

# MARCH 2024

## FACILITY HOURS

MON-FRI ..... 4:30AM-9PM  
SAT-SUN ..... 6AM-7PM

### SPECIAL HOURS

FRI, MAR 29 ..... 7AM-4PM (GOOD FRIDAY)  
SUN, MAR 31 ..... CLOSED (EASTER SUNDAY)

### CHILD WATCH (Kroc Members only)

MON-FRI ..... 8AM-8PM  
SAT ..... 8AM-12PM  
SUNDAY ..... CLOSED

### GAME ROOM (Kroc Members only)

MON-FRI ..... 4-8PM  
SAT ..... 8AM-12PM  
SUN ..... CLOSED

## HEALTH & WELLNESS CENTER

### FITNESS CENTER

MON-FRI ..... 4:30AM-9PM  
SAT-SUN ..... 6AM-7PM

## ATHLETICS GYMNASIUM

### OPEN SPORTS COURT

MON ..... 12-4PM (CLOSED FOR PROGRAMMING 4-6:30PM)  
TUES ..... 12-3:30PM (CLOSED FOR PROGRAMMING 3:30-6:30PM)  
WED ..... 12-4PM (CLOSED FOR PROGRAMMING 4-6:30PM)  
THURS ..... 12-3:30PM (CLOSED FOR PROGRAMMING 3:30-6:30PM)  
FRI ..... 12-4PM  
SAT ..... 10AM-2PM  
SUN ..... 12-2PM

### GYMNASIUM SPECIAL HOURS/CLOSURES

MAR 9-10, 23 ..... CLOSED  
MAR 31 ..... CLOSED

### PICK-UP GAMES (HALF-COURT)

VOLLEYBALL ..... TUES/THURS 6:30-9PM  
BASKETBALL ..... MON/WED 6:30-8PM

### PICK-UP PICKLEBALL

WED/FRI/SUN ..... 9AM-12PM

## AQUATICS CENTER

### AQUATICS CENTER SPECIAL HOURS

MAR 14 ..... CLOSING AT 5:30PM  
MAR 29 ..... CLOSING AT 3:30PM

### ADVENTURE COVE (INCLUDES LAZY RIVER & LEISURE POOL)

See below for Leisure Pool closures due to programs.

MON-FRI ..... 10-11:30AM, 12-3PM, 3:30-5:30PM  
8-10AM, 5:30-7PM | LAZY RIVER OPEN FOR WATER WALKING ONLY (ADULT AGES 18+), ONE-WAY  
11:30AM-12PM, 3-3:30PM | POOL BREAK  
3:30-6PM | LEISURE POOL CLOSED FOR PROGRAMS  
SAT ..... 10AM-1PM, 1:30-6PM  
8-10AM | LAZY RIVER OPEN FOR WATER WALKING ONLY (ADULT AGES 18+), ONE-WAY  
9AM-3:30PM | LEISURE POOL CLOSED FOR PROGRAMS  
9:30-10AM, 1-1:30PM | POOL BREAK  
SUN ..... 10AM-1PM, 1:30-6PM  
8-10AM | LAZY RIVER OPEN FOR WATER WALKING ONLY (ADULT AGES 18+), ONE-WAY  
9AM-1PM | LEISURE POOL CLOSED FOR PROGRAMS  
9:30-10AM, 1-1:30PM | POOL BREAK

### WATER SLIDES

FRI ..... 2-5:30PM  
SAT-SUN ..... 10AM-6PM

### WATER PLAY STRUCTURE

MON-FRI ..... 12-5:30PM  
SAT-SUN ..... 10AM-6PM

### COMPETITION POOL

Lanes for lap swimming only. See below for lane closures due to programs.

MON-FRI ..... 8AM-7PM  
8-10AM, 11:30AM-12PM, 3-3:30PM | ADULT (18+) LAP SWIM ONLY  
3-7PM | LIMITED LAP LANES (CIRCLE SWIMMING ENCOURAGED)  
SAT-SUN ..... 8AM-6PM  
9:30-10AM, 1-1:30PM | ADULT (18+) LAP SWIM ONLY

### DIVING BOARD (COMP POOL)

SAT-SUN ..... 10AM-6PM

### ROCK WALL

MON-FRI ..... 12-4PM  
SAT-SUN ..... 10AM-6PM

### JACUZZI

Follows Competition Pool hours. Limit 15 minutes/person.

## KROC CAFE

DAILY ..... 10AM-4PM  
TUES-WED ..... GRAB & GO ONLY

## KROC CHURCH

In-person and online. See pg 4.  
SUN ..... 8AM & 10AM

All schedules are subject to change. Questions or cancelling a reservation? Call 808.682.5505. Free Wi-Fi available. See the Member Services Desk for info.

**REMINDER: Outside food or beverage not permitted.**  
Alcohol, tobacco, and firearms strictly prohibited.

# GROUP EX SCHEDULE

CHECK-IN AT CLASS LOCATION

\*\*\* NEW CLASS OR CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STUDIO 1	<b>HIGH LOW</b> 8:30–9:20AM Melisa (Max. 25)  <b>BODY PUMP</b> 9:30–10:20AM Lori (Max. 20)  <b>SILVER SNEAKERS CLASSIC***</b> 10:30–11:20AM Patrick (Max. 15)  <b>HIIT</b> 5–5:50PM Lisa (Max. 25)  <b>GENTLE YOGA</b> 6–6:50PM Lisa (Max. 35)  <b>BODY PUMP</b> 7–7:50PM Lisa (Max. 20)	<b>TAI CHI</b> 6:30–7:20AM Jerry (Max. 35)  <b>BODY PUMP</b> 8:30–9:20AM Ande (Max. 20)  <b>ZUMBA</b> 9:30–10:20AM Nisi (Max. 40)  <b>TOTAL BODY CONDITIONING</b> 5–5:50PM Carla (Max. 25)  <b>KICKBOXING</b> 6–6:50PM Lei (Max. 28)  <b>ZUMBA</b> 7–7:50PM Dawne and Hana (Max. 40)	<b>BOOT CAMP</b> 8:30–9:20AM Jo (Max. 12) (Alt. Location: Fire Lane)  <b>KICKBOXING</b> 9:30–10:20AM Lei (Max. 30)  <b>BODY PUMP</b> 5–5:50PM Lisa (Max. 20)  <b>VINYASA YOGA</b> 6–6:50PM Lisa (Max. 35)	<b>TAI CHI</b> 6:30–7:20AM Jerry (Max. 35)  <b>BODY PUMP</b> 8:30–9:20AM Ande (Max. 20)  <b>ZUMBA</b> 9:30–10:20AM Nisi (Max. 40)  <b>BODY COMBAT</b> 5–5:50PM Laura (Max. 25)  <b>POP PILATES</b> 6–6:50PM Pinky (Max. 35)  <b>ZUMBA</b> 7–7:50PM Dawne & Hana (Max. 40)	<b>BARRE***</b> 8:30–9:20AM Ande (Max. 30)  <b>SILVER SNEAKERS BOOM MUSCLE***</b> 9:30–10:20AM Patrick (Max. 15)  <b>CLUB SWINGING</b> 10:30–11AM Ananda (Max. 20)  <b>HATHA YOGA</b> 11:05–11:50AM Ananda (Max. 20)  <b>BODY PUMP</b> 5–5:50PM Laura (Max. 20)  <b>ZUMBA</b> 6–7PM Molly (Max. 40)	<b>BODY COMBAT</b> 8:30–9:20AM Laura (Max. 25)  <b>ZUMBA</b> 9:30–10:20AM Dela (Max. 40)  <b>VINYASA YOGA</b> 10:30–11:20AM Lisa (Max. 35)	<b>STEP &amp; SCULPT</b> 8:30–9:20AM Jo (Max. 25)  <b>ZUMBA</b> 9:30–10:20AM Edelynn (Max. 40)  <b>YOGA</b> 10:30–11:20AM Amy (Max. 35)

STUDIO 2	<b>STEP HIIT</b> 8:30–9:20AM Josh (Max. 20)  <b>CHAIR YOGA/ TAI CHI</b> 9:45–10:35AM Ananda (Max. 15)  <b>CYCLE</b> 6–6:50PM Brittany (Max. 20)	<b>STEP HIIT</b> 8:30–9:20AM Josh (Max. 15)  <b>YOGA FLOW</b> 9:30–10:20AM Kat (Max. 15)  <b>STABILITY</b> 10:30–11:20AM Ande (Max. 15)	<b>3D FLEXIBILITY</b> 8:30–9:20AM Carla (Max. 20)  <b>SILVER SNEAKERS BOOM MUSCLE</b> 9:30–10:20AM Kat (Max. 15)	<b>STEP HIIT</b> 8:30–9:20AM Josh (Max. 15)  <b>SILVER SNEAKERS STABILITY</b> 9:45–10:35AM Patrick (Max. 15)  <b>BODY BLAST</b> 6–6:50PM Lisa (Max. 12)	<b>CYCLE</b> 8:30–9:20AM Carla (Max. 20)  <b>TOTAL BODY CONDITIONING***</b> 9:30–10:20AM Josh (Max. 25)	<b>CYCLE</b> 8:30–9:20AM Lisa (Max. 20)  <b>BODY PUMP</b> 9:30–10:20AM Brittany (Max. 12)	
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# AQUA GROUP EX SCHEDULE

CHECK-IN AT CLASS LOCATION

\*\*\* NEW CLASS OR CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADVENTURE COVE	<b>SILVER SNEAKERS SPLASH</b> 8:30–9:20AM Patrick (Max. 25)	<b>AQUA YOGA FLOW</b> 8:30–9:20AM Kat (Max. 25)		<b>ARTHRITIS FOUNDATION AQUA</b> 9:30–10:20AM Joett (Max. 25)	<b>AQUA ZUMBA</b> 8:30–9:20AM Melisa (Max. 25)		
COMP POOL			<b>DEEP WATER AQUA</b> 8:30–9:20AM Joett			<b>AQUA FIT</b> 8:30–9:20AM Joett	

# GROUP EXERCISE CLASS DESCRIPTIONS

**Ages 12–15 must be accompanied by an adult. Unless otherwise noted, all classes are open to all fitness levels.**

## DANCE FITNESS

### BARRE

Barre Class uses elements from ballet, pilates, and yoga to provide a low impact workout that tones the body while burning fat and improving mobility and flexibility.

### STEP HIIT

STEP HIIT class brings a classic step aerobics format up to date by making it a high intensity training. Combining low-impact cardio with high-energy music, it provides a full-body workout with a specific focus on lower body conditioning that fits a wide range of fitness levels.

### STEP & SCULPT

Basic step routines that is combines with strength training.

### ZUMBA

It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie burning total body dance-based workout. Fun mix of Latin flavor and international beats designed to tone your body.

### ZUMBA GOLD

Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their fitness journey.

## MIND & BODY

### CHAIR YOGA/ TAI CHI

Taking the best of both arts, yoga & Tai Chi. It is a seamless blend of Tai Chi arms with seated yoga stretches. This will be a blissful hour for young & old alike.

### CLUB SWINGING & HATHA YOGA

Come join us for weighted club swinging for the first half and Hatha yoga for the second half of class! In class we use clubs 1-4 lbs to enhance mobility, strength, coordination, and rotational power. The art of swinging clubs originated in India and Persia and is an alternative to conventional weight training. Hatha yoga is the most widely practiced form of yoga in the world. The class uses postures and breathing techniques in combination with mental focus to develop awareness, strength, flexibility, and relaxation.

### POP PILATES

A combination of total body Pilates exercises with the attitude of choreographed dance and the energy of music, results in an intense workout that is fun and effective. Every exercise can be modified to fit YOUR personal needs.

### SILVER SNEAKERS STABILITY

Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength.

### STABILITY

Stability class uses many different formats to improve balance, mobility, posture and agility for overall better body awareness and movement.

### TAI CHI: MOVING FOR BETTER BALANCE

A nontraditional form of exercise, which is used to help participants improve postural stability, gait initiation and locomotion, movement symmetry, and coordination; increase the range of motion around ankle joints; and build strength in lower extremities.

### YOGA

Revitalize your body, relax your mind, and reduce stress with slow, standing flows and floor poses to increase your strength and flexibility. Explore body alignment, deep breathing and balance in a supportive environment for all levels. Variations may include Flow, Gentle, Hatha, and Vinyasa.

## STRENGTH & CONDITIONING

### 3D FLEXIBILITY

This class will incorporate all modes of stretching to help improve your flexibility. We will hit the most common tight areas in our bodies from all directions. We will use Yoga, Myofascial, Stretching (dynamic, static & PNF). By improving our flexibility, it will help prevent injuries and have a better quality of life.

### BODY BLAST

This class combines various training styles and equipment to deliver a dynamic cardio and weight training workout. Get game-changing results while building strength and stamina.

### BODY COMBAT

Body Combat provides a high-intensity and high energy workout using martial arts inspired movements to build upper and lower body strength. The class incorporates different formats such as Muay Thai, Taekwondo, Boxing, Kickboxing and more! This is a full body workout that is sure to burn calories and build overall strength. You will leave this class feeling strong, motivated, and empowered!

## STRENGTH & CONDITIONING (CONT.)

### BODYPUMP®

Using light to moderate weights with lots of repetitions (reps), BODYPUMP® gives you a total body workout that burns lots of calories. The rep effect—a scientifically proven Les Mills formula—is the secret to developing lean athletic muscle without the need for heavy weights.

### BOOT CAMP

An outdoor class that mixes interval training and strength exercises through tires, battle ropes, medicine balls and more. Be ready to be pushed beyond your limits. Hat, sunglasses, and sunblock recommended.

### CYCLE

If a challenge is what you're looking for, this is it! Whether you're training for a triathlon or riding for cardiovascular health, this class will get you there. Come enjoy the ride!

### HIGH LOW

High Low is a lower impact workout, while still offering impact progressions for every move. HIGH Low is a steady state cardio workout. Highly adaptable to all fitness levels, this lower impact format focuses on the steady state (or aerobic) training zone – the heart rate remains in a manageable yet constant and challenging, aerobic state for the majority of the class. Lower impact leads to less joint discomfort while still yielding those important mental health benefits and improving overall fitness and cardiovascular health. Consistent with the HIGH brand, are the elements of fun, fabulous music, and a community-based inclusive environment!

### KICKBOXING

This class combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Build stamina, improve coordination and flexibility, and burn calories as you build lean muscle with this fun and challenging workout

### SILVER SNEAKERS BOOM MUSCLE

Muscle-conditioning blocks and activity-specific intervals to improve cardiovascular health and functional skill.

### SILVER SNEAKERS CLASSIC

Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

### TOTAL BODY CONDITIONING

A workout that will strengthen the whole body and increase cardiovascular conditioning. A wide variety of equipment may be used.

## AQUA FITNESS

### AQUA FIT

This is a full body workout, a combination of cardiorespiratory, muscle conditioning, and interval training. Participants can increase range of motion using non-impact movements. Can be conducted in a deep or shallow pool.

### AQUA YOGA FLOW

Aqua Yoga Flow is a sequence of movements from one posture to the next and is timed with the inhalation or exhalation of breath. This is a great class to help build your strength, flexibility, and balance using the resistance of the water. Yoga also helps alleviate stress and anxiety.

### AQUA ZUMBA

Splashing, stretching, twisting, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

### ARTHRITIS FOUNDATION PROGRAM

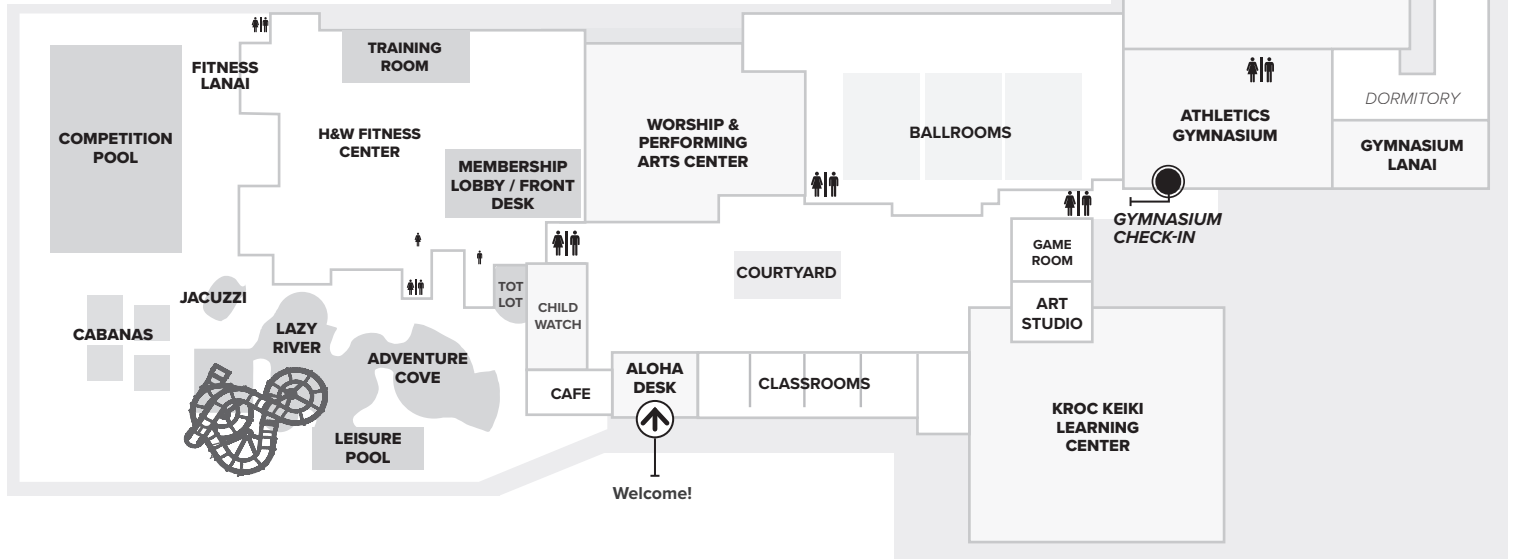
Group program using a variety of water-based exercises to increase physical activity among adults with Arthritis. Note: Participants do not need to know how to swim to participate.

### SILVER SNEAKERS SPLASH

Shallow-water exercise for all skill levels to increase strength and cardiovascular endurance.

# FACILITY MAP • CHECK-IN STATIONS

LOCATIONS IN ITALICS ARE TEMPORARILY CLOSED.



## CENTER INFO & SAFETY GUIDELINES

### WALK-INS FOR AQUATICS CENTER AND FITNESS

**CENTER:** Reservations are not required. Entrance is allowed until max capacity is reached.

**CLEANING:** Please wipe equipment with the provided disinfectant cleaner and paper towels before and after your workout. High-touch areas are sanitized and cleaned daily.

**FAMILY LOCKER ROOMS (FLR):** Family locker rooms (Aquatics breezeway) are available for member use. FLR will remain locked when not in use—please request access from an Aquatics or Member Services staff. Showers are also available in the Men's & Women's Locker Rooms.

**GYMNASIUM & SPORTS COURT:** If maximum capacity is reached for Open Sports Court, a time limit of 60 minutes will be enforced to ensure more members get play time.

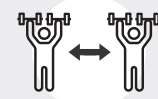
**GUEST PASSES:** Non-members may purchase a guest pass at the Front Desk to enjoy the facility for a day. **Photo ID required for ages 18+.** Rates: Adult (18+) \$24, Youth (0-17) \$20, Seniors (65+) \$22. Members get a 50% discount when purchasing passes (limit 5 passes per membership plan). Member must be present with guests to receive this rate.

**KROC CHURCH SERVICES:** Sundays 8 & 10AM, Worship Center. All are welcome. Kroc membership is not required. Livestream available at [bit.ly/krocchurchonline](https://bit.ly/krocchurchonline). Download the Kroc Church app (available in all app stores) for more info.

### WHAT TO EXPECT AT THE KROC



**BRING YOUR OWN**  
WATER BOTTLE,  
TOWEL, AND  
EXERCISE MAT



**LIMITED**  
OCCUPANCY  
IN SOME AREAS

**DAILY CLEANING**  
IN HIGH TRAFFIC  
AREAS



**WWW.KROCCENTERHAWAII.ORG**

808.682.5505 | 91-3257 Kualaka'i Pkwy, Ewa Beach, HI 96706

Mon–Fri 4:30AM–9PM | Sat–Sun 6AM–7PM

