RAY & JOAN KROC CENTER
SAN DIEGO, CA

NOVEMBER 2026
ACTIVITY SCHEDULE

THANKSGIVING HOLIDAY HOURS
Closing at 5pm Wednesday, Nov. 25. Closed Thursday, Nov. 26 and Friday, Nov. 27.

LAND GROUPX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle Strength (Cycle and Strength Room) 6–6:45am, Nina	Kroc Cycle (Cycle and Strength Room) 9–10am, Jenea	Walk and Talk (Gym Lobby) 7:45—8:45am	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	Body Blast 9–10am, Dilenna	Kroc Cycle (Cycle and Strength Room) 9–10am, Jenea	Yoga 8–9am, Mackie	Body Blast 9–10am, Diana
Glutes, Abs and Gains 9–9:50am, Diana	*Strengthen, Stretch and Balance Noon–1pm, Siomara	*Silver Sneakers Cardio Fit 10–11am, Margaret	*Silver Sneakers Circuit 11–Noon, Siomara	*Zumba 11–Noon, Siomara	*Classes in DARK GREEN will be held in PA 218
*Dance Fit 10–11am, Lee	Cardio Combat 6–6:45pm, Kristie	*Gentle Yoga Stretch 11–Noon, Margaret	*Strengthen, Stretch, & Balance Noon–1pm, Siomara		
*Body Sculpt 11–Noon, Lee		Kroc Cycle (Cycle & Strength Room) 6:30–7:30pm, Kristie	Outdoor Yoga 5:45–6:45pm, Cecilia		
*Pilates On the Ball Noon–1pm, Margaret			Cardio Combat 6–6:45pm, Nancy		

FAMILY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	Climbing Tower 10–Noon

OPEN PLAY SPORTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pickleball Open Play 10–Noon	Pickleball Open Play 10–Noon	Pickleball Open Play 10–Noon	Pickleball Open Play 10–Noon	Pickleball Open Play 10–Noon	Pick-Up Basketball 8–9am	Pickleball (Inter/Adv) 8–10am
Pick-Up Basketball 2:30–5:30pm	Pick-Up Basketball 2–4pm					Pickleball Open Play 10–Noon
		Drop-In Volleyball 7–9pm		Drop-In Volleyball 7–9pm		Drop-In Volleyball 2–4pm

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–Saturday: 8–11am
Monday–Friday: 4:30–6:45pm

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sd.kroccenter.org | 619-269-1460

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.

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COMPETITION POOL

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

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
Arthritis Foundation 9–10am, Patricia		Arthritis Foundation 9–10am, Patricia		Arthritis Foundation 9–10am, Patricia	Parent Supervised Swim Skill 10:45–11:45am, Sunday
Aqua Zumba 6–7pm, Miriam 5:30-6:30pm* effective 11/16					
Parent Supervised Swim Skill 7–8pm					

THERAPY POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
Open Session 6–8am	Low Impact Aqua Fit 9–10am, Kristin	Open Session 6–8am	Ai Chi 6:30–7:30am, Margaret	Open Session 6–8am	
Ai Chi 10–11am, Patricia	Aqua Tone & Balance 1–2pm, Patricia		Low Impact Aqua Fit 9–10am, Kristin	Ai Chi 10–11am, Patricia	
Ai Chi 1:30–2:30pm, Margaret	Ai Chi 2–3pm, Patricia		Aqua Tone & Balance 1–2pm, Suzi		
			Ai Chi 2–3pm, Suzi		Open Session 1–4pm
	Open Session 7–8pm		Open Session 7–8pm		

- **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.
- Register for classes up to 50 hours in advance on the Kroc Connect App. *Adult Water Workout 7am class is available at 6am.