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.

JULY 2024

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

SPECIAL HOURS
THUR, JULY 4 ......................... 7AM–4PM (INDEPENDENCE DAY)

CHILD WATCH (Kroc Members only)
MON–FRI ........................................8AM–12PM, 3PM–8PM
SAT ............................................. 8AM–12PM
SUN ............................................. 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
"SUBJECT TO CHANGE DUE TO RENTALS OR PROGRAMMING.
MON ..............................................12–6:30PM*
TUES ............................................12–3:30PM (CLOSED FOR PROGRAMMING 3:30–6:30PM)
WED .............................................12–6:30PM*
THURS .........................................12–3:30PM (CLOSED FOR PROGRAMMING 3:30–6:30PM)
FRI ..............................................12–4PM
SAT .............................................10AM–2PM
SUN .............................................12–2PM

GYMNASIUM SPECIAL HOURS/CLOSURES
JULY 4 ...................... OPEN 12–4PM
JULY 20 .................. CLOSED

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

PICK-UP PICKLEBALL
WED/FRI/SUN ................. 9AM–12PM

KROC CAFE
DAILY ..............................................10AM–4PM
TUES–WED ..................... GRAB & GO ONLY

KROC CHURCH
In-person and online. See pg 4.
SAT–SUN ..................... 10AM–6:30PM

JACUZZI
Follows Competition Pool hours. Limit 15 minutes/person.

AQUATICS CENTER
AQUATICS CENTER SPECIAL HOURS
JULY 4 ................................................. CLOSES AT 3:30PM
JULY 11 ............................................ CLOSES AT 5:30PM

ADVENTURE COVE (INCLUDES LAZY RIVER & LEISURE POOL)
See below for Leisure Pool closures due to programs.
MON–FRI ........................................ 10–11:30AM, 12–3PM, 3:30–6PM
8–10AM, 6–7PM | 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, 1:30–6:30PM
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, 1:30–6:30PM
8–10AM | LAZY RIVER OPEN FOR WATER WALKING ONLY (ADULT AGES 18+), ONE-WAY
9AM–3PM | LEISURE POOL CLOSED FOR PROGRAMS
9:30–10AM, 1–1:30PM | POOL BREAK

WATER SLIDES
MON–FRI ......................... 10AM–6PM
SAT–SUN ......................... 10AM–6:30PM

WATER PLAY STRUCTURE
MON–FRI ......................... 10AM–6PM
SAT–SUN ......................... 10AM–6:30PM

COMpetition POOL
Lanes for lap swimming only.
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–6:30PM
9:30–10AM, 1–1:30PM | ADULT (18+) LAP SWIM ONLY

DIVING BOARD (COMP POOL)

ROCK WALL
MON–FRI ......................... 10–4PM
SAT–SUN ......................... 10AM–6:30PM

JULY 2024
### GROUP EX SCHEDULE

**JULY 2024 | CHECK IN AT CLASS LOCATION**

<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
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<td><strong>HIGH LOW</strong></td>
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<td><strong>Jon (Max. 20)</strong></td>
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<td><strong>SILVER SNEAKERS CLASS</strong></td>
<td><strong>9:15–9:30AM</strong></td>
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### WHICH DROP-IN CLASS IS RIGHT FOR ME?

- **ACTIVE**: Designed to be more energetic, progressive, and challenging.
- **GENTLE**: Designed to be easier and the pace is at a slower tempo.
- **HIGH**: Designed to be strong and powerful, higher in intensity.
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.

EVERYDAY DANCE
Get fit with varying dance steps from swing, salsa, waltz, polka and many more to help you boogie with it at any event. Instruction will also be provided with the support/use of a chair if needed. So, it really is for everyone!

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.

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
Reinvigorate 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 flexiblity, 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.

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.

ARTHITIS 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.

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 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. You will find 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.

PILATES FUSION
This is “an invigorating blend of Pilates and leg and glute exercises set to modern beats. With small, controlled movements, you sculpt and strengthen all major muscle groups, and improve alignment. It’s a low impact but intense way to heat up your training.”

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.

TRUE GRIT
True GRIT is a is a 30-minute high-intensity interval training (HIIT) strength training workout, designed to improve strength, cardiovascular fitness and build lean muscle. This workout uses barbell, weight plate and bodyweight exercises to blast all major muscle groups. True Grit takes cutting-edge HIIT and combines it with powerful music motivating you to go harder to get fit, fast.
**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. Download the Kroc Church app (available in all app stores) for more info.