

Group Fitness Schedule

NOVEMBER 23 – FEBRUARY 20

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45–6:30am CYCLE with Mel	5:45–6:30am BOOTCAMP with Mel	5:45–6:30am CYCLE with Mel	5:45–6:30am BOOTCAMP with Mel	5:45–6:30am CYCLE with Mel	
6:00–7:00am BODYPUMP® with Mandy		6:30–7:00am BODYPUMP® with Heather			
	7:30–8:15am AQUA BOOTCAMP with Mel		7:30–8:15am AQUA BOOTCAMP with Mel		
8:30–9:30am BODYPUMP® with Anna W.		8:30–9:30am BODYPUMP® with Dora		8:30–9:30am BODYPUMP® with Sarah V.	8:00–9:00am BODYPUMP® with Lanie
9:00–9:45am AQUA AEROBICS with Cora	8:30–9:15am CYCLE with Mel	9:00–9:45am AQUA AEROBICS with Cora	8:30–9:15am CYCLE with Mel	9:00–9:45am AQUA AEROBICS with Cora	9:00–9:45am KICKBOXING w/ Caribia & Kendall
9:45–10:45am † SILVER DRUMMING with Lynn	9:15–10:00am CORE® with Sarah		9:15–9:45am CORE® with Karin	9:45–10:30am † SILVER SNEAKERS with Lynn	10:00–10:30am SMART START PROGRAM AGES 13-14 with Staff
9:45–10:45am YOGA FLOW with Christina	9:45–10:30am SILVER SNEAKERS with Christina	9:45–10:30am † SILVER SNEAKERS with Lynn	9:45–10:30am SILVER SNEAKERS with Christina	9:45–10:45am YOGA FLOW with Christina	10:00–10:45am CYCLE with Danielle
	10:45–11:30am CHAIR YOGA with Christina	10:45–11:30am ZUMBA® with Tiffany	10:45–11:30am CHAIR YOGA with Christina		10:00–11:00am † HOLY YOGA with Sara B.
					10:30–11:00am FITNESS ORIENTATION with Staff
12:00–12:45pm S.W.A.T. with Kendall	12:00–12:45pm HIIT with Tiffany	12:00–12:45pm S.W.A.T. with Sarah	12:00–12:45pm POWER PUMP with Tiffany	12:00–12:45pm S.W.A.T. with Alyssa	
5:30–6:15pm KIDS FITNESS with Mel	5:30–6:15pm KIDS FITNESS with Caribia		5:15–6:15pm KIDS FITNESS with Mike		
5:30–6:15pm DIESEL with Rob	5:30–6:15pm KICKBOXING with Alyssa	5:15–6:00pm KIDS KLIMB BEGINNER w/ Kendall AGES 7-13	5:15–6:15pm BODYPUMP® with Mandy		
5:30–6:15pm BODYPUMP® with Nicole	5:30–6:15pm BODYPUMP® with Jules	5:30–6:30pm BARRE with Tara	5:45–6:45pm VINYASA YOGA with Karin		
6:30–7:15pm CYCLE with Mandy	5:45–6:45pm † HOLY YOGA with Sara B.	6:00–6:45pm KIDS KLIMB ADVANCED w/ Kendall AGES 7-13	6:30–7:15pm CYCLE with Mandy		
	6:30–7:15pm DANCE & FITNESS with Mike	6:00–6:45pm ★ CYCLE with Julian			

- BILINGUAL CLASS  SPANISH & ENGLISH
- FAITH BASED CLASS 
- NEW CLASSES 
- REVISED CLASSES 



Facility Hours

MON-THURS: 5:30am-9:00pm
FRI: 5:30am-7:00pm
SAT: 7:00am-2:00pm
SUN: CLOSED

Kids Watch Hours

MON-THUR: 8:15am-1:00pm & 5:00pm-7:00pm
FRI: 8:15am-1:00pm
SAT & SUN: CLOSED

Rockwall Hours

MON-TUES: 12:00pm-8:00pm
WED: 12:00pm-4:00pm
THURS: 12:00pm-8:00pm
FRI: 12:00pm-6:00pm
SAT: 11:00am-1:00pm
SUN: CLOSED

**Open-climb is always available while facility is open (with the exception of when camps & Home School classes are using the wall) to anyone with a Kroc Climbing Certification.*

Aquatic Hours

Open Swim
MON-THURS: 5:30am-7:00pm
FRI: 5:30am-6:30pm
SAT: 7:00am-1:45pm
SUN: CLOSED

Water Slide

MON & WED: 12:00pm-5:45pm
TUES & THURS: 12:00pm-6:30pm
FRI: 12:00pm-6:00pm
SAT: 12:00pm-1:15pm
SUN: CLOSED

Lap Swim

At least 1 lap lane is available at all times except for the following:

MON & WED: 5:55pm-7:00pm
SAT: 8:30am-11:30am*

Kroc Community Church Hours

Sunday School
SUN: 10:00am-11:00am
Sunday Worship
SUN: 11:00am-12:00pm

Family Resource Center Hours

South Bend Office
MONDAY: CLOSED
TUESDAY: 9:00am-12:00pm
WED-THURS: CLOSED
FRI: 9:00am-12:00pm
SAT-SUN: CLOSED

Walter A. Meyer Food Pantry
MONDAY: CLOSED
TUESDAY: 9:00am-12:00pm
WED-THURS: CLOSED
FRI: 9:00am-12:00pm
SAT-SUN: CLOSED

Mishawaka Office
MON-TUES: CLOSED
WED-THURS: 9:00am-1:00pm
FRI-SUN: CLOSED

The Zone Hours

Temporarily closed

Hours are subject to change. For update, closings and holiday hours, please visit our website at www.mykroc.org/hours