

# September **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		<b>Yoga</b> (Anna)		<b>Yoga</b> (Anna)		
7:00-8:00AM	<b>Absolute Abs &amp; Core</b> (Omar)	<b>Zumba! Gold®</b> (Laurie)	<b>Absolute Abs &amp; Core</b> (Omar)	<b>Zumba! Gold®</b> (Laurie)	<b>Pilates</b> (Deanna)	
8:00-9:00AM	<b>Yoga</b> (Jackie)	<b>Power Yoga</b> (Tess)	<b>Yoga</b> (Tess)	<b>Power Yoga</b> (Tess)	<b>Gentle Yoga</b> (Jackie) <b>*TRX</b> (Deanna)	
9:00-10:00AM	<b>Body Pump</b> (Melissa)	<b>Pilates</b> (Deanna)	<b>Body Pump</b> (Alyssa)(9:00-9:30)	<b>Pilates</b> (Deanna)	<b>Body Pump</b> (Melissa)	<b>Yoga</b> (Tess) (8:30-10AM)
9:30-10:00AM			<b>CXWORX</b> (Alyssa)			
10:00-11:00AM	<b>SS Circuit</b> (Robyn) <b>Circuit Training</b> (Omar) (10:00-10:30)	<b>SS Classic</b> (Robyn) <b>Circuit Training</b> (Omar) (10:00-10:30)	<b>SS Classic</b> (Robyn)	<b>SS Classic</b> (Robyn) <b>TRX</b> (Deanna) <b>Circuit Training</b> (Omar) (10:00-10:30)	<b>SS Circuit</b> (Robyn)	<b>Zumba!®</b> (Frances)
11-NOON	<b>SS Classic</b> (Robyn)	<b>SS Circuit</b> (Robyn)	<b>SS Circuit</b> (Robyn)	<b>SS Circuit</b> (Robyn)	<b>SS Yoga</b> (Robyn)	<b>Body Pump</b> (Nora)
NOON-1PM	<b>SS Yoga Stretch</b> (Robyn)	<b>Dance Fit</b> (Lee)	<b>On The Ball</b> (Lee)		<b>Dance Fit</b> (Lee)	
1-2PM	<b>Gentle Yoga</b> (Tess)	<b>Tai Chi</b> (Joyce)	<b>Gentle Yoga</b> (Joyce)	<b>Tai Chi</b> (Joyce)	<b>Gentle Yoga</b> (Fran)	
2:00-3:00PM			<b>Scripturize</b> (Robyn)			
4:00-5:00PM	<b>On the Ball</b> (Margaret)	<b>SS Cardio</b> (Margaret)		<b>SS Cardio Fit</b> (Margaret)		
5:00-6:00PM		<b>Stretch and Tone</b> (Margaret) (5:00-5:30)	<b>NEW Total Body Stretch</b> (Deanna) (5:00-5:30)	<b>Stretch and Tone</b> (Margaret) (5:00-5:30)		
5:30-6:30PM		<b>Body Pump</b> (Nora)	<b>HIIT</b> (Deanna)	<b>NEW Total Body Toning</b> (Deanna)		
6:00-6:30PM						
6:00-7:00PM	<b>Body Pump</b> (Kristie)					
6:30-7:30PM		<b>Zumba!®</b> (Hiyas)	<b>Body Pump</b> (Kristie)	<b>Zumba!®</b> (Hiyas)		
7:30-8:30PM	<b>Zumba!®</b> (Frances)	<b>Yoga</b> (Cecilia)	<b>Zumba!®</b> (Frances)	<b>Yoga</b> (Cecilia)		

## Cycle Room & Virtual classes

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:15AM		<b>Virtual Sprint</b>		<b>Virtual Sprint</b>			
5:45-6:45AM	<b>Virtual RPM</b>		<b>Virtual RPM</b>		<b>Virtual RPM</b>		
9:00-10:00AM	<b>Kroc Cycle</b> (Omar)	<b>RPM</b> (Alyssa)	<b>Kroc Cycle</b> (Omar)	<b>RPM</b> (Alyssa)	<b>Kroc Cycle</b> (Alyssa)	<b>Kroc Cycle</b> (Deanna)	<b>Virtual RPM</b>
12:15-12:45PM	<b>Virtual Sprint</b>	<b>Virtual Sprint</b>	<b>Virtual Sprint</b>	<b>Virtual Sprint</b>	<b>Virtual Sprint</b>	<b>Virtual RPM</b>	<b>Virtual Sprint</b>
1:00-1:30PM	<b>Virtual RPM</b>	<b>Virtual RPM</b>	<b>Virtual RPM</b>	<b>Virtual RPM</b>	<b>Virtual RPM</b>		
4:00-5:00PM	<b>Virtual RPM</b>	<b>Virtual RPM</b>	<b>Virtual RPM</b>	<b>Virtual RPM</b>	<b>Virtual RPM</b>	<b>Virtual RPM</b>	
5:30-6:30PM	<b>Kroc Cycle</b> (Deanna)						
6:00-7:00PM		<b>Virtual RPM</b>		<b>Virtual RPM</b>			
6:15-6:45PM			<b>Virtual Sprint</b>		<b>Virtual Sprint</b>		

**REGISTER FOR CLASSES ONLINE**

Save time by registering for classes and purchasing day passes in advance at [www.sd.kroccenter.org/my-kroc](http://www.sd.kroccenter.org/my-kroc)



[www.sd.kroccenter.org](http://www.sd.kroccenter.org) | 619.269.1460



RAY & JOAN  
**KROC CENTER**  
SAN DIEGO, CA

# September 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 (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)	<b>NEW</b> 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	SATURDAY
8:00-9:00am	Aqua Zumba (Miriam-Rec)

## Program Highlights



### Join the team!

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).

### NEW FALL WEEKEND HOURS

Effective Saturday, October 5th  
Saturdays, 7am – 5pm  
Sundays, 8am – 4pm

### BUDDY NIGHTS

During the month of September, bring a buddy to a group exercise class on Tuesdays & Thursdays from 6-8pm for only a dollar!

### KROC SWIM HAPPY HOUR

Let your troubles float away and spend Tuesdays by the pool from 2-4pm for \$1 all September long!



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