

DROP-IN SCHEDULE

DECEMBER 2016



Hours of Operation

Monday - Thursday 5am - 9pm
 Friday 5am - 8pm
 Saturday 6am - 6pm
 Sunday 1pm - 6pm
**Gym & Pool hours vary, see pages 4 & 5*

Sunday Worship

Sunday School 9:30am
 Family Fellowship 10:15am
 Worship Service 11am

KidZone Hours

Monday - Thursday 9am - 12:30pm
 3:30 - 8pm
 Friday 9am - 12:30pm
 3:30 - 7:30pm
 Saturday 9am - 5:30pm
 Sunday 1pm - 5:30pm

KIDZONE RATES PER 2 HOUR SESSION

Member: \$3 each child
 Non-member: \$5 each child

Please note, there is a maximum time limit of two hours per visit to the KidZone area.

Drop-In Activities

No registration required!

DROP IN and enjoy any of the dozens of drop-in activities at the Kroc Center! From Open Computer Lab, to Kickbox to Aqua-Joints, there's something everyday for everyone. In addition, you will find that many activities are offered multiple times a week, making it convenient for you to get into a routine and enjoy new friends.

Use this Drop-In Schedule to see what drop-in activities are available in all areas of the Kroc Center. Each month a new schedule can be picked up from the literature racks or at the Welcome Desk. Of course you can always check online, too, at www.OmahaKroc.org.

Please note, Aquatic and Fitness Drop-In activities require a "Class Pass" card to participate, details on pg7.

The Kroc Center reserves the right to add, cancel or change classes as needed to meet minimum class participant requirements and may do so without notice. No refunds or credit for daily classes.

Drop-In Rates

Kroc Center Members – FREE

Enjoy the benefits of membership! Unless otherwise noted, all drop-in activities are FREE TO MEMBERS. Please note there is a separate fee for KidZone, rates shown at left.

Not a Member? No Problem.

Guests are welcome to participate in Drop-Activities for a modest fee, which also provides access to the gym, pool and more.

- A Day Pass into the Kroc Center is \$7 adults and \$5 for youth (18 and under)
- Fitness, Family-Fitness, and Water Fitness Drop-In classes for non-members are \$5 per person plus the Day Pass fee.
- Use of Indoor Turf Arena for non-members is \$3 plus the Day Pass fee.

**FITNESS • SWIMMING • ART STUDIO
 COMPUTER LAB • SENIOR ACTIVITIES
 GYM • SPORTS • WORSHIP & MORE!**



Congregational Life

All Congregational Life activities listed below are FREE and open to members and the public but do NOT include facility usage.

Sun domingo	Mon lunes	Tues martes	Wed miercoles	Thurs jueves	Fri viernes	Sat sabado
9:30am Youth & Adult Christian Education Classes Escuela Dominical para						
10:15–10:45am Family Fellowship <i>compañerismo para la familia</i>						
11am–approx. 12:30pm Worship Service	5:30-6:30pm Estudio Biblico Age 18 & Up	5:30-6pm Family Supper Club		5:30-6:30pm Discipulado en Español		
11:30–12:30pm - approx. Jr. Church	6-7pm Adult Bible Studies Ages 14 & Up	6-7pm There's a Badge For That Grades PreK–5	6:30-8pm Women's Ministry & Men's Fellowship Club Age 14 & Up	Actividad externa al Kroc Center Para saber dirección		

ADULT BIBLE STUDIES

If you'd like to know more about God or want to grow in your relationship with Him, please join us for a time of Bible Study and prayer. Together, we look to God's Word to learn how the Bible is applicable to our lives.

ESTUDIO BIBLICO

¿Quiere saber de quien es Dios? ¿Y por que fuimos creados a su imagen y semejanza? (Genesis 1:26), esto es parte de lo que tratamos en un estudio biblico. Aprender de quien es Dios y conocer a quien nos creo sin duda que enriquece nuestro espiritu y nos hara comprender muchas otras cosas.

MEN'S FELLOWSHIP CLUB

With an emphasis on service, evangelism and fellowship, this allows man to live out their faith in practical ways. This group provides valuable service to the Kroc Church & Community while providing relational ministry to each other.

SUNDAY CHRISTIAN EDUCATION CLASSES

Biblical teaching every Sunday morning, classes for kids, teens and adults.

SUNDAY FAMILY FELLOWSHIP

The congregation socializes over a light breakfast before morning worship. Visitors are always welcomed.

SUNDAY WORSHIP-ASSEMBLY HALL

All are welcome - During Worship complimentary childcare is provided for children up to 5 years of age. Jr. church is available for PreK - 11years old during sermon.

THERE'S A BADGE FOR THAT

This is a character building program for kids PreK–5th grade. Each week kids will do exciting things and be able to earn badges based on what they have learned.

WOMEN'S MINISTRIES

The Salvation Army Women's Ministries encompasses various opportunities for all women where they are valued, encouraged, equipped, and invited to catch the joy through Christian faith and fellowship.

**Reunión
en español**

domingo, 11 de
Diciembre a las 2pm
Reunion de Alabanza
y Adoracion



Computer Lab

Sun domingo	Mon lunes	Tues martes	Wed miercoles	Thurs jueves	Fri viernes	Sat sabado
1–6pm Open Computer Lab						12pm–6pm Open Computer Lab
	4pm–8:30pm Open Computer Lab	4pm–8:30pm Open Computer Lab	4pm–8:30pm Open Computer Lab	4pm–8:30pm Open Computer Lab	4pm–8pm Open Computer Lab	


















KidZone Activities

KIDZONE RATES PER 2 HOUR SESSION
Member: \$3.00 each child per 2 hrs
Non-member: \$5.00 each child per 2 hrs

ASK ABOUT THE PASS!!!

Sun domingo	Mon lunes	Tues martes	Wed miercoles	Thurs jueves	Fri viernes	Sat sabado
	StoryTime Hora de Leer 9:30–10am KidZone 2 (all ages) 		StoryTime Hora de Leer 9:30–10am KidZone 2 (all ages) 		Coloring Creations 9:30–10am KidZone 2 (all ages) 	
	Fit Kidz Sports Juego Gratis Free Play 10:30–11am Gym (if available) (ages 4-7) 	Tiny Tots Tumbling Clase de Volteretas 10:30–11am (ages 3-5) Gym 	Fit Kidz Sports Juego Gratis Free Play 10:30–11am Gym (if available) (ages 4-7) 	Fit Kidz Sports Juego Gratis Free Play 10:30–11am Gym (if available) (ages 4-7) 	Fit Kidz Sports Juego Gratis Free Play 10:30–11am Gym (if available) (ages 4-7) 	
	KidZone Closed from Cerrado 12:30–3:30pm	KidZone Closed from Cerrado 12:30–3:30pm	KidZone Closed from Cerrado 12:30–3:30pm	KidZone Closed from Cerrado 12:30–3:30pm	KidZone Closed from Cerrado 12:30–3:30pm	Drop In Art Class Clase de Arte 11:00am–11:45am (ages 4-7) KidZone 1 
	Krazy Kidz Krafts Manualidades de Niños 6:30–7:30pm (ages 3-7) Art Room 	Soccer Skills Tecnicas de Soccer 6:30–7:30pm (ages 3-7) Gym (if available) 	XBOX Game Time XBOX Tiempo de Juego 6:30–7:30pm (ages 4-7) Game Room 	Fit Kidz Sports 6:30–7:30pm Gym (if available) (ages 4-7) Juego Gratis Free Play 		

KidZone Hours

Monday - Thursday 9am - 12:30pm
3:30 - 8pm

Friday 9am - 12:30pm
3:30 - 7:30pm

Saturday 9am - 5:30pm

Sunday 1pm - 5:30pm

Age Requirements: Children ages 1-7 years old are welcome in KidZone.

Food: No food or drink is allowed in KidZone. Water will always be available for them to drink. If the child is attending a cooking class or a party a form must be signed by the parent allowing them to eat or drink what is being served.

Diapers: No diapers will be changed by Staff Members. Parents will be located and asked to come to KidZone if the need arises.

Classes: Classes can be cancelled if there are 5 or less children. Times are subject to change.

Time Limit: There is a time limit of two hours per visit to the KidZone area.



Open Art Studio

Sun domingo	Mon lunes	Tues martes	Wed miercoles	Thurs jueves	Fri viernes	Sat sabado
	6–8pm Open Art Studio Art Studio Estudio Abierto de Arte		6–8pm Open Art Studio Art Studio Estudio Abierto de Arte			

OPEN ART STUDIO

Explore your creative side! Our Art Room is open for you to spend time learning and practicing your artistic skills. Open Studio is not a structured class, but an opportunity to work independently on art projects of your choice. Staff will be on hand to offer advice or assistance. Some materials are available for your use, or you can bring your own! Open to individuals 6 and older; participants 6 & 7 must be accompanied by a parent or guardian.

Open Swim



Sun domingo			Mon lunes			Tues martes			Wed miercoles			Thurs jueves			Fri viernes			Sat sabado		
POOL			POOL			POOL			POOL			POOL			POOL			POOL		
Lap	Lazy	Rec	Lap	Lazy	Rec	Lap	Lazy	Rec	Lap	Lazy	Rec	Lap	Lazy	Rec	Lap	Lazy	Rec	Lap	Lazy	Rec
			6:30 to 10:30a ADULTS ONLY	6:30 to 10:30a ADULTS ONLY	6:30 to 10:30a ADULTS ONLY	7:30 to 10:30a ADULTS	6:30 to 10:30a ADULTS ONLY	6:30 to 10:30a ADULTS ONLY	6:30 to 10:30a ADULTS ONLY	6:30 to 10:30a ADULTS ONLY	6:30 to 10:30a ADULTS ONLY	7:30 to 10:30a ADULTS	6:30 to 10:30a ADULTS ONLY	6:30 to 10:30a ADULTS ONLY	6:30 to 10:30a ADULTS ONLY	6:30 to 10:30a ADULTS ONLY	6:30 to 10:30a ADULTS ONLY	8:30 to 9am	7 to 9am	8:30 to 9am
			10:30 to 1pm	10:30 to 1pm	10:30 to 1pm	10:30 to 1pm	10:30 to 1pm	10:30 to 1pm	10:30 to 1pm	10:30 to 1pm	10:30 to 1pm	10:30 to 1pm	10:30 to 1pm	10:30 to 1pm	10:30 to 1pm	10:30 to 1pm	10:30 to 1pm	11:00 am to 5:30 pm	11:00 am to 5:30 pm	11:00 am to 5:30 pm
1p to 5:30p	1p to 5:30p	1p to 5:30p	3pm to 8pm	3pm to 8pm	3pm to 8pm	3pm to 8pm	3pm to 8pm	3pm to 8pm	3pm to 8pm	3pm to 8pm	3pm to 8pm	3pm to 8pm	3pm to 8pm	3pm to 8pm	3pm to 7:30p	3pm to 7:30p	3pm to 7:30p			
								6:40p to 8pm												

PRIOR TO YOUR VISIT, please note the following and plan accordingly:

- **Hourly Breaks:** Breaks are taken 10 minutes before the hour, each hour
- **Aquatic Center: Monday-Friday, 6:30-10:30am** ONLY open to adults (16 and older except for swim lesson participants & youth lap swimmers)
- **Tuesdays 5-6:40pm and Saturdays, 9-11am** The Recreation Pool is CLOSED for swim lessons

YOUTH: POOL USAGE POLICIES

On weekday mornings the Aquatics Center is intended as a workout area for adults. Sorry, youth ages 15 & under are NOT permitted in the pool until 10:30am (unless attending a swim lesson).

- **Large Water Slide:** Participants MUST be 48 inches tall or pass a swim test in order to use.
- **CHILDREN AGE 5 & under** MUST have an adult age 16+ in the pool within arm's reach. Children not toilet trained must wear a swim diaper.
- **CHILDREN AGES 6-8** MUST have an adult age 16+ visually supervising the child at all times.
- **CHILDREN AGE 15 & under** may only use the lap pool after passing a swim test, except when the lap pool is reserved for adults only.

Open Gym

Sun domingo			Mon lunes			Tues martes			Wed miercoles			Thurs jueves			Fri viernes			Sat sabado		
COURT			COURT			COURT			COURT			COURT			COURT			COURT		
1	2	Turf	1	2	Turf	1	2	Turf	1	2	Turf	1	2	Turf	1	2	Turf	1	2	Turf
			8am to 4:45 pm	8am to 8:45 pm	8am to 5:30 pm	8am to 8:45 pm	8am to 8:45 pm	8am to 5:30 pm	8am to 8:45 pm	8am to 8:45 pm	8am to 5:30 pm	8am to 8:45 pm	8am to 8:45 pm	8am to 5:30 pm	8am to 7:45 pm	8am to 7:45 pm	8am to 5:30 pm	8am to 5:30 pm	8am to 5:30 pm	
1pm to 5:30 pm	1pm to 5:30 pm																			
			8pm to 8:45 pm																	

OPEN GYM – Drop-in and join the fun, plenty of space to enjoy soccer, basketball and other activities. All Ages Welcome! *Schedule subject to change.*



Water Fitness

Sun domingo	Mon lunes	Tues martes	Wed miercoles	Thurs jueves	Fri viernes	Sat sabado
	6:30 - 7:15am <i>Sunrise Splash</i> Lap Pool Julie		6:30 - 7:15am <i>Sunrise Splash</i> Lap Pool Julie		6:30 - 7:15am <i>Sunrise Splash</i> Lap Pool Andrea	
	7:30 - 8:15am <i>Deep Water Workout</i> Lap Pool Julie		7:30 - 8:15am <i>Deep Water Workout</i> Lap Pool Julie		7:30 - 8:15am <i>Deep Water Workout</i> Lap Pool Andrea	
	8:30 - 9:15am Aquacize Lap Pool Kim	8:30 - 9:15am <i>Splashin' with the Oldies</i> Lap Pool Andrea	8:30 - 9:15am Aquacize Lap Pool Andrea	8:30 - 9:15am <i>Splashin' with the Oldies</i> Lap Pool Andrea	8:30 - 9:15am Aquacize Lap Pool Andrea	
	9:30 - 10:15am Aqua-Joints Rec Pool Kim	9:30 - 10:15am Aquacize Rec Pool Andrea	9:30 - 10:15am Aqua-Joints Rec Pool Andrea	9:30 - 10:15am Aquacize Rec Pool Andrea	9:30 - 10:15am Aqua-Joints Rec Pool Andrea	

WATER FITNESS

Water Fitness classes are for adults age 16+.

Please note that swimming suits ARE REQUIRED.

AQUACIZE / AQUA FITNESS

Combine a shallow and a deep water workout. Improve your cardio, balance, flexibility and core strength.

AQUA-JOINTS

Low impact class-great for individuals who are suffering from muscle pain, recovering from surgery or just starting to exercise. This group class improves muscular strength, endurance and flexibility. Individuals may participate at their own pace.

AQUA-ZUMBA®

A fun "Pool Party" workout, Aqua-Zumba® is an easy to follow choreographed class set to high-energy, latin-inspired music while incorporating dance moves, interval training and resistance training. Join the fun.

DEEP WATER WORKOUT

This cross training class is a combination of shallow and deep water jogging -- get all of the benefits of running without all of the impact on the body. (Floatation belts used for the deep water portion).

SILVERSNEAKERS® SPLASH

Activate your urge for variety! Splash offers fun, shallow water movement to improve flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming experience is required.

SPLASHIN' WITH THE OLDIES

It's a fitness dance party...in the pool! Join us for a rockin' boppin' good time!! We will be dancing to the best music of the 50's, 60's and beyond.

SUNRISE SPLASH

Start your day off with a splash! This shallow water exercise class will tone your muscles and strengthen your cardiovascular system.



Sports & Recreation

Sun domingo	Mon lunes	Tues martes	Wed miercoles	Thurs jueves	Fri viernes	Sat sabado
	11am—Noon Adult: Lunch Hour Pick-up Basketball & Soccer	11am—Noon Adult: Lunch Hour Pick-up Basketball & Soccer	11am—Noon Adult: Lunch Hour Pick-up Basketball & Soccer	11am—Noon Adult: Lunch Hour Pick-up Basketball & Soccer	11am—Noon Adult: Lunch Hour Pick-up Basketball & Soccer	
				5:30—8pm Teen Pick-Up Basketball <i>Adolescente: Baloncesto</i>		

ADULT: LUNCH HOUR PICK-UP BASKETBALL & SOCCER


The gym will be available throughout the week for adults to play pick-up basketball or soccer. Drop by and get in the game!

TEEN: PICK-UP BASKETBALL & SOCCER

This is a great way for teens to have FUN, meet friends and get some exercise too! Staff will set up the gym and be on hand to give instructional hints and monitor fair play. The gym will be available at a variety of times for both boys and girls.



Adult Fitness

Sun domingo	Mon lunes	Tues martes	Wed miercoles	Thurs jueves	Fri viernes	Sat sabado
		5:30–6:20am Fitness Studio Zumba® Araceli Ages 14+	5:30–6:20am Court #1 Gym Boot Camp Vern Ages 16+	5:30–6:20am Fitness Studio Zumba® & Tone Araceli Ages 14+		
	8:30–9:15am Fitness Studio SilverSneakers® Classic Tabitha Ages 14+	8:30–9:20am Fitness Studio SilverSneakers® Yoga Terry Ages 14+	8:30–9:15am Fitness Studio Zumba Gold® Tabitha Ages 14+	8:30–9:20am Fitness Studio SilverSneakers® Circuit Terry Ages 14+	8:30–9:15am Fitness Studio SilverSneakers® Classic Terry Ages 14+	
	9:30–10:20am Fitness Studio Strong By Zumba® Araceli Ages 14+	9:30–10:20am Rec. Studio Kickbox Kim Ages 14+	9:30–10:20am Fitness Studio Zumba® & Tone Araceli Ages 14+	9:30–10:20am Rec. Studio Kickbox Kim Ages 14+	9:30–10:20am Fitness Studio Zumba® Nieves Ages 14+	
					Active Ageds Check the program guide for dates and location	 10–10:50am Fitness Studio Total Body Workout Kim Ages 16+
					10:30–11:15am Classroom 5 Tai Chi Forms Sandy Ages 14+	11–11:50am Fitness Studio Boot Camp Kim Ages 14+
	6–6:50pm Fitness Studio Zumba® Nieves Ages 14+	6:00–6:50pm Rec. Studio Kickbox Kim Ages 14+	6–6:50pm Fitness Studio Zumba® Nieves Ages 14+		6–6:50pm Fitness Studio Zumba®	12:30–1:30pm Fitness Studio FITNESSGRAM® Ages 5–30
	6:30–7:30pm Classroom 4 Yoga Jill Ages 14+			6:30–7:30pm Classroom 4 Yoga Jill Ages 14+		
	7–7:50pm Fitness Studio H.I.I.T Vern Ages 16+	NEW Time! 7–7:50pm Fitness Studio Zumba® Kiera Ages 14+	7–7:50pm Fitness Studio Insanity®/P90X® Kris Ages 16+	7–7:50pm Fitness Studio Zumba® Kiera Ages 14+		



Family-Friendly Fitness

Sun domingo	Mon lunes	Tues martes	Wed miercoles	Thurs jueves	Fri viernes	Sat sabado
						12:30–1:30pm Fitness Studio FITNESSGRAM® Ages 5–30
		7-7:50pm Rec. Studio Family Kickboxing Kim Ages 8-15 Ages 3-7 with Participating Parent	7-7:50pm Rec. Studio Kidz Choice / Cadet Boot Camp (Alternates Weekly) Lindsey Ages 8-15 Ages 3-7	7-7:50pm Classroom #5 Kidz Pound / Hoops (Alternates Weekly) Beth Ages 8-15 Ages 3-7		

ADULT FITNESS CLASSES ARE FOR ADULTS AND OLDER TEENS (14+ OR 16+, DEPENDING ON THE CLASS).

DROP-IN CLASS CHECK IN PROCEDURE Class participants **MUST** obtain a sticker/class pass from Welcome Desk and present it to the instructor prior to the beginning of class. One sticker/pass per person. Due to space limitations, a limited number of sticker/pass cards are available for each class. Sticker/pass cards are issued on a first come, first served basis starting one hour prior to the start of class, please plan accordingly. Sticker/pass cannot be shared or loaned and must be worn to class by the authorized user.

BOOT CAMP, AGE 16+

Want a killer workout? Join an interval training class with a boot camp theme. This class has intense cardio sessions with time to recover while doing strength training. This 50-minute class is a higher intensity level class. Weather permitting, this class could possibly take place outdoors.

H.I.I.T (HIGH INTENSITY INTERVAL TRAINING), AGE 16+

H.I.I.T class is a total body, heart pumping, aerobic and strength conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body and improve your endurance.

INSANITY®/P90X® COMBO, AGE 16+

Please see page 18 in the Program Guide for full descriptions.

KICKBOX, AGE 14+

This is a high intensity workout combining cardio and strength training. Using a heavy bag to punch and kick while including squats, sit ups, push ups, jumping jacks, and much more to burn a large amount of calories and tone your muscles.

SILVERSNEAKERS® CLASSIC, AGE 16+

Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

SILVERSNEAKERS® CIRCUIT, AGE 16+

Combine fun with fitness to increase your endurance power with standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is used for standing support, stretching and relaxation exercises.

SILVERSNEAKERS® YOGA, AGE 16+

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement.

STRONG BY ZUMBA®, AGE 14+

Moving in sync with music makes you work harder. This class will push you past your plateaus to help you reach your fitness goals faster. Using your own body weight, you will gain muscular endurance, tone, and definition, and you will experience an increased after burn.

TAI CHI FORMS, AGE 14+

A slow controlled way to relieve stress, develop muscle while increasing range of motion without pain. A great class for anyone with special needs such as shoulder, back or knee pain to older adults who want to improve their balance. Taking Tai Chi for Better Balance prior to attending this class is highly suggested for those not familiar with Tai Chi and its forms.

TOTAL BODY WORKOUT, AGE 16+

Enjoy the challenge of building muscular endurance and core strength, while using a variety of equipment. A compliment to any cardio workout! Modifications for beginners to advanced students.

YOGA, AGE 14+

Yoga works towards an understanding of body awareness using breathing techniques, stress reduction, relaxation, and increased range-of-motion in all major muscle groups while enhancing strength and flexibility.

ZUMBA®, AGE 14+

The dance routines feature interval training sessions that are combined to tone and sculpt your body while burning fat. All fitness levels are welcome! Maximum class size of 35 individuals - *arrive early to get a spot!*

ZUMBA GOLD®, AGE 14+

Based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements.

ZUMBA® & TONE, AGE 14+

Join us for a combination class of Zumba with some strength thrown in using Zumba Sticks! Join the party again with a class to mix up your routine and give you results.



FIT 'N 50 **FIT 'N 50 FITNESS** **CLASSES**

MONDAYS, 8:30-9:15AM

Fit 'N 50 Club includes a free fitness class Monday mornings. Class is subject to change; to find out which class is currently included on the club schedule check the "Fit After 50" section of the monthly Drop-in Schedule. See page 8 for more!

FIT 'N 50 FREE FRIDAYS CARD

PARTICIPATE EACH WEEK AND RECEIVE FREE BREAD!

As part of the Kroc Center's community outreach program ANYONE 50 and older can sign up for a **FREE FRIDAYS CARD!** Stop by the Club Check-in table (located in Party Room #3) on Mondays, Wednesdays and Fridays, 7:30-11:30am to get a tracking card. Take the tracking card to any qualifying activity listed on the card and have your instructor initial it—please note the **FEES APPLY** to non-members for most activities. Participants must attend **3 of the approved activities** each week to be eligible to take home free bread, which will be available that same Friday from 9-11am. Bread is distributed on a first come, first served basis.

See page 8 of the drop in schedule for more "Fit After 50" drop-in options.

YOUTH FITNESS are formatted classes for kids (ages 8 and up) but children ages 3-7 are allowed to attend only if parents participate in the class with their children. All attending must obtain a class pass from the Welcome Desk prior to class. Please refer to Drop-in Class Check-in procedure listed above, at the top of the page.

CADET BOOT CAMP

Boot Camp for the younger generation! Build high moral, strength and confidence with military based exercise safe for all. Bursts of cardio and strength training elements are a fun way to get healthy and stay active. Hoorah!!

FAMILY KICKBOXING

Work together to better your health as a family! Work up a sweat and have some fun! Learn punches, kicks and with bags and gloves to get a great workout together! This class is appropriate for ages 8 and up to attend by themselves or ages 5-7 yrs can attend only with a parent participating.

FITNESSGRAM® TESTING

This national standard computerized system can track your progress in reducing you or your child's body weight and results can be taken to your physician to assist in monitoring any weight related health issues. See description shown above in adult fitness for more details.

KIDZ CHOICE

The kids that attend will be able to vote on which physical activity they would like to do! Activities will range from multi-player games to various workouts to keep them moving and active. Please make sure your kids wear tennis shoes and socks to class.

KIDZ HOOPS

This class is designed with kids in mind. Mind/body awareness, strength, flexibility and FUN!

KIDZ POUND™

Full-body workout for the kids. Gives an added boost of fun to give a great cardio workout.



Fit 'N 50 Activities

Sun domingo	Mon lunes	Tues martes	Wed miercoles	Thurs jueves	Fri viernes	Sat sabado
	8-10am Walking Club <i>Club de andar</i>		8-10am Walking Club <i>Club de andar</i>		8-10am Walking Club <i>Club de andar</i>	
	8:30-9:15am Fitness Studio SilverSneakers® Classic <i>Tabitha Ages 14+</i>	8:30-9:20am Fitness Studio SilverSneakers® Yoga <i>Terry Ages 14+</i>	8:30-9:15am Fitness Studio Zumba Gold® <i>Tabitha Ages 14+</i>	8:30-9:20am Fitness Studio SilverSneakers® Circuit <i>Terry Ages 14+</i>	8:30-9:15am Fitness Studio SilverSneakers® Classic <i>Terry Ages 14+</i>	
			10:30-11:30am Senior Bible Study Third Wed. of the		10:30-11:15am Classroom 5 Tai Chi Forms <i>Sandy Ages 14+</i>	
			11-12pm Senior Potluck First Wed. of the Month			

Active Agers

Join us once a month for a get together involving education, games, demos or just un!

SENIOR BIBLE STUDY

Discover spiritual truths and dig into Gods word with Major Margaret on the third Wed. of the month.

SENIOR POTLUCK

Enjoy lunch on the first Wed. of the month with friends and bring a side dish to share.

SILVERSNEAKERS® CLASSIC

See Page 7 for description of class.

SILVERSNEAKERS® CIRCUIT

See Page 7 for description of class.

SILVERSNEAKERS® YOGA

See Page 7 for description of class.

TAI CHI FORMS

See Page 7 for description of class.

WALKING CLUB

Stop by the Fitness Desk to get more details and receive your free program and tracking card.

ZUMBA GOLD®

See Page 7 for description of class.

Active Agers Events

December 16, 11am-2m

Fit N' Fifty Christmas

Gift Exchange—Mem & Non FREE

Lunch—Mem & Non \$7

Join us for a festive holiday party. Bring \$5 gift for our annual gift exchange. We will head to Pizza Ranch for lunch & fellowship for the holidays!

See page 21 in the Activity Guide for info. Register at the Welcome Desk.

Kroc Center Special Events December 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 2-4pm Kidz Kayak Racing
					4-7:30pm Inflatable Fridays	
4 1-5:30pm Sunday Fundays	5	6 9:30am-Noon Toddler Tuesdays	7 11am Senior Potluck	8	9	10 2-4pm Kidz Kayak Racing
					6-8pm Santa's Village 4-7:30pm Inflatable Fridays	
11 1-5:30pm Sunday Fundays	12	13 9:30am-Noon Toddler Tuesdays	14	15	16 11am Fit 'N Fifty Christmas Lunch 5:00-7:30pm Family Splash Party 7pm NUTCRACKER DELIGHTS	17 2-4pm Kidz Kayak Racing
18 1-5:30pm Sunday Fundays	19	20 9:30am-Noon Toddler Tuesdays	21	22	23 Noon-1pm Youth Feeding Program 4-7:30pm Inflatable Fridays	24 2-4pm Kidz Kayak Racing
	Indoor Soccer Skills Camp Mon-Fri Call to Register 402-905-3576					
25 Christmas Day Worship Service at 11am Community Center Closed	26	27 9:30am-Noon Toddler Tuesdays	28	29	30	31 2-4pm Kidz Kayak Racing 7pm New Year's Eve Celebration
	Christmas Break Day Camp Noon-1pm Youth Feeding Program					
					4-7:30pm Inflatable Fridays	

For a full listing of events and event details, pick up a monthly newsletter or visit www.OmahaKroc.org