DECEMBER 2022

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

SPECIAL HOURS
SAT, DEC 24 ............................... 6AM–12PM (CHRISTMAS EVE)
SUN, DEC 25 ................................ CLOSED (CHRISTMAS)
MON, DEC 26 ............................... 7AM–4PM (CHRISTMAS OBSERVED)
SAT, DEC 31 ................................ 6AM–12PM (NEW YEARS EVE)

CHILD WATCH
MON–FRI ........................................ 8AM–12PM | 3:30–8PM
SAT .............................................. 8AM–12PM
SUN ............................................. CLOSED

GAME ROOM
MON–FRI ........................................ 4–8PM
SAT & SUN ..................................... CLOSED
FRI, DEC 2 ....................................... CLOSED

HEALTH & WELLNESS CENTER

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

ATHLETICS GYMNASIUM

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

GYMNASIUM SPECIAL HOURS/CLOSURES
THURS, DEC 1 ................................ 12–3:30PM (NO PICK UP VBALL)
FRI, DEC 2 ................................. CLOSED
DEC 10–17 ................................... CLOSED
DEC 24–25 ................................... CLOSED
MON, DEC 26 ................................ 12–4PM
SAT, DEC 31 ................................... 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
DEC 5–18 (DEC 12–18 COMP POOL OPEN FOR LAP SWIM) ............ CLOSED
SAT, DEC 24 ................................. Closes at 11:30PM
MON, DEC 26 ............................... Closes at 3:30PM
SAT, DEC 31 ................................. Closes at 11:30AM

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 38+) 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
(AADULT AGES 38+), 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
(AADULT AGES 38+), 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 (38+) LAP SWIM ONLY
4–7PM | LANES 1- 5 CLOSED (SWIM TEAM)

SAT–SUN ...................................... 8AM–6PM
9:30–10AM, 1–1:30PM | ADULT (38+) LAP SWIM ONLY

DIVING BOARD (COMPETITION POOL)
SAT–SUN ...................................... 10AM–6PM

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

KROC CAFE
MON–FRI .................................... CLOSED
SAT & SUN .................................... 10AM–4PM
SUN ............................................. 8AM & 10AM

KROC CHURCH
In-person and online. See pg 4.

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

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<tbody>
<tr>
<td>8:30–9:20AM</td>
<td>Cycle</td>
<td>Josh</td>
</tr>
<tr>
<td>9:30–10:20AM</td>
<td>Pop-Up! Cycle***</td>
<td>Tiana</td>
</tr>
<tr>
<td>10:30–11:20AM</td>
<td>Gentle Yoga</td>
<td>Carla</td>
</tr>
<tr>
<td>11:30–12:30PM</td>
<td>Total Body Conditioning</td>
<td>Stephanie</td>
</tr>
<tr>
<td>1:00–1:50PM</td>
<td>Cycle &amp; Core</td>
<td>Lisa</td>
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<tr>
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<td>Zumba</td>
<td>Kilo</td>
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<tr>
<td>9:30–10:20AM</td>
<td>Vinyasa Yoga</td>
<td>Milena</td>
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<tr>
<td>11:00–11:50AM</td>
<td>Hiit</td>
<td>Lisa</td>
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<tr>
<td>12:00–1:00PM</td>
<td>Gentle Yoga</td>
<td>Lisa</td>
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<tr>
<td>1:30–2:20PM</td>
<td>Body Pump</td>
<td>Anna</td>
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<tr>
<td>2:30–3:20PM</td>
<td>Boot Camp</td>
<td>Anna</td>
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<tr>
<td>3:30–4:20PM</td>
<td>Body Pump</td>
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<td>Tai Chi</td>
<td>Jerry</td>
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<tr>
<td>9:30–10:20AM</td>
<td>Zumba</td>
<td>Nisi</td>
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<tr>
<td>10:30–11:20AM</td>
<td>Kickboxing</td>
<td>Lei A.</td>
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<tr>
<td>11:30–12:30PM</td>
<td>Zumba</td>
<td>Dela</td>
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<tr>
<td>1:00–1:50PM</td>
<td>Glute Camp</td>
<td>Kekua</td>
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<tr>
<td>2:00–2:50PM</td>
<td>Vinyasa Yoga</td>
<td>Lori</td>
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<td>3:00–3:50PM</td>
<td>Body Pump</td>
<td>Lori</td>
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<td>Vinyasa Yoga</td>
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<td>Total Body Conditioning</td>
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<td>Body Pump</td>
<td>Nisi</td>
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<tr>
<td>1:00–1:50PM</td>
<td>Pop Pilates</td>
<td>Pinky</td>
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<td>2:00–2:50PM</td>
<td>Zumba</td>
<td>Kekua</td>
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<td>Vinyasa Yoga</td>
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<td>Body Pump</td>
<td>Kekua</td>
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<tr>
<td>9:30–10:20AM</td>
<td>Strong Nation</td>
<td>Kilo</td>
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<td>Zumba Gold</td>
<td>Dela</td>
</tr>
<tr>
<td>11:30–12:30PM</td>
<td>Yoga Recovery</td>
<td>Jess</td>
</tr>
<tr>
<td>1:00–2:00PM</td>
<td>Zumba</td>
<td>Molly</td>
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<td>Vinyasa Yoga</td>
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#### Sunday

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<tr>
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<tbody>
<tr>
<td>9:30–10:20AM</td>
<td>Pop-Up! Express CYCLE***</td>
<td>Andrea</td>
</tr>
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### Aqua Group Ex Schedule

#### Check-in at Class Location

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<td>Aqua Zumba</td>
<td>Dela</td>
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<tr>
<td>9:30–10:20AM</td>
<td>Shallow Aqua</td>
<td>Carla</td>
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<td>Aqua Zumba</td>
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<td>Kickboxing</td>
<td>Lei A.</td>
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<td>11:30–12:30PM</td>
<td>Cycle</td>
<td>Andrea K.</td>
</tr>
<tr>
<td>12:30–1:30PM</td>
<td>Express Cycle</td>
<td>Kekua</td>
</tr>
<tr>
<td>1:30–2:30PM</td>
<td>Glutes &amp; Deep Core</td>
<td>Kekua</td>
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**Notes:**
- Masks not required; are optional for indoor and outdoor classes.
- **NEW CLASS OR CHANGE**
- Unless noted, max cap for group ex classes are as follows:
  - **Fitness Lanai, Max 20**
  - **Studio 1, Max 25**  •  **Studio 2, Max 20**
  - **Gym Lanai, Max 20**

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**Masking Notes:**
- Gym Lanai: Masks not required; are optional for indoor and outdoor classes.
- **NEW CLASS OR CHANGE**

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**Aqua Group Ex Schedule**

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**Notes:**
- Unless noted, max cap for aqua classes are as follows:
  - **Adv Cov, Max 15**
  - **Comp Pool, Max 20**
**GROUP EXERCISE CLASS DESCRIPTIONS**

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

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### DANCE FITNESS

**ZUMBA**
It's an exhilarating, 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.

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### 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. It challenges your balance in lower extremities.

**YOGA**
Revel in 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.

**YOGALATES**
A mix of Yoga flow and Pilates. Yoga flow for stretching and mobility, and Pilates mat work for core strength and stability. It's a great compliment to a vigorous workout and a way to improve posture, balance, and flexibility.

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### 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 athleticism 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 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 TABATA**
This class is 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.

**ARTHROPSIS 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.

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### STRENGTH & CONDITIONING (CONT.)

**CYCLE & CORE**
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.

**GLUTE & DEEP CORE**
This class is ideal for anyone looking to strengthen and tone their lower body. The focus will be on glutes and deep core muscles.

**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.

**MOVEMENT MECHANICS**
Sometimes going harder and faster isn’t the best way to make the most of your training. This class will help you improve your fitness and see results sooner by focusing on your movement mechanics. Come and check out this highly motivating class and see how you can improve your form.

**KICKBOXING**
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.

**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. It challenges your balance in lower extremities.

**STRONG NATION**
Unique format that combines body weight, muscle conditioning, cardio and plyometric training moves syncd 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 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.

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

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### STRENGTH & CONDITIONING (CONT.)

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Unique format that combines body weight, muscle conditioning, cardio and plyometric training moves syncd 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 workout 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.

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### AQUA FITNESS

**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.

**ARTHROPSIS 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- PICKLEBALL**: To attend 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- PICKLEBALL**: 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.