

KROC CALENDAR

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

JULY 1 - AUGUST 2

Please see closure dates on last page.

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 5:00-8:15 AM	OPEN GYM 5:00-8:15 AM	OPEN GYM 5:00-8:15 AM	OPEN GYM 5:00-8:15 AM	OPEN GYM 5:00-8:15 AM	OPEN GYM 6:00 AM-5:45 PM
GROUP FITNESS 8:15-9:30 AM	GROUP FITNESS 8:15-9:30 AM	GROUP FITNESS 8:15-9:30 AM	GROUP FITNESS 8:15-9:30 AM	GROUP FITNESS 8:15-9:30 AM	
SUMMER CAMP 9:30-11:45 AM	SUMMER CAMP 9:30-11:45 AM	OPEN GYM 9:30 AM-5:00 PM	OPEN GYM 9:30 AM-5:00 PM	OPEN GYM 9:30 AM-5:00 PM	
OPEN GYM 11:45 AM-5:00 PM	OPEN GYM 11:45 AM-5:00 PM		FAMILY OPEN GYM* 5:00-6:00 PM	FULL COURT BASKETBALL 5:00-7:45 PM	
FULL COURT BASKETBALL 5:00-8:45 PM	FULL COURT BASKETBALL 5:00-8:45 PM	FULL COURT BASKETBALL 5:00-8:45 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 INTERMEDIATE/ADV. 8:00-11:00 AM	PICKLEBALL BEGINNER 8:00-11:00 AM	PICKLEBALL INTERMEDIATE/ADV. 8:00-11:00 AM	PICKLEBALL BEGINNER 8:00-11:00 AM	PICKLEBALL BEGINNER 8:00-11:00 AM
PICKLEBALL INTERMEDIATE/ADV. 11:00 AM-2:00 PM	PICKLEBALL BEGINNER 11:00 AM-2:00 PM	PICKLEBALL INTERMEDIATE/ADV. 11:00 AM-2:00 PM	PICKLEBALL BEGINNER 11:00 AM-2:00 PM	PICKLEBALL INTERMEDIATE/ADV. 11:00 AM-2:00 PM	
OPEN GYM 2:00-5:00 PM	OPEN GYM 2:00-5:00 PM	OPEN GYM 2:00-5:00 PM	OPEN GYM 2:00-5:00 PM	OPEN GYM 2:00-5:30 PM	
FAMILY OPEN GYM* 5:00-6:00 PM	PICKLEBALL OPEN PLAY 5:00-8:00 PM	FULL COURT VOLLEYBALL 5:00-8:45 PM	FAMILY OPEN GYM* 5:00-6:00 PM	FULL COURT VOLLEYBALL 5:30-7:45 PM	
OPEN GYM 6:00-8:45 PM	OPEN GYM 8:00-8:45 PM		OPEN GYM 6:00-8:45 PM		

Schedule subject to change due to weather related relocation of Youth Sports and Summer Camp.

*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

JUNE 23 - AUGUST 16

Please see closure dates on last page.

**Water Temp is
set at 86°**



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)	LANES 2-4 10:45 AM-1:00 PM	AQUA CYCLING* 7:00-7:45 AM SLIDE PIT (K)	LANES 2-4 10:45 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	
SUPER SWIM LESSONS 11:00 AM-1:00 PM LAP LANE 1 ONLY	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (K)	JOINT MOVEMENT 11:00-11:45 AM SLIDE PIT (L)	AQUA CYCLING* 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM LAP POOL (L)		
SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	SPLASH PLAY 11:00 AM-1:00 PM SPLASH ZONE	OPEN SWIM 12:00-5:30 PM ALL AREAS WATERSLIDE CLOSES 5:00 PM	
LAP SWIMMING 11:00 AM-1:00 PM LAP POOL LANES 2-3 LAP SWIM LANE 4 SHARED RECREATIONAL SWIM		LAP SWIMMING 11:00 AM-1:00 PM LAP POOL LANES 2-3 LAP SWIM LANE 4 SHARED RECREATIONAL SWIM		LAP SWIMMING 11:00 AM-1:00 PM LAP POOL LANES 2-3 LAP SWIM LANE 4 SHARED RECREATIONAL SWIM		LAP SWIMMING 11:00 AM-1:00 PM LAP POOL LANES 2-3 LAP SWIM LANE 4 SHARED RECREATIONAL SWIM
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 WATERSLIDE CLOSES 7:00 PM	INSTRUCTORS: (P) PAUL (L) LAUREN (K) KAREN	
SWIM LESSONS 4:30-6:45 PM LAP POOL (LANES 1-2) & SLIDE PIT	SWIM LESSONS 4:30-6:45 PM LAP POOL (LANES 1-2) & SLIDE PIT	SWIM LESSONS 4:30-6:45 PM LAP POOL (LANES 1-2) & SLIDE PIT	SWIM LESSONS 4:30-6:45 PM LAP POOL (LANES 1-2) & SLIDE PIT			
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	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**

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.

Availability of some areas may be affected by the presence of Private Lessons.

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

JULY 1 - JULY 31

Please see closure dates on last page.

***ROOM/TIME CHANGE**

IN PERSON

IN PERSON & VIRTUAL

**Due to remodeling, some classes have been temporarily changed.*

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 LINDSAY	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 8:30-9:15 AM GYM A/VIRT JASON	FUNCTIONAL & FIT 8:30-9:30 AM GYM A/VIRT MARENDA	SENIOR FIT 8:30-9:15 AM GYM A/VIRT PAUL	FUNCTIONAL & FIT 8:30-9:30 AM GYM A/VIRT MARENDA	SENIOR FIT 8:30-9:15 AM GYM A/VIRT VARIES
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 9:00-9:45 AM DANCESTUDIO COLLEEN	BARRE 9:15-9:45 AM FIT STUDIO COURTNEY	YOGA 9:00-9:45 AM DANCESTUDIO COLLEEN	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	CHAIR YOGA 10:00-10:30 AM DANCESTUDIO COLLEEN	FUN & FIT 10:00-10:45 AM FIT STUDIO PAUL	ABSOLUTELY GLUTES 10:00-10:30 AM FIT STUDIO PAUL
		STABILITY & STRENGTH 10:00-10:45 AM FIT STUDIO KAREN		
		MOVE WELL 10:00-10:30 AM CYCLE STUDIO JEN		
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® 5:15-6:00 PM DANCE STUDIO PAUL	
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

JUNE 23 - AUGUST 27

Please see closure dates below.

Join us for worship.
Sundays at 10 am.

Enter through the North Entrance



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 254PRCP		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 11:15 AM-12:00 PM
				SMALL GROUP 1ST-5TH GRADERS 11:15 AM-12:00 PM
				SMALL GROUP 6TH-12TH GRADERS 11:15 AM-12:00 PM
				SMALL GROUP ADULTS 11:15 AM-12:00 PM

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.

*IMPORTANT FACILITY UPDATES AND CLOSURE DATES

The Kroc Center is undergoing major floor remodeling to ensure workout efficiency and facility beautification.
We apologize for any inconvenience these facility closures cause to our members.

Independence Day: Friday 7/4 - **Facility Closed**

Gym Flooring: Monday 8/4 to Monday 9/1 (Reopens Tuesday 9/2)

Floor Finishing in Gym: Thursday 8/28 to Monday 9/1 (72 hour cure: Saturday 8/30 to Monday 9/1) - **Facility Closed**

Pool Closure: Monday 8/18 to Monday 9/1 (Reopens Tuesday 9/2)

Labor Day: Monday 9/1 - **Facility Closed**

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