

June Fitness & Aquatics Schedule

Group Exercise Classes

All classes are 55 minutes unless otherwise noted. See Program Guide for class details and descriptions

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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 (Joyce)	Yoga (Tess)	Power Yoga (Joyce)	Gentle Yoga (Jackie) *TRX (Deanna)	
9:00-10:00AM	Body Pump (Melissa)	Pilates (Deanna)	Body Pump (Alyssa)(9:00-9:30)	Pilates (Deanna)	Body Pump (Melissa)	Yoga (Tess) (8:30-10AM)
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) TRX (Deanna) Circuit Training (Omar) (10:00-10:30)	SS Circuit (Robyn)	Zumba!® (Frances)
11-NOON	SS Classic (Robyn)	SS Circuit (Robyn)	SS Circuit (Robyn)	SS Circuit (Robyn)	SS Yoga (Robyn)	Body Pump (Nora)
NOON-1PM	SS Yoga Stretch (Robyn)	Dance Fit (Lee)	On The Ball (Lee)		Dance Fit (Lee)	
1-2PM	Gentle Yoga (Tess)	Tai Chi (Joyce)	Gentle Yoga (Joyce)	Tai Chi (Joyce)	Gentle Yoga (Fran)	
2:00-3:00PM			NEW Scriptursize (Robyn)			
4:00-5:00PM	On the Ball (Margaret)	SS Cardio (Margaret)		SS Cardio Fit (Margaret)		
5:00-6:00PM		Stretch and Tone (Margaret) (5:00-5:30)		Stretch and Tone (Margaret) (5:00-5:30)	Total Body Toning (Deanna)	
5:30-6:30PM		Body Pump (Nora)	HIIT (Deanna)			
6:00-6:30PM					Total Body Stretch (Deanna)	
6:00-7:00PM	Body Pump (Kristie)					
6:30-7:30PM		Zumba!® (Hiyas)	Body Pump (Kristie)	Zumba!® (Hiyas)		
7:30-8:30PM	Zumba!® (Frances)	Yoga (Cecilia)	Zumba!® (Frances)	Yoga (Cecilia)		

Cycle Room & Virtual classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 (Alyssa)	Kroc Cycle (Omar)	RPM (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 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		

REGISTER FOR
CLASSES ONLINE

Save time by registering for classes and purchasing day passes in advance at www.sd.kroccenter.org



www.sd.kroccenter.org | 619.269.1460



RAY & JOAN
KROC CENTER
SAN DIEGO, CA