

KROC CALENDAR

SENIOR LIFE | AQUATICS | GROUP FITNESS | GYM & SPORT

JULY 5-SEPTEMBER 6

SENIOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AQUATICS				
SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (P)		SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (J)		SILVERSNEAKERS® SPLASH 8:00-8:45 AM LAP POOL (K)
	AQUA CYCLING 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM LAP POOL (K)	AQUA CYCLING 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM (P) WINDING RIVER/SLIDE PIT
JOINT MOVEMENT 12:00-12:45 PM (P) WINDING RIVER/SLIDE PIT		JOINT MOVEMENT 12:00-12:45 PM (P) WINDING RIVER/SLIDE PIT		
GROUP FITNESS				
SENIOR FIT 9:00-10:00 AM INSTRUCTOR: MELISSA GYM A/VIRTUAL		SENIOR FIT 9:00-10:00 AM INSTRUCTOR: MELISSA GYM A/VIRTUAL	SLOW FLOW YOGA 9:00-9:45 AM INSTRUCTOR: KAREN DANCE STUDIO /VIRTUAL	
STRETCH CLASS 10:00-10:45 AM INSTRUCTOR: JANE FITNESS STUDIO	SILVERSNEAKERS® 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO		SILVERSNEAKERS® 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	
ZUMBA® GOLD 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO		ZUMBA® GOLD 11:00-11:45 AM INSTRUCTOR: PAUL FITNESS STUDIO		ZUMBA® GOLD 11:15 AM-12:00 PM INSTRUCTOR: PAUL FITNESS STUDIO
GYM & SPORT				
PICKLEBALL OPEN PLAY ALL LEVELS 7:00-9:30 AM	PICKLEBALL OPEN PLAY ALL LEVELS 7:00-9:30 AM	PICKLEBALL OPEN PLAY ALL LEVELS 7:00-9:30 AM	PICKLEBALL OPEN PLAY ALL LEVELS 7:00-9:30 AM	PICKLEBALL OPEN PLAY ALL LEVELS 7:00-9:30 AM
PICKLEBALL OPEN PLAY ALL LEVELS 12:00-3:00 PM	PICKLEBALL OPEN PLAY ALL LEVELS 12:00-3:00 PM	PICKLEBALL OPEN PLAY ALL LEVELS 12:00-3:00 PM	PICKLEBALL OPEN PLAY ALL LEVELS 12:00-3:00 PM	PICKLEBALL OPEN PLAY ALL LEVELS 12:00-3:00 PM
SATURDAY	PICKLEBALL ADVANCED 6:00-9:00 AM			



KROC
COMMUNITY CENTER