

FITNESS & AQUATICS SCHEDULE

April
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 (Jackie)	Power Yoga (Tess)	Yoga (Tess)	Power Yoga (Tess)	Gentle Yoga (Jackie) *TRX (Deanna)	
9:00-10:00AM	Body Pump (Melissa)	Pilates (Deanna)	Body Pump (Alyssa)	Pilates (Deanna)	Body Pump (Melissa)	Yoga (Tess) (8:30-10AM)
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		*Body Pump (Kristie)	HIIT (Deanna)		Total Body Toning (Deanna)	
6:00-7:00PM	Body Pump (Kristie)					
6:30-7:30PM		Zumba!® (Hiyas)	Body Pump (Alyssa)	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)	Kroc Cycle (Regina)	Kroc Cycle (Omar)	Kroc Cycle (Regina)	Kroc Cycle (Omar)	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 RPM	Virtual RPM	Virtual RPM	Virtual RPM	Virtual RPM	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

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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)			AcquaPole (Terri-Rec)
8:00-9:00AM	Aquasize (Suzi-Rec)	Acqua 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)	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)	
6:30-7:30PM			AquaBoxing (Terri-Rec)		
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).

PROGRAM HIGHLIGHTS

The San Diego Kroc Center is hiring!

We have multiple positions open from Gymnastics Instructors to Swim Instructors. Find out more by visiting kroccenterjobs.org

See current Program Guide for class details and descriptions.



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