

# APRIL 2024 ACTIVITY SCHEDULE



## LAND GROUPX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle Strength (Community Room) 6:00-6:45am, Jackie	Kroc Cycle (Community Room) 9-10am, Jenea	Body Blast 9-10am, Dilenna	Yoga 7:45-8:45am, Anna	Body Blast 6:45-7:45am, Dilenna	Yoga (Field) 8-9am, Cecilia
Yoga 7:45-8:45am, Anna	*SS Classic 11am-Noon, Siomara	*SS Yoga 10-11am, Joyce	TRX 9-10am, Sara	Yoga 8-8:45am, Jackie	Body Blast 9-10am, Jay
Cardio Core Blast 9-9:40am, Jenea	*SS Chair Yoga Noon-1pm, Siomara	*Qi Gong 11-Noon, Joyce	*SS Circuit 10-11am, Robyn	*SS Classic 10-11am, Siomara	
*Dance Fit 10-11am, Lee	Cardio Combat 6-7pm, Kristie	Body Blast 5:30-6:30pm, Jay	*Strengthen, Stretch, and Balance 11am-Noon, Robyn	*SS Chair Yoga 11-Noon, Siomara	
*Pilates Sculpt 11-Noon, Lee		Kroc Cycle (Community Room) 6:30-7:30pm, Kristie	Yoga (Field) 5:45-6:45pm, Cecilia	*SS Cardio Fit 1:30-2:30pm, Margaret	
*SS Cardio Fit 1:30-2:30pm, Margaret	*Classes in <b>DARK GREEN</b> will be held in PA 218			*Gentle Yoga 2:30-3:30pm, Margaret	
Body Blast 5:30-6:30pm, Alyssa				Cardio Combat 5:45-6:30pm, Kristie	
Kroc Cycle (Community Room) 6:45-7:45pm, Alyssa					

## FAMILY & DROP IN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Tiny Tikes Splash (Rec Pool) 10:15-11:15am			Climbing Tower 3:30-5:30pm	Tiny Tikes Open Play (Corner Zone) 10am-12pm	Climbing Tower Sat 10-Noon
Parent Supervised Swim Practice 4:30-5:30pm				Corner Zone Drop-in 4:30-6:30pm (available when parties aren't booked - see kroocsales.org)	
Corner Zone Drop-in 4:30-6:30pm					
Youth Water Polo 6-7pm					

## PICKLEBALL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
Pickleball (Open Play) 10am-12pm	Pickleball (Open Play) 10am-12pm	Pickleball (Open Play) 10am-12pm	Pickleball (Open Play) 10am-12pm	Pickleball (Open Play) 10am-12pm	Pickleball (Advanced) 8-10am
		Pickleball (Beginner) 12pm-2pm			Pickleball (Open Play) 10am-12pm

### FREE PLAYCARE FOR KROC MEMBERS

Supervised, active fun for children while parents are exercising or using the Krooc Center facility. \*\*See Policies webpage for full playcare guidelines.

- AGES: 6 MONTHS–11 YEARS
- MONDAY-FRIDAY:  
9AM–11:30AM; 4:30–7PM
- SATURDAY: 9AM – 11:30AM



All drop-in classes are 55 minutes unless otherwise noted. Must register for class (use QR code on page).

The minimum age for drop-in groupx classes 16. Instructors are subject to change. For class descriptions, please visit [sd.krooccenter.org/fitness](https://sd.krooccenter.org/fitness)

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## ACTIVITY SCHEDULE




### COMPETITION POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Wall Core & More 9-10am, Brenda	Kroc Adult Swim Club 6-7am		Kroc Adult Swim Club 6-7am	Kroc Adult Swim Club 6-7am	Kroc Adult Swim Club 8:45-9:45am (Sun. only)
	Kroc Adult Swim Club 6:45pm-7:45pm			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, Terri	Adult Water Workout, 8-8:45am, Patricia	Aqua Zumba 8-9am, Teri	Adult Water Workout, 8-8:45am, Patricia	Aqua Zumba 8-9am, Miriam
Aqua Zumba 5:30-6:30pm, Miriam					

### THERAPY POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
	Open Session 6-8am	Ai Chi 6:30-7:30am, Margaret	Open Session 6-8am	Arthritis Foundation 9-10am, Patricia	Open Session (Sunday) 1-4pm
Arthritis Foundation 9-10am, Patricia	Low Impact Aqua Fit 9-10am, Kristin	Arthritis Foundation 9-10am	Low Impact Aqua Fit 9-10am, Kristin	Ai Chi 10-11am, Patricia	
Arthritis Foundation 10-11am, Patricia	Arthritis Foundation 1-2pm, Patricia	Arthritis Foundation 10-11am, Patricia	Arthritis Foundation 1-2pm, Suzi	Open Session 11am-12:30pm	
Ai Chi 3-4pm, Margaret	Ai Chi 2-3pm, Patricia	Open Session 11am-12:30pm	Arthritis Foundation 2-3pm, Suzi	Ai Chi 4-5pm, Margaret	
	Women's Health: Peri-Partum 6:30-7:30pm		Women's Health: Peri-Partum 6:30-7:30pm		

AQUA GROUPX

- All drop-in classes are 55 minutes unless otherwise noted. Must register for class (use QR code on page).
- The minimum age for drop-in groupx classes 16. Instructors are subject to change. For class descriptions, please visit [sd.kroccenter.org/fitness](https://sd.kroccenter.org/fitness)
- If a registered student is five (5) minutes or late to the class, their spot may be forfeited and given to a customer on the waitlist.
- No student may enter any class ten (10) minutes or more after the class start time.
- 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.
- If you would like to cancel a class, please live chat us to let us know by going to our website.
- Each student must check in at the front desk to receive the appropriate wrist band before entering the water.