

# CHURCH & COMMUNITY LIFE

| SUNDAY   | MONDAY THROUGH SATURDAY  |
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| <b>KROC CAFE</b><br>9:00 AM ALL AGES<br>PRE-FUNCTION LOBBY | <b>VIRTUAL SUNDAY SERVICE</b><br><a href="https://www.facebook.com/groups/1250108875116801/?ref=bookmarks">https://www.facebook.com/groups/1250108875116801/?ref=bookmarks</a><br>or search "Green Bay Kroc Center Church" |
| <b>WORSHIP</b><br>10:00 AM ALL AGES<br>AUDITORIUM          |  |
| <b>SMALL GROUPS</b><br>11:20 AM<br>AUDITORIUM              |  |
| <b>DAILY PRAYER CALL (ZOOM)</b><br>2:00 PM                 |  |

# SENIOR LIFE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|

## AQUATICS

|   |  |   |  |   |
|---|--|---|--|---|
| <b>SILVERSNEAKERS' SPLASH</b><br>8:00-8:45 AM<br>LAP POOL (P)                     | <b>AQUA CYCLING</b><br>10:00-10:45 AM<br>SLIDE PIT (K) | <b>SILVERSNEAKERS' SPLASH</b><br>8:00-8:45 AM<br>LAP POOL (J)                     | <b>AQUA CYCLING</b><br>10:00-10:45 AM<br>SLIDE PIT (K) | <b>SILVERSNEAKERS' SPLASH</b><br>8:00-8:45 AM<br>LAP POOL (K) |
| <b>JOINT MOVEMENT</b><br>12:00-12:45 PM (J)<br>SLIDE PIT &<br>LAP POOL, LANES 2-4 |  | <b>JOINT MOVEMENT</b><br>12:00-12:45 PM<br>SLIDE PIT &<br>LAP POOL, LANES 2-4 (J) |  | <b>WATER WORKS</b><br>10:00 AM - 10:45 AM<br>SLIDE PIT (J)    |

## GROUP FITNESS

|  |   |  |   |  |
|--|---|--|---|--|
| <b>SILVERSNEAKERS</b><br>9:00-9:45 AM<br>INSTRUCTOR: MELISSA<br>FITNESS STUDIO |   | <b>SILVERSNEAKERS</b><br>9:00-9:45 AM<br>INSTRUCTOR: MELISSA<br>FITNESS STUDIO |   | <b>SILVERSNEAKERS</b><br>9:00-9:45 AM<br>INSTRUCTOR: JACINDA<br>FITNESS STUDIO |
| <b>STRETCH CLASS</b><br>10:00-10:45 AM<br>INSTRUCTOR: JANE<br>FITNESS STUDIO   | <b>SILVERSNEAKERS</b><br>10:00-10:45 AM<br>INSTRUCTOR: BETH<br>FITNESS STUDIO | <b>SILVERSNEAKERS</b><br>10:00-10:45 AM<br>INSTRUCTOR: JANE<br>FITNESS STUDIO  | <b>SILVERSNEAKERS</b><br>10:00-10:45 AM<br>INSTRUCTOR: BETH<br>FITNESS STUDIO |  |
| <b>ZUMBA® GOLD</b><br>11:15 AM-12:00 PM<br>INSTRUCTOR: PAUL<br>FITNESS STUDIO  |   | <b>ZUMBA® GOLD</b><br>11:15 AM-12:00 PM<br>INSTRUCTOR: PAUL<br>FITNESS STUDIO  |   | <b>ZUMBA® GOLD</b><br>11:15 AM-12:00 PM<br>INSTRUCTOR: PAUL<br>FITNESS STUDIO  |

## GYM & SPORT

|  |   |  |   |   |
|--|---|--|---|---|
| <b>PICKLEBALL RECREATIONAL</b><br>7:00-9:30 AM           |   | <b>PICKLEBALL RECREATIONAL</b><br>7:00-9:30 AM                   |   | <b>PICKLEBALL RECREATIONAL</b><br>7:00-9:30 AM        |
| <b>PICKLEBALL SENIOR/BEGINNER</b><br>9:30 AM-12:00 PM    | <b>PICKLEBALL INTERMEDIATE PLAY</b><br>9:00 AM-12:00 PM   | <b>PICKLEBALL SENIOR/BEGINNER</b><br>9:30 AM-12:00 PM            | <b>PICKLEBALL ADVANCED PLAY</b><br>8:00 AM-12:00 PM | <b>PICKLEBALL SENIOR/BEGINNER</b><br>9:30 AM-12:00 PM |
| <b>PICKLEBALL INTERMEDIATE ADVANCED</b><br>12:00-3:00 PM | <b>PICKLEBALL ADVANCED PLAY</b><br>12:00-3:00 PM          | <b>PICKLEBALL SELF DIRECTED DRILLS, NO PLAY</b><br>12:00-3:00 PM |   |   |
| <b>SATURDAY</b>  | <b>PICKLEBALL ADVANCED MEN/WOMEN</b> 6:00-8:30 AM - GYM A |  | <b>PICKLEBALL ADVANCED</b> 6:00-9:00 AM - GYM B     |   |