AUGUST 2022

FACILITY HOURS
MON–FRI .................. 4:30AM–9PM
SAT–SUN .................. 6AM–7PM

SPECIAL HOURS
SUN, AUG 28 .......... 6AM–3PM
ALL TEAM MEETING

CHILD WATCH
MON–FRI .................. 8AM–12PM
............................. 3:30–8:15PM
SAT ..................... 8AM–12PM
SUNDAY ................. (CLOSED)

GAME ROOM
MON–FRI .................. 4–8PM
SAT & SUN ............... (CLOSED)

HEALTH & WELLNESS CENTER
FITNESS CENTER
MON–FRI .................. 4:30AM–9PM
SAT–SUN ................. 6AM–7PM

ATHLETICS GYMNASIUM
OPEN SPORTS COURT
MON ................. 12–6:30PM (HALF COURT 6:30–8PM)
TUES ................. 12–3:30PM (GYM CLOSED FOR PROGRAMMING 3:30–6:30PM)
WED ................. 12–6:30PM (HALF COURT 6:30–8PM)
THURS ............... 12–3:30PM (GYM CLOSED FOR PROGRAMMING 3:30–6:30PM)
FRI .................. 12–4PM
SAT .................. 9AM–2PM (HALF COURT 9–10:30AM)
SUN .................. CLOSED

PICK-UP GAMES (HALF-COURT)
VOLLEYBALL .......... TUES/THURS 6:30–9PM
BASKETBALL ........ MON/WED 6:30–8PM

PICK-UP PICKLEBALL (GYMNASIUM LANAI)
Reservations required. Max 12.
WED .................. 10AM–12PM
SAT .................. 9–10:30AM

AQUATICS CENTER

AQUATICS CENTER SPECIAL HOURS
THUR, AUG 11 .......... Closes at 5:30PM
SUN, AUG 28 ........ Closes at 2:30PM
ALL TEAM MEETING

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
3:30–5:30PM | 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
11:30AM–12PM, 3–3:30PM | ADULT (18+), L Lap swim only
4–7PM | LANES 1–5 CLOSED (SWIM TEAM)

SAT–SUN ................. 8AM–6PM
9:30–10AM, 1–1:30PM | ADULT (18+) L Lap swim only

DIVING BOARD (COMPETITION POOL)
MON–FRI ............... 12–4PM
SAT–SUN ................. 10AM–6PM

JACUZZI
Follows Competition Pool hours. Limit 15 minutes/person. Max 12 people.

KROC CAFE
FRI–SAT .................. 10AM–4PM
SUN .................. 9AM–4PM

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
**RESERVATION REQUIRED • CHECK-IN AT CLASS LOCATION**

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## AQUA GROUP EX SCHEDULE
**RESERVATION REQUIRED • CHECK-IN AT CLASS LOCATION**

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* Masks optional for indoor and outdoor classes.

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**NEW CLASS OR CHANGE**

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Unless noted, max cap for group ex classes are as follows:
- **FITNESS LANAI**, MAX 15
- **STUDIO 1**, MAX 20 • **STUDIO 2**, MAX 15
- **GYM LANAI**, MAX 15

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Unless noted, max cap for aqua classes are as follows:
- **ADV COVE**, MAX 15
- **COMP POOL**, MAX 20

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2
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

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

GENTLE PILATES
This mindful Mat workout is a slow-paced introduction of Pilates exercises that invites you to explore movements in your body that support optimal alignment, centered strength, and both stability and mobility in your joints.

GENTLE YOGA
Ideal for beginners who want a slower pace with basic yoga postures, breathing techniques, stretch, 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.

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.

RESTORATIVE ROLL & STRETCH
Reduce stress, recover faster, increase flexibility and gain greater mobility through a balance of myofascial release techniques and gentle stretching.

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.

YOGA FLOW
In Flow yoga, the sequence of movements from one posture to the next is timed with the inhalation or exhalation of breath. This is a great class to help build your strength, flexibility, balance and alleviate stress and anxiety.

YOGA RECOVERY
Align your joints and muscles in this gentle recovery class. A hybrid of yoga stretches along with fascia rolling to enhance the healing of our connective tissues. Yoga Recovery will help you with rejuvenation and relaxation, increase circulation, and mobility.

STRENGTH & CONDITIONING

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 PUMP®
Using light to moderate weights with lots of repetitions (reps), BODY PUMP® 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. Be ready to be pushed harder than you would push yourself. 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!

CYCLE (EXPRESS)
A High-Intensity Interval Training workout that is a perfect option for those with places to go. Expect high intensity sprint intervals, tabatas, and challenging climbs to increase your power and stamina.

CYCLE & CORE
This class format is divided into cycle and half core. Various types of different equipment are used each week for the core exercises.

STRENGTH & CONDITIONING (CONT.)

FOREVER FIT
This strength class is designed for the beginning, or deconditioned, participant. You will be using equipment to work on all major muscle groups and can increase intensity when ready.

GLUTE CAMP
Integrating lower body and core, this class will focus on building both functional strength and aesthetics.

HIGH FITNESS
HIGH Fitness is a unique mix of Old School Aerobics transformed into a modern, heart-pounding, fun, and effective workout. Alternating high-intensity movement with active recovery means you avoid plateaus and constantly challenge your body in a safe and effective way that works for YOU! HIGH Fitness uses ZERO equipment and provides a full-body workout that has been shown to improve overall endurance, stamina, strength, and cardiovascular health. More importantly, it yields extremely important mental health benefits. Cardio and strength meet leg warmers with a splash of air guitar.

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.

STRONG NATION
Unique format that combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.

TABATA
This is a total-body program that incorporates strength training, cardio, core work and flexibility. It challenges your entire body with high intensity, short duration exercises. Tabata features 20 second intervals of extreme exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body.

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 HIIT
This class can use just the water or buoyant aquatic equipment to help tone your upper and lower body as well as improve your core muscles to stabilize your body in water. The water provides atmosphere of safe resistance for aerobic conditioning.

AQUA TABATA
This class is a high intensity interval class performed in the water. This class is a fun and effective workout designed to torch calories. The greater intensity of this HIIT workout is tiresome, but brings about results in a shorter amount of time.

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.

ARTHITIS FOUNDATION AQUA CLASS
The Arthritis Foundation Aquatic Program (AFAP) is a community-based, group program that uses a variety of water-based exercises to increase physical activity among adults with arthritis. Increase range of motion, strength, endurance, self-confidence. Reduce fatigue, stiffness, and pain.

DEEP AQUA
This is a full body workout, a combination of cardio respiratory, muscle conditioning, and interval training. Conducted in the deep pool, participants can increase range of motion using non-impact movements.
CENTER INFO & SAFETY GUIDELINES

WALK-INS FOR AQUATICS CENTER AND FITNESS CENTER: Reservations are not required. Entrance is allowed until max capacity is reached.

RESERVATIONS-GROUP EXERCISE & PICKLEBALL: To attend a Group Ex class or Pickleball, make a reservation online (up to 25-hours in advance) at bit.ly/krocclasses. Check-in with the attendant at your specified check-in area.

CANCEL A RESERVATION: Please let us know as soon as possible if you are unable to keep your reservation via online chat on our website or call 808.682.5505.

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: effective July 1st. Adult (18+) $21, Youth (0-17) $17, Seniors (65+) $18. 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. Please reserve your seat for in-person worship at bit.ly/krocchurchrsvp. Livestream available at 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