

# SEPTEMBER 2025

## 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	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 9-9:40am, Diana	*Strengthen, Stretch & Balance Noon-1pm, Siomara	*20-20-20 Noon-1pm, Lee	Body Blast 9-10am, Diana	*Silver Sneakers Cardio Fit Noon-1pm, Margaret	<p>.....</p> <p>*Classes in <b>DARK GREEN</b> will be held in PA 218</p>
*Dance Fit 10-11am, Lee	Cardio Combat 6-6:45pm, Kristie	Body Blast 5:30-6:30pm, Brooklyn	*Silver Sneakers Circuit 11am-Noon, Siomara	*Gentle Yoga Stretch 1-2pm, Margaret	
*Pilates Sculpt 11-Noon, Lee		Kroc Cycle (Cycle & Strength Room) 6:30-7:30pm, Kristie	*Strengthen, Stretch, and Balance Noon-1pm, Siomara	Cardio Combat 5:45-6:30pm, Kristie	
*Pilates on the Ball Noon-1pm, Margaret			Outdoor Yoga 5:45-6:45pm, Cecilia		

### FAMILY/YOUTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
Corner Zone Drop-in 4-5:30pm			Climbing Tower 3:30-5:30pm	Tiny Tikes 10am-Noon	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		Pickleball (Beginner) Noon-2pm		Pick-Up Basketball 7-8:30pm	Pickleball (Open Play) 10am-Noon
		Pick-Up Basketball 7-8:30pm		Drop-In Volleyball 7-8:30pm	Pick-Up Basketball 2-4pm, Sunday
		Drop-In Volleyball 7-8:30pm			Drop-In Volleyball 2-4pm, Sunday

### FREE PLAYCARE FOR KROC MEMBERS

Supervised, active fun for children while parents are exercising or using the Kroc 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 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 16. Instructors are subject to change.

For class descriptions, please visit [sd.kroccenter.org/fitness](https://sd.kroccenter.org/fitness)

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### 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, Sub	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 Skills 10:30-11:45am, Sunday
Aqua Zumba 5:30-6:30pm, Miriam					
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	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	Aqua Stretches 10-11am, Suzi	Low Impact Aqua Fit 9-10am, Kristin	Ai Chi 10-11am, Patricia	
Ai Chi 1:30-2:30pm, Margaret	Ai Chi 2-3pm, Patricia	Ai Chi 11am-Noon, Suzi	Aqua Tone & Balance 1-2pm, Suzi	Open Session noon-2pm	
Open Session 5-6:30pm		Open Session 5-6:30pm	Ai Chi 2-3pm, Suzi	Ai Chi 2:30-3:30pm, Margaret	Open Session 2-4pm

- 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 16. Instructors are subject to change. For class descriptions, please visit [sd.kroccenter.org/fitness](http://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, before entering the water.