

MAY 2026

ACTIVITY SCHEDULE



LAND GROUPX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle Strength (Cycle & Strength Room) 6:00–6:45am, Jackie	Kroc Cycle (Cycle & Strength Room) 9–10am, Jenea	Walk & Talk (Rec Field) 6–7am	Yoga 7:45–8:45am, Anna	Body Blast 6:45–7:45am, Dilenna	Outdoor Yoga 8–9am, Cecilia
Yoga 7:45–8:45am, Anna	*Silver Sneakers Classic 11am–Noon, Siomara	Walk & Talk (Rec Field) 7:45–8:45am	Kroc Cycle (Cycle & Strength Room) 9–10am, Jenea	Yoga 8–9am, Jackie	Body Blast 9–10am, Brooklyn
Glutes, Abs & Gains 9–9:50am, Diana	*Strengthen, Stretch & Balance Noon–1pm, Siomara	Body Blast 9–10am, Dilenna	*Silver Sneakers Circuit 11am–Noon, Siomara	Strength in Motion 9–10am, Brooklyn	*Classes in DARK GREEN will be held in PA 218
*Dance Fit 10–11am, Lee	Cardio Combat 6–6:45pm, Kristie	*Tai Ji/ QiGong 10–11am, Joyce	*Strengthen, Stretch, & Balance Noon–1pm, Siomara	*Tai Ji/QiGong 1–2pm, Joyce	
*Pilates Sculpt 11–Noon, Lee		*Silver Sneakers Cardio Fit 11am–Noon, Margaret	Outdoor Yoga 5:45–6:45pm, Cecilia	Cardio Combat 5:45–6:30pm, Nancy	
*Pilates on the Ball Noon–1pm, Margaret		*Gentle Yoga Stretch Noon–1pm, Margaret			
		Body Blast 5:30–6:30pm, Brooklyn			
		Kroc Cycle (Cycle & Strength Room) 6:30–7:30pm, Kristie			

FAMILY/YOUTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Corner Zone Drop-in 4–5:30pm		Corner Zone Drop-in 10–11:30am	Climbing Tower 3:30–5:30pm	Corner Zone Drop-in 3:30–5pm	Parent Supervised Swim Skill Practice 8am–12:45pm, Sun.
					Climbing Tower 10am–Noon, Sat.

OPEN PLAY SPORTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Pickleball (Open Play) 10am–Noon	Pickleball (Open Play) 10am–Noon	Pickleball (Open Play) 10am–Noon	Pickleball (Open Play) 10am–Noon	Pickleball (Open Play) 10–Noon	Pickleball (Inter/Adv) 8–10am
Pick-Up Basketball 3:30–5:30pm		Pick-Up Basketball 7–8:30pm		Pick-Up Basketball 7–8:30pm	Pickleball (Open Play) 10am–Noon
		Drop-In Volleyball 7–8:30pm		Drop-In Volleyball 7–8:30pm	Pick-Up Basketball 2–4pm, Sunday
					Drop-In Volleyball 2–4pm, Sunday

PLAYCARE (KROC CONNECT APP)

Supervised, active fun for children while parents are exercising or using the Kroc Center facility. **For policies, hours and more information, scan QR code.

DROP-IN RATES: FREE/Play Plans
\$5/all other membership types (Child must be a member)
\$15/nonmembers

- Ages: 6 months–11 years
- Monday–Friday
7:45am–10:30am; 4:30–6:45pm
- Saturday 8:30–10:30am



All drop-in classes are 50 minutes unless otherwise noted. This allows time for set-up, activity and breakdown all to occur within the designated time slot. **Must register for class.** The minimum age for drop-in groupx classes is 16. Instructors are subject to change.

For class descriptions, please visit sd.kroccenter.org/fitness. To ensure everyone on the waitlist has the opportunity to participate, if a registered student has not arrived by the scheduled start time, their spot may be offered to a participant on the waitlist.

MAY 2026

ACTIVITY SCHEDULE



COMPETITION POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Wall Core & More 9–10 am, Brenda	Kroc Adult Swim Club 6–7am	Wall Core & More 9–10am, Suzi	Kroc Adult Swim Club 6–7am	Kroc Adult Swim Club 6–7am	Kroc Adult Swim Club 8:45–9:45am, Sunday
	Kroc Adult Swim Club 7–8pm		Kroc Adult Swim Club 7–8pm	Wall Core & More 9–10am, Brenda	

RECREATION POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Adult Water Workout 8–8:45am, Patricia	Aqua Zumba 8–9am, Miriam	Adult Water Workout 8–8:45am, Patricia	Aqua Zumba 8–9am, Carole	Adult Water Workout 8–8:45am, Patricia	Aqua Zumba 8–9am, Miriam, Saturday
Aqua Zumba 5:30–6:30pm, Miriam					Parent Supervised Swim Skills 10:30–11:45am, Sunday
Parent Supervised Swim Skills 6:30–8pm					

AQUA GROUPX

THERAPY POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUN
Open Session 6–8am	Low Impact Aqua Fit 9–10am, Kristin	Arthritis Foundation 9–10am, Patricia	Ai Chi 6:30–7:30am, Margaret	Open Session 6–8am	
Arthritis Foundation 9–10am, Patricia	Aqua Tone & Balance 1–2pm, Patricia	Open Session TOTS ONLY 11:15–11:45am	Low Impact Aqua Fit 9–10am, Kristin	Arthritis Foundation 9–10am, Patricia	
Ai Chi 10–11am, Patricia	Ai Chi 2–3pm, Patricia	Open Session Noon–2pm	Aqua Tone & Balance 1–2pm, Suzi	Ai Chi 10–11am, Patricia	
Ai Chi 1:30–2:30pm, Margaret		Open Session 5:30–6:30pm	Ai Chi 2–3pm, Suzi	Open Session Noon–2pm	Open Session 2–4pm
				Open Session TOTS ONLY 3–4pm	
				Open Session 5:30–6:30pm	

- All drop-in classes are 50 minutes unless otherwise noted. This allows time for set-up, activity and breakdown all to occur within the designated time slot. Must register for class.
- The minimum age for drop-in groupx classes is 16. Instructors are subject to change. For class descriptions, please visit sd.kroccenter.org/fitness
- For the safety and enjoyment of all, students may not join a class more than five (5) minutes after the scheduled start time.
- To ensure everyone on the waitlist has the opportunity to participate, if a registered student has not arrived by the scheduled start time, their spot may be offered to a participant on the waitlist.
- Our Group Exercise equipment will not be available for use outside of the appropriate class; each participant must set up and return their own equipment to its appropriate place at the start and end of class.
- To promote fairness and shared access, reservations will be limited to two (2) classes per day. Students may take additional classes on a walk-in basis only.