

FITNESS & AQUATICS SCHEDULE

February
2019

All classes are 55 minutes
unless otherwise noted.

GROUP EXERCISE BY DATE & TIME

TIME	MON	TUES	WED	THURS	FRI	SAT
6:00-7:00AM		Yoga (Anna)	Pilates (Tess)	Yoga (Anna)		
7:00-8:00AM	Absolute Abs & Core (Omar)	Zumba! Gold® (Laurie)	Absolute Abs & Core (Omar)	Zumba! Gold® (Laurie)	Pilates (Deanna)	
8:00-9:00AM	Yoga (TBD)	Power Yoga (Tess) TRX (Deanna)	Yoga (Tess)	TRX (Deanna) Power Yoga (Tess)	Gentle Yoga (TBD)	
9:00-10:00AM	Body Pump (Melissa)	Pilates (Deanna)		Pilates (Deanna)	Body Pump (Melissa)	Yoga (Tess) (8:30-10AM)
9:00-9:30AM			Body Pump (Alyssa)			
9:30-10:00AM			CXWORX (Alyssa)			
10:00-11:00AM	SS Circuit (Robyn) Circuit Training (Omar) (10:00-10:30)	SS Classic (Robyn) Circuit Training (Omar) (10:00-10:30)	SS Classic (Robyn)	SS Classic (Robyn) Circuit Training (Omar) (10:00-10:30)	SS Circuit (Robyn)	Zumba!® (Frances)
11:00-12:00PM	SS Classic (Robyn)	SS Circuit (Robyn)	SS Circuit (Robyn)	SS Circuit (Robyn)	SS Yoga (Robyn)	Body Pump (Nora)
12:00-1:00PM	SS Yoga Stretch (Robyn)	Dance Fit (Lee)			Dance Fit (Lee)	
1:00-2:00PM	Gentle Yoga (Tess)	Tai Chi (Joyce)	Gentle Yoga (Joyce)	Tai Chi (Joyce)	Gentle Yoga (Fran)	
4:00-5:00PM	Ball Pilates (Margaret)	SS Cardio (Margaret)		SS Cardio Fit (Margaret)		
5:00-5:30PM		Stretch & Tone (Margaret)		Stretch & Tone (Margaret)	TRX (Deanna)	
5:30-6:30PM			HIIT (Deanna)	Circuit Training (Jose)	Total Body Toning (Deanna)	
6:00-7:00PM	Body Pump (TBD)					
6:30-7:30PM		Zumba!® (Hiyas)	Body Pump (Nora)	Zumba!® (Hiyas)		
7:30-8:30PM	Zumba!® (Frances)	Yoga (Cecilia)	Zumba!® (Frances)	Yoga (Cecilia)		

CYCLE ROOM & VIRTUAL CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45-6:15AM		Virtual Sprint		Virtual Sprint			
5:45-6:45AM	Virtual RPM		Virtual RPM		Virtual RPM		
9:00-10:00AM	Kroc Cycle (Omar)	RPM Cycle (Alyssa)	Kroc Cycle (Omar)	RPM Cycle (Alyssa)	Kroc Cycle (Alyssa)	Kroc Cycle (Deanna)	Virtual RPM
12:15-12:45PM	Virtual Sprint	Virtual Sprint	Virtual Sprint	Virtual Sprint	Virtual Sprint	Virtual RPM	Virtual Sprint
1:00-1:30PM	Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM		
4:00-5:00PM						Virtual Sprint	
5:30-6:30PM	*Kroc Cycle (Deanna)						
6:00-7:00PM		Virtual RPM		Virtual RPM			
6:15-6:45PM			Virtual Sprint		Virtual Sprint		

See current Program Guide for class details and descriptions.

*New Classes & Times



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AQUATICS & FITNESS SCHEDULE

February
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AQUATICS GROUP EXERCISE BY DAY & TIME

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-6:45AM	US Masters Swimming (Edie-Comp)		US Masters Swimming (Edie-Comp)		US Masters Swimming (Edie-Comp)
7:00-8:00AM	Water Core & Strength (Suzi-Rec)	Acquaboxing (Wendy-Rec)	Aqua Zumba (Wendy-Rec)		Acquapole (Terri-Rec)
8:00-9:00AM	Aquasize (Suzi-Rec)	Aqua Zumba (Terri-Rec)	Aquasize (Suzi-Rec)	AquaZumba (Terri-Rec)	AquaZumba (Terri-Rec)
9:00-10:00AM	Arthritis Foundation (Patricia-Therapy) Wall Core & More (Suzi-Comp)	Wall Core & More (Brenda-Comp) *Acquapole (Terri-Rec)	Arthritis Foundation (Patricia-Therapy) Wall Core & More (Suzi-Comp)	Walk a Mile (Suzi-Rec) Wall Core & More (Brenda-Comp)	Ai Chi (Joanne-Therapy) Wall Core & More (Brenda-Comp)
10:00-11:00AM	Arthritis Foundation (Suzi-Therapy) Deep Water Workout (Brenda-Comp)	Arthritis Foundation (Joanne-Therapy) Deep Water Workout (Brenda-Comp)	Deep Water Workout (Suzi-Comp)	Arthritis Foundation (Joanne-Therapy) Deep Water Workout (Suzi-Comp)	Deep Water Workout (Brenda-Comp)
11:00-NOON	Ai Chi (Suzi-Therapy)	Arthritis Foundation (Suzi-Therapy)		Arthritis Foundation (Suzi-Therapy)	
NOON-1:00PM	Aqua Tone & Balance (Suzi-Therapy)	Arthritis Foundation (Suzi-Therapy)	Aqua Tone & Balance (Suzi-Therapy)	Arthritis Foundation (Suzi-Therapy)	Adult Water Workout (Patricia-Therapy)
1:00-2:00PM		Adult Water Workout (Suzi-Therapy)		Adult Water Workout (Suzi-Therapy)	
2:00-3:00PM		Adult Water Workout (Suzi-Therapy)		Adult Water Workout (Suzi-Therapy)	
5:00-6:00PM	Arthritis Foundation (Patricia-Therapy)	Arthritis Foundation (Patricia-Therapy)		Arthritis Foundation (Robyn-Therapy)	
5:30-6:30PM	Aqua Zumba (Miriam-Rec)		Ai Chi (Joanne-Therapy)		
6:00-7:00PM		Adult Water Workout (Patricia-Therapy)		Aqua DooWop (Robyn-Therapy)	
7:00-8:00PM		US Masters Swimming (Kristina-Comp)		US Masters Swimming (Kristina-Comp)	

WEEKEND CLASSES

DAY	8:15-9:00AM	9:00-10:00AM	10:00-11:00AM
SATURDAY	Aquaboxing (Wendy-Rec)	Aqua Zumba (Miriam-Rec)	Wall Core & More (Brenda-Comp)



The Salvation Army Ray & Joan Kroc Corps Community Center is proud to be a U.S. Masters Swimming location. Join our team Kroc Center San Diego (KCSD).

PLEASE NOTE:

PROGRAM HIGHLIGHTS

KROC KICKSTART!

Small group training at its best! During this eight-week program, participants meet twice a week to work on strength training, cardio and flexibility, with the goal of losing weight. Let us help you Kick Start the new year by Kick Starting your fitness goal. \$249 for members, \$299 for non members.

See current Program Guide for class details and descriptions.



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