AM-12:00 PM
				SMALL GROUP 1ST-5TH GRADERS 11:00 AM-12:00 PM
				SMALL GROUP 6TH-12TH GRADERS 11:00 AM-12:00 PM
				SMALL GROUP ADULTS 11:00 AM-12:00 PM
COMMUNITY WIDE WOMEN'S BIBLE STUDY PINE 6:00-8:00 PM REGISTRATION REQUIRED 253CWWBS END DATE: MAY 13				
PASTORAL CARE	WHETHER YOU ARE LOOKING FOR SOMEONE TO TALK TO OR JUST NEED SOMEONE TO PRAY WITH, WE ARE HERE TO WALK ALONGSIDE YOU.**			

****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



KROC

COMMUNITY CENTER

920.884.5007

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