

FEBRUARY 2026

ACTIVITY SCHEDULE



LAND GROUP

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|---|
| Cycle Strength (Cycle & Strength Room) 6:00-6:45am, Jackie | Kroc Cycle (Cycle & Strength Room) 9-10am, Jenea | Body Blast 9-10am, Dilenna | 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 | *TaiJi/ QiGong 10-11am, Joyce | 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 | *20-20-20 Noon-1pm, Lee | *Silver Sneakers Circuit 11am-Noon, Siomara | Strength in Motion 9-10am, Brooklyn | |
| *Dance Fit 10-11am, Lee | Cardio Combat 6-6:45pm, Kristie | Body Blast 5:30-6:30pm, Brooklyn | *Strengthen, Stretch, and Balance Noon-1pm, Siomara | *Silver Sneakers Cardio Fit Noon-1pm, Margaret | |
| *Pilates Sculpt 11-Noon, Lee | | Kroc Cycle (Cycle & Strength Room) 6:30-7:30pm, Kristie | Outdoor Yoga 5:45-6:45pm, Cecilia | *Gentle Yoga Stretch 1-2pm, Margaret | *Classes in DARK GREEN will be held in PA 218 |
| *Pilates on the Ball Noon-1pm, Margaret | | | | Cardio Combat 5:45-6:30pm, Nancy | |

FAMILY/YOUTH

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|---------------------------------|---------|--------------------------------|-------------------------------|---------------------------------|---|
| Corner Zone Drop-in 4-5:30pm | | Corner Zone Drop-in 10-11am | Climbing Tower 3:30-5:30pm | Corner Zone Drop-in 10-11am | Parent Supervised Swim Skill Practice 8am-12:45pm, Sun. |
| | | | | Corner Zone Drop-in 4-5:30pm | 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. **See Policies webpage for full playcare guidelines.

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: 8:30AM – 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.

FEBRUARY 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/Brenda | 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 | | | | | |

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 | Ai Chi 2-3pm, Suzi | Ai Chi 10-11am, Patricia | |
| Ai Chi 1:30-2:30pm, Margaret | | Open Session 5:30-6:30pm | | Open Session Noon-2pm | Open Session 2-4pm |
| | | | | Open Session TOTS ONLY 3-4pm | |
| | | | | Open Session 5:30-6:30pm | |

- AQUA GROUPX**
- 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.