

KROC CALENDAR

SENIOR LIFE | AQUATICS | GROUP FITNESS | GYM & SPORT

APRIL 26-JULY 4

SENIOR LIFE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AQUATICS

SILVER Sneakers® SPLASH 8:00-8:45 AM LAP POOL (P)		SILVER Sneakers® SPLASH 8:00-8:45 AM LAP POOL (J)		SILVER Sneakers® 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 (J)	AQUA CYCLING 10:00-10:45 AM SLIDE PIT (K)	WATER WORKS 10:00-10:45 AM LAP POOL 2-4 (J)
JOINT MOVEMENT 12:00-12:45 PM (J) LAP POOL, LANES 2-4		JOINT MOVEMENT 12:00-12:45 PM LAP POOL 2-4 (J)		

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	SILVER Sneakers® 9:00-9:45 AM INSTRUCTOR: JACINDA GYM A/VIRTUAL
STRETCH CLASS 10:00-10:45 AM INSTRUCTOR: JANE FITNESS STUDIO	SILVER Sneakers® 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO		SILVER Sneakers® 10:00-10:45 AM INSTRUCTOR: BETH FITNESS STUDIO	
ZUMBA® GOLD 11:15 AM-12:00 PM INSTRUCTOR: PAUL FITNESS STUDIO		ZUMBA® GOLD 11:15 AM-12:00 PM INSTRUCTOR: PAUL FITNESS STUDIO		ZUMBA® GOLD 11:15 AM-12:00 PM INSTRUCTOR: PAUL FITNESS STUDIO

GYM & SPORT

PICKLEBALL RECREATIONAL 7:00 AM-12:00 PM	PICKLEBALL INTERMEDIATE PLAY 8:00 AM-12:00 PM	PICKLEBALL RECREATIONAL 7:00 AM-12:00 PM	PICKLEBALL ADVANCED PLAY 8:00 AM-12:00 PM	PICKLEBALL RECREATIONAL 7:00 AM-12:00 PM
PICKLEBALL OPEN PLAY ALL LEVELS 12:00-3:00 PM	PICKLEBALL ADVANCED PLAY 12:00-3:00 PM	PICKLEBALL SELF DIRECTED DRILLS, NO PLAY 12:00-3:00 PM		PICKLEBALL OPEN PLAY 12:00-3:00 PM
		PICKLEBALL OPEN PLAY 5:30-8:30 PM		

SATURDAY
PICKLEBALL ADVANCED 6:00-9:00 AM



KROC
COMMUNITY CENTER