

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|---|--|---|--|------------------------------------|---|
| LAND GROUPX | Cycle Strength (Cycle and Strength Room) 6–6:45am, Jackie | 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, Jackie | Body Blast 9–10am, Diana |
| | Glutes, Abs and Gains 9–9:50am, Diana | *Strengthen, Stretch and Balance Noon–1pm, Siomara | *Silver Sneakers Cardio Fit 11am–Noon, Margaret | *Silver Sneakers Circuit 11am–Noon, Siomara | *Zumba 11am–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 Noon–1pm, Margaret | *Strengthen, Stretch, & Balance Noon–1pm, Siomara | | |
| | *Pilates 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 | | |

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|---------------------------------|---------|-----------------------------------|-------------------------------|---------------------------------|-----------------------------|
| FAMILY | 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 10am–Noon |

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



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.

| COMPETITION POOL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|------------------|------------------------------------|-------------------------------|--------------------------------------|-------------------------------|--------------------------------------|---|
| | Wall Core and More 9–10am, Suzi | Kroc Adult Swim Club 6–7am | Wall Core and More 9–10am, 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 and More 9–10am, Brenda | |
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| RECREATION POOL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|-----------------|--|-----------------------------|---|-----------------------------|---|--|
| | Adult Water Workout 7–8am, Patricia | Aqua Zumba 8–9am, Miriam | Adult Water Workout 7–8am, Patricia | Aqua Zumba 8–9am, Carole | Adult Water Workout 7–8am, Patricia | Aqua Zumba 8–9am, Miriam, Saturday |
| | Arthritis Foundation 8–9am, Patricia | | Arthritis Foundation 8–9am, Patricia | | Arthritis Foundation 8–9am, Patricia | Parent Supervised Swim Skill 10:45–11:45am, Sunday |
| | Aqua Zumba 6–7pm, Miriam | | | | | |
| | 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 | Open Session 2–4pm |
| | | Aqua Tone & Balance 1–2pm, Patricia | Ai Chi 9–10am, Patricia | Low Impact Aqua Fit 9–10am, Kristin | Ai Chi 9–10am, Patricia | |
| | Ai Chi 1:30–2:30pm, Margaret | Ai Chi 2–3pm, Patricia | Open Session 6–7:30pm | Aqua Tone & Balance 1–2pm, Suzi | Open Session 6–7:30pm | |
| | | | Ai Chi 2–3pm, Suzi | | 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 group 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.