Group Fitness Schedule

MAY 23 - AUGUST 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45–6:30am CYCLE *with Mel*	5:45–6:30am BOOTCAMP GX *with Mel*	5:45–6:30am CYCLE *with Mel*	5:45–6:30am BOOTCAMP GX *with Mel*	5:45–6:30am CYCLE *with Mel*	
	7:30–8:15am AQUA BOOTCAMP *with Mel*		7:30–8:15am AQUA BOOTCAMP *with Mel*		
8:30–9:30am BODYPUMP® B/C *with Anna W.*	8:30–9:00am GRIT® GX *with Sarah V.*	8:30–9:30am BODYPUMP® B/C *with Heather*	8:30–9:00am GRIT® GX *with Anna*	8:30–9:30am BODYPUMP® B/C *with Sarah V.*	8:00–9:00am BODYPUMP® B/C *with Staff*
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 LO *w/ Kendall*
9:45–10:30am ✝ SILVER DRUMMING B/C *with Lynn*	9:15–10:00am CORE® GX *with Sarah*		9:15–9:45am CORE® GX *with Karin*	9:45–10:30am ✝ SILVER SNEAKERS B/C *with Lynn*	10:00–10:30am SMART START PROGRAM AGES 13-14 *with Staff*
9:45–10:45am YOGA FLOW C *with Christina*	9:30–10:15am HIP HOP HP *with Mike*	9:45–10:30am ✝ SILVER SNEAKERS B/C *with Christina*	9:45–10:30am SILVER SNEAKERS B/C *with Christina*	9:45–10:45am YOGA FLOW C *with Christina*	10:00–10:45am CYCLE *with Danielle*
	9:45–10:30am SILVER SNEAKERS B/C *with Christina*		10:45–11:30am CHAIR YOGA B/C *with Christina*		10:00–11:00am ✝ HOLY YOGA C *with Sara B.*
	10:45–11:30am CHAIR YOGA B/C *with Christina*				10:30–11:00am FITNESS ORIENTATION *with Staff*
11:30–12:15pm YOGA HP *with Christina*					
12:00–12:45pm S.W.A.T. B/C *with Tiff*		12:00–12:45pm S.W.A.T. B/C *with Sarah*			
5:30–6:15pm KIDS FITNESS *with Kendall*	5:30–6:15pm KIDS FITNESS *with Kendall*	5:15–6:00pm KIDS KLIMB AGES 7-13 BEGINNER *w/ Kendall*	5:15–6:15pm KIDS FITNESS B/C *with Mike*		
5:30–6:15pm DIESEL B/C *with Rob*	5:30–6:15pm KICKBOXING LO *with Megan*	5:30–6:00pm GRIT® GX *with Anna*	5:15–6:15pm BODYPUMP® GX *with Mandy*		
5:30–6:15pm BODYPUMP® GX *with Nicole*	5:30–6:15pm BODYPUMP® GX *with Jules*				
6:30–7:15pm CYCLE *with Mandy*	5:45–6:45pm ✝ HOLY YOGA MR *with Sara B.*	6:00–6:45pm KIDS KLIMB AGES 7-13 ADVANCED *w/ Kendall*	6:30–7:15pm CYCLE *with Mandy*		
		6:00–6:45pm ★ CYCLE *with Julian*			

MUSIC ROOM **MR**
LOFT **LO**
CHAPEL **C**
AM GENERAL **B/C**
HOWARD PARK **HP**
GROUP EX **GX**
BILINGUAL CLASS SPANISH & ENGLISH ★
FAITH BASED CLASS ✝
NEW CLASSES
REVISED CLASSES

MAY 23 - AUGUST 21

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–THURS: 4:00pm–8:00pm
FRI: 4:00pm–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: 4:00pm–5:45pm
TUES & THURS: 4:00pm–6:30pm
FRI: 4:00pm–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 **mykroc.org/hours**

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THE SALVATION ARMY KROC CENTER

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