



General Hours

MON-FRI: 5:30 AM-9:00 PM
 SAT: 7:00 AM-7:00 PM
 SUN: 9:00 AM-5:00 PM

The Zone Hours

MON-FRI: 5:00 PM-8:00 PM*
 SAT: 12:00 PM-5:00 PM
 SUN: CLOSED

*Must be participating in the Corps Oneighty programming.

Kids Watch Hours

MON-THUR: 8:15 AM-1:00 PM
 & 4:00 PM-8:00 PM
 FRI: 8:15 AM-1:00 PM
 & 4:00 PM-7:00 PM
 SAT: 8:00 AM-2:00 PM
 SUN: CLOSED

Aquatic Hours

Open Swim
 MON-FRI: 5:30 AM-8:30 PM
 SAT: 7:00 AM-6:30 PM
 SUN: 11:00 AM-4:30 PM

Water Slide*

MON-FRI: 4:30 PM-8:00 PM
 SAT: 12:00 PM-6:00 PM
 SUN: 11:00 AM-4:30 PM
 *Slide opens at 12pm when South Bend Schools are not in session. During swim lessons the slide will be closed.

Lap Swim

MON-FRI: 5:30 AM-9:00 AM
 SAT: 7:00 AM-9:00 AM
 SUN: NONE

Rockwall Hours

MON-FRI: 4:00 PM-8:00 PM*
 SAT: 12:00 PM-6:00 PM
 SUN: CLOSED

*Rockwall opens at 12pm when South Bend Schools are not in session.

Kroc Community Church

Sunday School
 SUN: 10:00 AM-11:00 AM
Worship
 SUN: 11:00 AM-12:00 PM

Fitness Center Guidelines

- Ages 15+ years old*
- Bags and personal items must be secured in lockers
- Appropriate gym attire required
- Re-rack weights and clean stations after use
- Avoid dropping / slamming weights
- Limit equipment use to 30 minutes

*Youth 13-14 must attend the Smart Start program to access the Fitness Center with a parent or guardian.

Day Passes

FACILITY DAY PASS RATES

Adult (11+)	\$10.00 per day*
Youth (2-10 Years)	\$7.50 per day
Family (5 Members or less)	\$29.50 per day
Each Additional Family Member	\$5.50 per day

*Includes one fitness drop-in class.

Drop-in Classes

DROP-IN CLASS RATES

Member	Included in Membership
Non-Member	\$3.50 per class

Rock Climbing Pass

CLIMB PASS RATES	Non-Member	Member
All Ages	\$2/day	Included in membership

† Youths under 11 must be accompanied by a parent or guardian.

Group Fitness Schedule

www.mykroc.org
DECEMBER 1 - JANUARY 31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycle with Mel 5:45am-6:30am	Bootcamp with Mel 5:45am-6:30am	Cycle with Mel 5:45am-6:30am	Bootcamp with Mel 5:45am-6:30am	Cycle with Mel 5:45am-6:30am	
				Aqua Bootcamp with Mel 8:30am-9:15am		Aqua Zumba® with Eriberta 8:00am-8:45am
	BodyPump® with Meredith 8:30am-9:30am	BodyPump® with Meredith 8:30am-9:15am	Zumba® with Eriberta 8:30am-9:15am	BodyPump® with Meredith 8:30am-9:30am	BodyPump® with Meredith 8:30am-9:15am	BodyFlow® with Meredith 8:00am-8:45am
	Cycle with Mel 8:30am-9:15am	Cycle with Danielle 8:30am-9:15am	Cycle with Mel 8:30am-9:15am	Cycle with Jen 8:30am-9:15am	Cycle with Mel 8:30am-9:15am	Bootcamp with Rob 8:00am-8:45am
	BodyFlow® with Meredith 9:45am-10:45am	Pilates with Christina 9:30am-10:15am	BodyPump® with Nicole 9:30am-10:30am	BodyFlow® with Christina 9:45am-10:45am	BodyFlow® with Meredith 9:30am-10:30am	BodyPump® with Meredith 9:00am-9:45am
	Silver Sneakers with Christina 9:45am-10:30am	Silver Circuit 9:45am-10:15am Cardio Drumming 10:15am-10:45am with Meredith	Silver Sneakers with Christina 9:45am-10:30am	Silver Circuit 9:45am-10:15am Cardio Drumming 10:15am-10:45am with Meredith	Silver Strength with Gwen 9:45am-10:30am	Cardio Kickboxing with Rob 9:00am-9:45am
	Aqua Aerobics with Christina 10:45am-11:30am	Chair Yoga with Colleen 11:00am-11:45am	Aqua Aerobics with Christina 10:45am-11:30am	Chair Yoga with Colleen 11:00am-11:45am	Aqua Zumba® with Gwen 10:45am-11:30am	New Member Orientation with Staff 9:00am-10:00am
			CXWorx® with Karin 10:45am-11:30am			Cycle with Rob 10:00am-10:45am
		Aqua Bootcamp with Mel 11:45am-12:30pm				Smart Start* with Staff 10:00am-11:00am
	Kettle X with Noel 12:00pm-12:45pm	Barre with Lindsey 12:00pm-12:45pm	S.W.A.T. with Nicole 12:00pm-12:45pm	Bootcamp with Julie 12:00pm-12:45pm	S.W.A.T. with Nicole 12:00pm-12:45pm	
			Yoga with Colleen 4:15pm-5:00pm			
	BodyPump® with Claire 5:15pm-6:00pm	BodyPump® with Nicole 5:15pm-6:15pm	BodyPump® with Jules 5:15pm-6:15pm	Kettle X with Noel 5:15pm-6:00pm		
	Diesel Strength with Rob 5:30pm-6:15pm		Diesel Strength with Carlton 5:30pm-6:15pm	Cycle with Karin 5:15pm-6:00pm		
	CXWorx® with Claire 6:10pm-6:40pm			CXWorx® with Karin 6:15pm-6:45pm		
	Hip-Hop Fitness with Brittani 6:30pm-7:15pm	Dance Fitness with Julie 7:15pm-8:00pm	Hip-Hop Kickboxing with Brittani 6:30pm-7:15pm	Zumba® with Carlitos 7:00pm-8:00pm		
	BodyFlow® with Karin 6:30pm-7:30pm					

NEW CLASSES 

REVISED CLASSES 

FEE BASED CLASS 

PUNCH PASS ELIGIBLE CLASS 

* 1st Saturday of each month