

Group Fitness Schedule

SEPTEMBER 8 – OCTOBER 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		
	Kids Klimb with Simon 6:30am–7:30am Ages 7-13	Aqua Bootcamp with Mel 7:30am–8:15am		Aqua Bootcamp with Mel 7:30am–8:15am		Bootcamp with Rob 8:00am–8:45am
	BodyPump® with Sarah V. 8:30am–9:30am	Cycle with Mel 8:30am–9:15am	BodyPump® with Sarah V. 8:30am–9:30am	Cycle with Mel 8:30am–9:15am	BodyPump® with Sarah 8:30am–9:30am	BodyPump® with Nicole 9:00am–9:45am
	Yoga with Christina 9:45am–10:45am					Kickboxing with Rob 9:00am–9:45am
	Silver Sneakers with Lindsey 9:45am–10:15am	Silver Sneakers with Christina 9:45am–10:30am	Silver Sneakers with Lindsey 9:45am–10:45am	Silver Sneakers with Christina 9:45am–10:30am	Silver Bootcamp with Sawyer 9:45am–10:45am	† Holy Yoga with Sara B. 10:00am–11:00am
	Cardio Drumming with Lindsey 10:15am–10:45am	Chair Yoga with Christina 10:45am–11:30am		Chair Yoga with Christina 10:45am–11:30am		Cycle with Rob 10:00am–10:45am
						Smart Start with Staff 10:00am–10:30am
	S.W.A.T. with Sarah V. 12:00pm–12:45pm		S.W.A.T. with Lindsey 12:00pm–12:45pm		S.W.A.T. with Sarah 12:00pm–12:45pm	Fitness Orientation with Staff 10:30am–11:00am
	Diesel with Rob 5:30pm–6:15pm	BodyPump® with Jules 5:15pm–6:00pm	Body by Lindsey with Lindsey 5:30pm–6:30pm	Strength with Sawyer 5:30pm–6:30pm		
	Kids Fitness with Sawyer 5:30pm–6:45pm Ages 5-12	Kids Fitness with Rachel 5:15pm–6:00pm Ages 5-12	Hip-Hop Fitness with Brittani 6:00pm–6:45pm	Vinyasa Yoga with Sara B. 5:45pm–6:45pm		
	BodyPump® with Jules 6:00pm–6:45pm	† Yoga with Rachel 6:10pm–7:00pm				
	† Holy Yoga with Sara B. 6:15pm–7:00pm					

FAITH BASED CLASS †
NEW CLASSES
REVISED CLASSES

Due to COVID-19, our Group Fitness Schedule is limited. Please note the following:

- Instructors will not be wearing a mask while teaching; members do not need to wear a mask while exercising
- Equipment will be cleaned, but we ask that members wipe down their equipment after use
- No day passes will be sold or redeemed during this time



Facility Hours

MON-FRI: 5:30am-7:00pm
SAT: 7:00am-3:00pm
SUN: CLOSED

The Zone Hours

MON-THURS: 4:00pm-6:00pm
FRI: CLOSED
SAT: CLOSED
SUN: CLOSED
**Ages 11-18 years.*

Kids Watch Hours

MON-THUR: 8:15am-12:00pm
4:00pm-6:45pm
FRI: 8:15am-12:00pm
SAT: CLOSED
SUN: CLOSED

Kroc Community Church Hours

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

Aquatic Hours

Open Swim
MON-FRI: 5:30am-6:30pm
SAT: 7:00am-2:30pm
SUN: CLOSED

Water Slide

MON-FRI: 4:00pm-5:45pm
SAT: 12:00pm-2:00pm
SUN: CLOSED

Lap Swim

At least 1 lap lane is available at all times except for the following:
SAT: 8:30am-11:30am

Rockwall Hours

MON-TUES: CLOSED
WED: 11:00am-6:00pm
THUR-FRI: CLOSED
SAT: 11:00am-2:00pm
SUN: CLOSED

**Open-climb is always available while facility is open (with the exception of when Summer Camp is using the wall) to anyone with a Kroc Climbing Certification.*

Family Resource Center Hours

Holiday hours go into effect October - December and will look different than what is shown below.

South Bend Office

MON-TUES: 9:00am-12:00pm
WED: CLOSED
THURS: CLOSED
FRI: 9:00am-12:00pm
SAT-SUN: CLOSED

Walter A. Meyer Food Pantry

MON-TUES: 9:00am-12:00pm
WED: CLOSED
THURS: CLOSED
FRI: 9:00am-12:00pm
SAT-SUN: CLOSED

Mishawaka Office

MON-TUES: CLOSED
WED-THURS: 10:00am-2:00pm
FRI-SUN: CLOSED

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