

March **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)		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 (Kelley)	Yoga (Fran)	Power Yoga (Kayla)	Gentle Yoga (Jackie) *TRX (Deanna)	
9:00-10:00AM	Body Pump (Melissa)	Pilates (Deanna)	Body Pump (Alyssa)	Pilates (Deanna)	Body Pump (Melissa)	Yoga (Kelley) (8:30-10AM)
10:00-11:00AM	SS Circuit (Robyn)	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)
11AM-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)	
1:00-2:00PM	Gentle Yoga (Joyce)		Gentle Yoga (Joyce)	Tai Chi (Joyce)	Gentle Yoga (Fran)	
2:00-3:00PM			Scripturize (Robyn)			
4:00-5:00PM	On the Ball (Margaret)	SS Cardio (Margaret)		SS Cardio Fit (Margaret)		
5:00-5:30PM		Stretch and Tone (Margaret)	Total Body Stretch (Deanna)	Stretch and Tone (Margaret)		
5:30-6:30PM		Body Pump (Nora)	HIIT (Deanna)	Total Body Toning (Deanna)	NEW! Revelation Fitness (Misti & Sara)	
6:00-7:00PM	Body Pump (Kristie)					
6:30-7:30PM		Zumba!® (Hiyas)	Body Pump (Kristie)			
7:30-8:30PM	Zumba!® (Frances)	Yoga (Cecilia)	Zumba!® (Frances)			

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)	Kroc Cycle (Alyssa)	Kroc Cycle (Omar)	Kroc Cycle (Alyssa)	Kroc Cycle (Regina)	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 RPM	
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/my-kroc



www.sd.kroccenter.org | 619.269.1460



RAY & JOAN
KROC CENTER
SAN DIEGO, CA

March Aquatics & Fitness Schedule

Aquatics Group Exercise

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45-6:45AM	US Masters Swimming (Kristina-Comp)		US Masters Swimming (Bill-Comp)		US Masters Swimming (Edie-Comp)
7:00-8:00AM	Water Core & Strength (Suzi-Rec)				AcquaPole & AcquaBoxing Circuit (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)	Arthritis Foundation (Patricia-Therapy) Wall Core & More (Suzi-Comp)	Walk a Mile (Suzi-Rec) Wall Core & More (Brenda-Comp)	Wall Core & More (Brenda-Comp)
10:00-11:00AM	Ai Chi (Suzi-Therapy) Deep Water Workout (Brenda-Comp)	Deep Water Workout (Brenda-Comp)	Deep Water Workout (Suzi-Comp)	Deep Water Workout (Suzi-Comp)	Deep Water Workout (Brenda-Comp)
11:00-NOON	Aqua Tone & Balance (Suzi-Therapy)	Arthritis Foundation Plus (Suzi-Therapy)		Arthritis Foundation Plus (Suzi-Therapy)	
NOON-1:00PM		Adult Water Workout (Suzi-Therapy)	Aqua Tone & Balance (Suzi-Therapy)	Adult Water Workout (Suzi-Therapy)	Adult Aqua Mix Up (Patricia-Therapy)
5:00-6:00PM	Guided Ai Chi (Margaret-Therapy)	Arthritis Foundation (Patricia-Therapy)		Arthritis Foundation (Robyn-Therapy)	
5:30-6:30PM			Fluid Ai Chi (Margaret-Therapy)		
6:00-7:00PM		Adult Water Workout (Patricia-Therapy)			
7:00-8:15PM		US Masters Swimming (Kristina-Comp)		US Masters Swimming (Kristina-Comp)	

Weekend Classes

DAY	SATURDAY	SUNDAY
8:30-9:30am		US Masters Swimming (Kristina-Comp)

Aquatics Announcements

- Saturday Arthritis Foundation class pre-registration open March 9
- Debuting **NEW** Saturday class April 4th, 8am–9am. Thank you for your patience as we train and prepare the new class and instructor.

*NEW FOR CHECK IN

Check-in for Aquatic Group Exercise classes is available at the gym front desk on a first come, first serve basis up to 2 hours prior to class time. No online or over the phone check-ins.

