



**Effective starting
March 1, 2010**

Revised 3-1-10

Winter Drop-in Fitness Schedule

Operating Hours

MON-FRI: 5AM-10PM, SAT: 7AM-10PM

SUNDAY: 8AM-7PM

Hours are subject to change. Please visit the website, www.kroccda.org, for current hours, schedules, and events.

Special Holiday Hours & Closures

Easter Apr 4 Closed

Memorial Day May 31 Holiday Hours, 8am-5pm

No drop-in fitness classes or Play Care offered on holidays with special hours.

Play Care Hours

AGES 3 MONTHS TO 6 YEARS

MON-FRI 8am-7:30pm, SAT 7:30am-1pm,

SUNDAYS

Play Care open to members/guests from 11:30am-3:30pm.

Kroc Church Day-Care/ Sunday School will be in Play Care room 9:30-11:30am.

WINTER 7-11 PLAY CARE FOR AGES 7 TO 11 YEARS

MON-THURS 3:30-6:30pm

Planned Pool Closures

There are occasional scheduled aquatic events. During the following days, regular pool hours will be affected.

Kids Fun-A-Thon, April 10

Comp Pool Closed 10am-Noon

Adult Fun-A-Thon, April 17

Comp Pool Closed 10am-Noon

COMPETITION POOL SCHEDULE

Except for Wed evening (Water Polo), swim meets and occasional special events, a minimum of two lanes are available throughout the day in either the Competition or the Cove Pool for lap swim.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am	Center Closed	Open Lap Swim 5am-9:30pm	Open Lap Swim 5am-9:30pm	Open Lap Swim 5am-7:30pm	Open Lap Swim 5am-9:30pm	Open Lap Swim 5am-9:30pm	Center Closed
6:00am		Water Aerobics HI 7-8am	DW Cardio 7-8am	Water Aerobics HI 7-8am	DW Cardio 7-8am	Water Aerobics HI 7-8am	Open Lap Swim 7am-9:30pm
7:00am		Water Aerobics 8-9am	Water Aerobics HI 8-9am	Water Aerobics 8-9am	Water Aerobics HI 8-9am	Water Aerobics 8-9am	DW Cardio 8:30-9:30am
8:00am	Open Lap Swim 8:00am-12:30pm All Lanes	DW Cardio 11:30am-12:30pm		DW Cardio 11:30am-12:30pm		DW Cardio 11:30am-12:30pm	Water Aerobics 9:30-10:30am
11:30am		Recreational Swim 12:30-6:30pm Open Lap Swim 12:30-6:30pm		Open Lap Swim Continued		Open Lap Swim Continued until 9:30pm	Open Lap Swim Continued until 7:30pm
12:30pm							
2:00pm							
3:00pm							
4:00pm							
5:00pm	Center Closed	Water Aerobics HI 6:30-7:30pm	Water Aerobics 7-8pm	Aqua Kick 6:30-7:30pm	Water Aerobics 7-8pm	Friday Family Swim Night! 6:30-9pm	
6:30pm		Aqua Kick 7:30-8:30pm		Drop-in Water Polo 8-9:30pm No Lap Swim See Cove Pool.			
7:00pm							
7:30pm							
8:00pm							

HI=High Intensity, LI=Low Intensity, DW=Deep Water

THE COVE POOL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00am	Pool Closed	Open Aqua/Lap 5-9:45am Open River 5-7:45am	Open Aqua/Lap 5-8:45am	Open Aqua/Lap 5-9:45am Open River 5-7:45am	Open Aqua/Lap 5-8:45am	Open Aqua/Lap 5-6:45am Open River 6-9am	Pool Closed
6:00am			River Run 6-7am		River Run 6-7am		River Walk 7-8am
7:00am			River Walk 7-8am		River Walk 7-8am		River Walk 7-8am
8:00am	Pool Closed	River Walk 8-9am	Open River 8-10:30am	River Walk 8-9am	Open River 8-10:30am	River Walk 8-9am	Reserved for Programming, Swim Lessons Open River 8-10:30am
9:00am		River Walk 9-10am	Water Aerobics 9-10am	River Walk 9-10am	Water Aerobics 9-10am	River Walk 9-10am	
10:00am		Aqua Stretch & Tone 10-11am	Arthritis 10:30-11:30am	Aqua Stretch & Tone 10-11am	Arthritis 10:30-11:30am	Aqua Stretch & Tone 10-11:00am	
10:30am		Toddler Time 10:30-11:30am	Open Water Therapy 10:30-11:30am	Toddler Time 10:30-11:30am	Open Water Therapy 10:30-11:30am	Toddler Time 10:30-11:30am	
11:30am		Reserved for programming 11:30am-12:30pm	Water Aerobics HI 11:30-12:30pm	Reserved for programming 11:30am-12:30pm	Water Aerobics HI 11:30-12:30pm	Reserved for programming 11:30am-12:30pm	
12:30pm	Open Recreational Swim 11:30am-6:30pm	Open Recreational Swim 12:30-8pm	Open Aqua/Lap, Open River 12:30-3pm	Open Recreational Swim 12:30-8pm	Open Aqua/Lap, Open River 12:30-3pm	Open Recreational Swim 12:30-6:30pm	Open Recreational Swim 10:30am-8pm
2:00pm							
3:00pm							
4:30pm							
5:30pm							
6:30pm	Pool Closed	River Run 8-9pm Open Aqua/Lap, 8-9pm	Open River 7-8pm	River Run 8-9pm Open Aqua/Lap, 8-9pm	Open River 7-8pm	Friday Family Swim Night! 6:30-9pm	
7:00pm							
8:00pm							

Schedules subject to change at discretion of Kroc Center Management.

DROP-IN FITNESS SCHEDULE

These classes located in the Group Fitness Studio on Upper Level

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am		Indoor Cycling 5:30am, Alysson	Indoor Cycling 5:30am, Tonya	Indoor Cycling 5:30am, Alysson	Indoor Cycling 5:30am, Tonya		
7:00am		Stretch & Tone 7am, Jenn D		Group Strength 7am, Angela		Stretch & Tone 7am, Robin	
8:30am		Group Strength 8:30am, Kelly	NEW! Zumba™ 8:30am, Michelle/Kaila	Indoor Cycling 8:30am, Kelly	NEW! Zumba™ 8:30am, Michelle/Kaila	Group Strength 8:30am, Tonya	Indoor Cycling 8am, Robin
9:30am		Turbo Kick 9:30am, Robin	Group Strength 9:30am, Tonya	Turbo Kick 9:30am, Robin	Group Strength 9:30am, Robin	Zumba™ 9:30am, Jamie	Group Strength 9am, Tonya
10:30am		Low Impact Stretch & Tone 10:30am, Alesha	Stretch & Tone 10:30am, Jenn D	Stretch & Tone 10:30am, Alesha	Stretch & Tone 10:30am, Jenn D	Low Impact Stretch & Tone 10:30am, Jenn D	Stretch & Tone 10am, Jenn D
11:30am	Stretch & Tone 11:30am, Justin						Family Stretch & Tone 11-11:45am, Jenn D
Noon		Indoor Cycling Noon, Jenn B	Step & Sculpt Noon, Tonya	Indoor Cycling Noon, Alysson	Step & Sculpt Noon, Tonya	Indoor Cycling Noon, Natalie	NEW! Zumba™ Noon, Jamie
1:30pm		NEW! Zumba™ 1:30pm, Michelle/Kaila		NEW! Zumba™ 1:30pm, Michelle/Kaila		Zumba™ 1:30pm, Michelle/Kaila	
4:30pm			NEW! Zumba™ 4:30pm, Jamie				
5:30pm		Turbo Kick 5:30pm, Tonya	Indoor Cycling 5:30pm, Jenn B	Stretch & Tone 5:30pm, Alesha		Zumba™ 5:30pm, Jamie	
6:30pm		Indoor Cycling 6:30pm, Natalie	Stretch & Tone 6:30pm, Jenn D	Indoor Cycling 6:30pm, Jenn B	Group Strength 6:30pm, Natalie	Indoor Cycling 6:30pm, Natalie	
7:30pm		Zumba™ 7:30pm, Michelle/Kaila					

*Play Care is not available during this time.

GYM/THE ZONE SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
5:00am	Facility Closed	Open Gym (at least 1 bay) 5am-6:45pm	Open Gym (at least 1 bay) 5am-6pm	Wii for Adults The Zone Game Room 10-11:30am	Open Gym (at least 1 bay) 5am-6pm	Open Gym (at least 1 bay) 9am-10pm	Facility Closed			
6:00am								Bootcamp Fitness 6:30-7:30am	Bootcamp Fitness 6:30-7:30am	Drop-in Basketball Family/Teen 6-9am
7:00am										
8:00am	Open Gym (at least 1 bay) 8am-7pm	Reserved for Programming Adult Coed Indoor Soccer League Full Gym, 6:45-9:45pm	Drop-in Basketball One Bay, Family, 6-8pm Adult/Teen: Full Gym, 8-9:45pm	Drop-in Volleyball Full Gym, Family, 6-8pm Adult/Teen: Full Gym, 8-9:45pm	Drop-in Soccer Family, 6-8pm Adult/Teen: Full Gym, 8-9:45pm	Open Gym (at least 1 bay) 9am-10pm	Bootcamp Fitness 8:30-9:30am			
9:00am							Stretch/Stride 9-10am			
10:00am-3:30pm										
4:00pm										
5:00pm	Facility Closed						Open Gym (at least 1 bay) 7am-10pm			
6:00pm										
7:00pm										
8:00pm										
9:00pm										

CLIMBING WALL SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
Noon	Open Climb Time Noon-6pm	Belay Certification** 3-5pm	Open Climb Time 3-7pm	Belay Certification** 3-5pm	Open Climb Time 3-7pm	Open Climb Time 5-9pm	Open Climb Time Noon-6pm			
1:00pm										
2:00pm										
3:00pm										
4:00pm										
5:00pm										
6:00pm										
7:00pm										
8:00pm			Belay Certification** 7-9pm		Belay Certification** 7-9pm					

Schedules subject to change at discretion of Kroc Center Management. **Belay certification is free with purchase of Climb Time pass.

Important Fitness News!

CLASS TOKENS

Entry to all Fitness and Aquatic classes requires a class token. Class Pass tokens can be picked up, starting 2-hours before class time, at the front desk.

CLIMB PASS

By popular demand, we are now offering discount punch passes for climb time. Purchase punch pass at the front desk. Prices to the right.

CLIMB PASS RATES

AGE	DAY PASS	PUNCH PASS
Adult (18+)	\$5	5/\$20
Teen (15-17)	\$4	5/\$16
Youth (Under 15)	\$3	5/\$12

\$2 Equipment Rental Fee. Equipment Fee waived for Gold Members.

Drop-in Class Descriptions All drop-in classes are 55 minutes.

Land Classes

BOOT CAMP FITNESS (SEE GYM SCHEDULE)

This challenging strength and conditioning class will get you into peak physical condition by integrating functional strength training, cardio intervals and core strengthening. A wide range of indoor and outdoor drills (seasonally) will be the focus of this class. See gym schedule.

STRETCH & STRIDE (SEE GYM SCHEDULE)

Join this walking group to improve your health, fitness and well-being. Participants will warm up with basic stretching techniques before walking on the track or outside (weather permitting). A Kroc Fitness Coach will lead the stretching and guide the session. See gym schedule.

STEP & SCULPT

The best of both worlds. This class combines 30 minutes of step aerobics with 20 minutes of muscular endurance work. Get your cardio and toning all in one class.

TURBOKICK™

Aerobic Kickboxing brings martial arts moves into a group exercise atmosphere by combining non-competitive, no contact, aerobic and anaerobic drills using variations of martial arts skills.

GROUP STRENGTH

Strengthen and tone all the major muscle groups with a variety of resistance exercises combined with cardio intervals. This class will use dumbbells, elastic bands, gravity based moves, and/or stability ball.

INDOOR CYCLING

Hit the hills, power the sprints, and chase down the competition. Get awesome cardio workouts with this high energy, heart-pounding, exhilarating class. Individual chooses intensity level so beginners to advanced participants are encouraged to attend. New students please come early for proper bike fit.

STRETCH & TONE

Enjoy the challenge of working on balance, flexibility, range of motion and strength through poses created to build heat, stamina, core strength and muscular endurance while developing the mind-body connection. Practice breathing and relaxation techniques to improve clarity of the mind. Options for beginners to advance students.

LOW INTENSITY STRETCH AND TONE

Class combines gentle movements with breathing techniques and is designed to improve flexibility, balance, range of motion, concentration, clarity and muscle tone. Great for those looking for a gentler practice to calm the mind, energize the body - wonderful for beginners or advanced students who enjoy a slower paced class.

NEW! FAMILY STRETCH AND TONE

Families can exercise together during this light hearted, active class. Develop flexibility, strength, balance, listening skills and confidence in a fun social atmosphere. Children must be accompanied by an adult (18+). Open to ages 2+.

Aquatic Classes

The minimum age is 13 years and older. Exceptions may be made with permission of instructor.

AQUA KICKBOXING

Pump It Up! Experience the high paced, high energy action of Aqua Kickboxing. This class is for the developed fitness enthusiast. Isolate your core and sculpt your arms, legs and abs in this no contact variation of martial arts skills. Box your way into peak fitness using water resistance. This is a high-impact class.

RIVER WALK CLASS

Power walk your way to a healthy lifestyle. Incorporate music and resistance motion with and against the current of our lazy river.

RIVER RUN CLASS

High paced and safe alternative to running outdoors. Focus on building running endurance. Not for the faint of heart.

ARTHRITIS CLASS

Class includes a series of pool activities led by a Certified Arthritis Foundation instructor. Participants are guided through a series of movements designed by exercise specialists, geared to reduce the pain and stiffness associated with arthritis. Aided by the buoyancy of the water, participants exercise to improve flexibility, strength and range of motion. Swimming skills are not required.

DEEP WATER CARDIO FITNESS

Kick it up a notch with this fast, no-impact class designed to build cardiovascular strength while creating muscle tone. Participants must feel comfortable in deep water. Flotation belts and other equipment are provided on a first-come, first served basis.

WATER AEROBICS

Enjoy all the benefits of a land workout without the impact on your joints. This class is taught in a shallow area and enables the participant to work at their own pace, providing an overall body workout.

AQUA STRETCH & TONE

Use the natural resistance of water, along with breathing and relaxation techniques to improve balance, core strength and stability, enhance flexibility, and heighten mind-body awareness. Instruction can be modified for all levels.

CHECK IT OUT! DROP-IN WATER POLO

Drop-in and join in a game of Water Polo in The Competition Pool. No experience necessary. *All members and day pass users welcome! Class Pass not needed to play.*

TODDLER TIME

Parents with toddlers 3 and under can explore the play area together. *All members and day pass users welcome! Class Pass not needed to play.*