

# KROC

**JAN**  
**SCHEDULE**



## INSIDE

### • NEW CLASSES

- NINJA TRAINING • PAINT POURING
- TRANSFORM FITNESS CLASS
- ADDITIONAL CYCLING & BODYFLOW!

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View  
**ONLINE!**



RAY & JOAN

**KROC**  
CORPS COMMUNITY CENTER



# JANUARY HOURS

V2 - 1-4-2022

<b>Sunday</b>	Noon–6pm
<b>Mon–Fri</b>	5am–10pm
<b>Saturday</b>	7am–8pm

## VENUE HOURS

### Kroc Church

**Sunday School** 9:15am

**Worship** 10:30am Watch Kroc Church  
in person or via Facebook Live. See page 7.

### Aquatic Center

**SUN** 1–5pm

**M–F** 6am–1pm | 4–8pm

**SAT** 8am–7pm

Please see page 4 for Big Red Slide hours.

### Huck's Hideout

**SUN** Closed

**M–THU** 8:30am–1pm | 4–8pm

**FRI** 8:30am–1pm | 4–7pm

**SAT** 8:30am–1pm

### Ledge Game Room

**SUN** CLOSED

**M–FRI** 4–8pm

**SAT** 9am–1pm | 2–6pm

**CLOSED  
SUNDAYS**

### Rock Wall

**WED** 4–7pm

**SAT** Noon–5pm

### Kroc Café

**SUN** 1–5pm

**M–FRI** 5am–9pm

**SAT** 7am–7pm

Smoking, tobacco products, alcohol, and vulgar language are not permitted on the premises. Animals (except for service animals), bicycles, skateboards, skate shoes, or inline skates are not permitted. Members or guests using the facility under the influence of alcohol or drugs may have their membership revoked or modified indefinitely. **Strollers not allowed on the walking track Mon–Thurs 5–7pm. Please do not enter the facility if you are sick.**



### Be in the Know with Text Alerts!

Text KROCQCY to 24365 to receive  
texts about class cancellations &  
facility/weather updates.



**REGISTER BY JAN 31**

## MARATHON

**26.2** Miles—Run/Walk



## ULTRA MARATHON

**50** Miles—Run/Walk

February is American Heart Month. What better way to improve your heart health than finishing a marathon! Walk or run your way to the finish line on a treadmill, elliptical, stepper, using our indoor track, or a combination of all four (biking does not count towards this challenge). The goal is for participants to finish 26.2 miles within 28 days. Think that's too easy? Sign up for the Ultra-Marathon and finish 50 miles within 28 days! All activity must be completed in The Kroc Center. All finishers receive a prize! Registration limited to Kroc Center members ages 13+. \$10 per person.

## ADULT DROP-IN PICKLEBALL

No experience necessary! Learn the rules of pickleball, basic skills, and techniques. This class is geared toward beginners, but all levels are welcome to play and have fun. Equipment will be provided. Led by The Kroc Center's recreational sports staff.

**THURSDAYS,  
FEB 3–MARCH 10  
10–11:30AM**

*Members Free | Non-Members \$8<sup>50</sup>*





Winter Dates are filling up...  
**BOOK YOUR SPLASH BASH  
POOL PARTY TODAY!**

Go to [KrocQuincy.org](http://KrocQuincy.org) for details.



## TYPES OF CLASSES

### DROP-IN

**Gold Members** FREE  
All drop-in Group Fitness  
& Aquatic Classes

**10-Class Punch Pass**  
\$25 Members  
\$75 Non-Members

**Silver Member** \$3   
Many classes are Free.  
Select classes are \$3

**Non-Members** \$8<sup>50</sup>  
A signed facility usage  
waiver is required.

### ROSTER (Members / Non-Members)

*Ex: Swim lessons, fine art, or golf lessons.*  
Requires advanced registration. Classes or  
activity fees and registration deadlines apply.



### LES MILLS VIRTUAL

Free for Members and Day Pass users.



## HOW TO REGISTER

Register for roster classes quickly and easily!

### Visit the Control Desk

This is the best way to make sure you are in the correct class and that all paperwork is completed ahead of time. Drop-in classes are available for purchase only in person at our facility.

### Call us at 217-222-5762

This reserves your spot in the activity of your choice. You must also fill out a program enrollment form available at our Control Desk. Please come at least 15 minutes early to your first class to get this done.

### Register at [KrocQuincy.org](http://KrocQuincy.org)

1. Click 'Register for Roster Classes' icon
2. Search by program name, then click 'Learn More'
3. Click the 'Sign Up' button to register for your class or activity
4. Print and bring your receipt and waiver with you

**At this time, non-members need to call to register.**



Scan for details.

# MOVE'22

>>>> for our #KrocStars with SilverSneakers® or Renew Active® plans.



**\$650**  
**IN GIFT CARDS**

will be given to 14 lucky **MOVE'22** members in January-March! Additional gift cards will be awarded throughout 2022!

# Aquatic Center + Swim Lessons

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

## OPEN SWIM

>>>JANUARY 17 - Martin Luther King Jr. Day - 6am-8pm<<<

1-5pm

6am-1pm  
4-8pm

6am-1pm  
4-8pm

6am-1pm  
4-8pm

6am-1pm  
4-8pm

6am-1pm  
4-8pm

8am-7pm

## BIG RED SLIDE

>>>JANUARY 17 - Martin Luther King Jr. Day - 11am-8pm<<<

1-5pm

Closed

Closed

Closed

Closed

4-8pm

11am-7pm

## LAP SWIM

Lap lanes may be available earlier than scheduled depending on program registrations and are subject to closure due to various facility events. *Lap lanes closed during swim lessons.*

1-5pm

6-8am  
9am-1pm  
4-8pm

*Lap Lanes Closed 4-6pm  
Jan 24 for training.*

6-9am  
10am-1pm  
4-8pm

6-8am  
9am-1pm  
4-8pm

6-9am  
10am-1pm  
4-8pm

6-8am  
9am-1pm  
4-8pm

8am-7pm

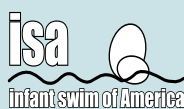
## GROUP SWIM LESSONS

### Private SWIM LESSONS

**AGES 9mo-ADULT!**

#### PRIVATE & GROUP LESSONS

Introduces beginning swimmers to the water in a fun setting. Learn floating, self rescue techniques, & water safety through play and repetition!  
**LESSONS ON SALE NOW!**



#### PARENT/BABY 12-23 MONTHS

6-6:30pm / 6:30-7pm  
**Start dates:**  
January 10 & March 7

#### PARENT/TODDLER 24 MONTHS-3YRS

6-6:30pm / 6:30-7pm

#### AGES 4-6 YRS

6-6:30pm / 6:30-7pm

#### AGES 7-10 YRS

6:35-7:05pm  
**Start dates:**  
January 11 & March 15

#### PARENT/BABY 12-23 MONTHS

5:30-6pm / 6-6:30pm

**Start dates:**  
January 5 & March 9

#### PARENT/TODDLER 24 MONTHS-3YRS

6-6:30pm / 6:30-7pm

#### AGES 4-6 YRS

6-6:30pm / 6:30-7pm

#### AGES 7-10 YRS

6:35-7:05pm  
**Start dates:**  
January 13 & March 17

#### PARENT/TODDLER 24 MONTHS-3YRS

9-9:30am / 9:30-10am

#### 4-6 YRS

9-9:30am / 9:30-10am  
10-10:30am

#### SCHOOL 7-10YRS

10:05-10:35am  
**Start dates:**  
January 15 & March 12.

**NOTE:** River is turned off during Mon/Wed 8-8:45am Aqua Fit class.

**Give the gift of water safety with a gift card for swim lessons!!**



**APPLY NOW!**

## WE'RE HIRING!!!

Can you work 10 hours a week?

- \$14 per hour
- Flexible hours
- Free Kroc membership
- Positive work atmosphere

For more info contact  
Nanette Johnson  
Aquatic Specialist  
217-231-5676  
Nanette.Johnson@USC.SalvationArmy.org



## POOL PALS Child Watch

Children, ages 8-11, of members are allowed to enjoy our Aquatic Center while their parent or guardian exercises in another area of the building. Member parent/guardian **MUST** remain in the facility during this time. **FREE** for members!  
*Please register at The Control Desk on the main floor.*

**Sprays & Fountains** Play features: sprays and fountains will be on.





**Open Swim** Open for all ages. Some spaces may be used temporarily for scheduled classes.

**Health Policy** No food or drink, besides water in closed containers, allowed in the Aquatic Center. Shoes may NOT be worn in the pool area.

**Big Red Slide** Open for those at least 48" tall and under 300 pounds. Lifeguards will measure all riders.

**Lap Swim** Both lap lanes are available for lap swimming. Lanes available on a first come-first serve basis. Three adults can fit in one lane-please share. Water jog is allowed (up to 3 lap swimmers). Children must have adult with them in the same lap lane to swim laps. Basketball/volleyball are not available.

# Drop-In Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Gold Members</b> FREE: All drop-in Group Fitness & Aquatic Classes.	<b>Les Mills BODYPUMP</b> 5:30-6:30am \$ Fitness Room A	<b>Les Mills BODYFLOW</b> 5:30-6:25am ★★ Fitness Room B	<b>Les Mills BODYPUMP</b> 5:30-6:30am \$ Fitness Room A	<b>Les Mills BODYFLOW</b> 5:30-6:25am ★★ Fitness Room B	<b>Les Mills BODYPUMP</b> 5:30-6:30am \$ Fitness Room A	
<b>Silver Member</b> Many classes are free. Select classes are \$3 as marked. \$	<b>AQUA FIT</b> 8-8:45am Lap Lanes	<b>AQUA BLAST</b> 8-8:45am River	<b>AQUA FIT</b> 8-8:45am Lap Lanes	<b>AQUA BLAST</b> 8-8:45am River	<b>WATER IN MOTION</b> 8-8:45am \$ Lap Lanes	
		<b>KROC CYCLING</b> 8:15-8:45am Cycling Room		<b>KROC CYCLING</b> 8:15-8:45am Cycling Room	<b>NEW DAY + TIME</b>	<b>Les Mills BODYPUMP</b> 8:45-9:45am \$ Fitness Room A
	<b>Les Mills BODYPUMP</b> 9-10am Fitness Room A \$	<b>WATER IN MOTION</b> 9-9:45am \$ Lap Lanes		<b>WATER IN MOTION</b> 9-9:45am \$ Lap Lanes	<b>Les Mills BODYPUMP</b> 9-10am \$ Fitness Room A	
	<b>KROC DANCE FITNESS</b> 9:15-10am Fitness Room B \$ ★★	<b>ZUMBA</b> 9-9:45am \$ ★★ Fitness Room B	<b>KROC DANCE FITNESS</b> 9:15-10am \$ ★★ Fitness Room B	<b>ZUMBA</b> 9-9:45am \$ ★★ Fitness Room B	<b>KROC DANCE FITNESS</b> 9:15-10am \$ ★★ Fitness Room B	
		<b>EASY GOING</b> 10-10:45am River		<b>EASY GOING</b> 10-10:45am River		
				<b>Les Mills BODYFLOW</b> 10-10:55am ★★ Fitness Room B	<b>NEW DAY + TIME</b>	
	<b>Les Mills BODYFLOW</b> Noon-12:45pm ★★ Fitness Room B	<b>Les Mills BODYPUMP</b> Noon-12:45pm Fitness Room A	<b>Les Mills BODYFLOW</b> Noon-12:45pm ★★ Fitness Room B	<b>Les Mills BODYPUMP</b> Noon-12:45pm Fitness Room A		
	<b>POUND*</b> 5:30-6:15pm ★★ Fitness Room B		<b>Les Mills BODYFLOW</b> 5:30-6:25pm ★★ Fitness Room B			
	<b>Les Mills BODYPUMP</b> 5:30-6:30pm \$ Fitness Room A	<b>Les Mills BODYCOMBAT</b> 5:30-6:25pm \$ ★★ Fitness Room B	<b>Les Mills BODYPUMP</b> 5:30-6:30pm \$ Fitness Room A	<b>Les Mills BODYCOMBAT</b> 5:30-6:25pm \$ ★★ Fitness Room B		
	<b>TRANSFORM*</b> 6:45-7:15pm Fitness Room A	<b>NEW CLASS</b>	<b>TRANSFORM*</b> 6:45-7:15pm Fitness Room A	<b>NEW CLASS</b>	<b>STEP IT UP</b> 5:30-6:30pm Fitness Room A <i>1/6 - TRANSFORM* offered</i>	

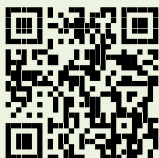


**\*TRANSFORM**  
 A high-intensity cardio conditioning class that uses a step to ramp up your calorie burn.

\*Class can be modified using no step, so no step experience is necessary. Free to Gold & Silver members - ages 13+.

**LesMills OnDEMAND @ HOME**

**TO GET YOUR FREE TRIAL!**



Sign up for Les Mills On Demand through The Kroc Center member affiliate link and receive a **30-DAY FREE TRIAL!**

Pay just \$99/month after the trial (savings of \$5/month).



Video-based classes provide an amazing workout, anytime. Available in 3 group fitness studios when live classes are not scheduled.

**GROUP FITNESS AGE GUIDELINES:** Ages 13+ are allowed to attend all group fitness classes.

**REGISTRATION:** Participants may only register for back-to-back drop-in group fitness classes that have 15 minutes or less between end and start times.

**LES MILLS®** and its respective classes: BODYPUMP®, BODYCOMBAT®, and BODYFLOW®, are trademarks of Les Mills International LTD, used under license. POUND® and Ripstix® are registered trademarks of Pound Rockout workout, LLC. ZUMBA® is a trademark owned by Zumba Fitness, LLC used under license through certified instructors.

**USAGE GUIDELINES:** Proper workout attire is required, including closed-toe athletic shoes. No jeans allowed. No food or drink, other than water in closed containers, is allowed in the fitness, gymnasium, weight, and track areas. Please be courteous to other members and arrive on time. Instructors may deny access to class if you arrive after the warm-up period. The RJKCCC reserves the right to cancel any class on the basis of low attendance. Drop-in group fitness classes are first-come, first-served. All participants must check-in and pay (if applicable) at the control desk. Participants may check-in no sooner than 30 minutes before the start of class.

**CLASS CAPACITY:** Participation numbers limited due to equipment and space constraints.

# Sport & Recreation

## NINJA Training

**NEW!**

**Ages 4-6**

**\$40** Members  
**\$60** Non Members

**A total body workout that builds**  
• Strength • Endurance • Character

**TUESDAYS FEB 22-MAR 29**  
**5:30-6:15PM**

This high-octane combination of obstacle training, martial arts, gymnastics, and freestyle movement is designed to harness the limitless energy of young children.

Register by February 14!

## ROCK WALL

Wednesday, 4-7pm

Saturdays, Noon-5pm\*

Members Free

Non-Members: Youth \$3 | Adult (18+) \$5

Looking for a challenge and a unique workout? The Kroc Rock Climbing Wall is the go-to wall in the area! Available to ages 3+. Those 11 years & under must have a parent/guardian present. Ages 12-15 must have a parent in the building while ages 16+ may be alone. Additional optional shoe rental charges may apply.

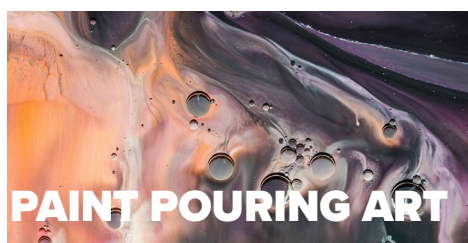


## Gym & Rock Wall

**Questions?** Contact our Recreational Sports Specialist at 217-231-5635 or at [Kristy.Stegeman@USC.SalvationArmy.org](mailto:Kristy.Stegeman@USC.SalvationArmy.org)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM ROCK WALL 4-7pm	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM CT B: FAMILY TIME 10am-1pm
OPEN VOLLEYBALL 1-5pm   Court B	CO-ED REC VBALL 5:30-10pm, Court B <i>Begins Jan 10.</i>	CO-ED POWER 6v6 VOLLEYBALL LEAGUE 6-10pm, Court B <i>Begins Jan 11.</i>	RECREATIONAL PICKLEBALL 6-10pm, Court B <i>Begins Jan 12.</i>	ADULT PICKLEBALL <i>Begins Jan 13.</i>	CO-ED COMPETITIVE VOLLEYBALL 5:30-10pm, Court B <i>Begins Jan 14.</i>	ROCKWALL Noon-5pm* OPEN VOLLEYBALL 1-5pm   Court B

# Arts & Education



## PAINT POURING ART

**FRIDAY JANUARY 21 | 6-8pm**

\$25 Gold | \$27 Silver | \$35 Non Member

Join us for a fun & easy night of art presented by The District Art Gallery and The Kroc Center! Instead of using traditional paint brushes, we'll pour paint directly on to the canvas to create beautiful works of art. Fun for all ages and a great family night activity that's less expensive than anywhere else!

**NEW CLASS!**

## PRIVATE MUSIC LESSONS

Private voice lessons are a great way for singers of all ages and abilities to improve their singing. Education & Fine Arts Specialist and voice lessons instructor Jonathon Weller (left) is a professional singer who has extensive experience in performing a wide variety of music. He will meet you where you're at now and help you grow. Beginners (ages 10+) through adults and budding professionals will work on good vocal technique, music reading & theory, and solo repertoire.



GUITAR • VOICE • UKULELE • PIANO  
BRASS • WOODWIND • PERCUSSION

People	Member	Non Member
1	\$54 per person	\$80 per person
2	\$66 \$33 per person*	\$95 \$47 <sup>50</sup> per person
3	\$66 \$22 per person*	\$96 \$32 per person

**Pricing is for six (30-minute) lessons.**

\*All participants must be Members.

We will work with you to find the time and day that works the best with your schedule.

## Questions?

Jonathon Weller at 217-231-5641 or at [Jonathon.Weller@USC.SalvationArmy.org](mailto:Jonathon.Weller@USC.SalvationArmy.org)



# Church & Congregational Life

## SUNDAY

**SUNDAY SCHOOL**  
9:15–10:15am  
Fellowship Hall  
Check-In, All Ages  
-Meadows, LABS-Adults:  
*New Territory Series*  
-Ledge, XP3-Teens:  
*Connect the Dots Series*  
-Green Room 252-Kids:  
*Remote Control Series*  
-Huck's Hideout, First  
*Look Pre-School*, First  
*Story Time Series*

**KROC CHURCH  
HOLINESS WORSHIP**  
10:30-11:30am  
Worship Theater

**JR CHURCH**  
11am, Green Room

## MONDAY

**CORPS CADETS**  
4-5 PM  
Meadows B  
*Returns Jan 10*

## TUESDAY

**WOMEN'S MINISTRY**  
10am–Noon  
Meadows B  
Ages 16+

## WEDNESDAY

**WEEKLY DEVOTIONS**  
10–10:15am  
Meadows B  
All Ages Welcome

## THURSDAY

# SOUP-ER BOWL PARTY

**Sunday  
FEB 13**

**Starts 5pm**

Enjoy the Super Bowl with family, friends, the big screen, & a soup competition. \$5 per dinner.



**PRAISE TEAM**  
4–5pm | Worship Theater

**YOUTH LEADER COMMITTEE**  
5-6pm | Jan 4 + 6  
Virtual Training  
1st Tuesday & Thursday of the month

**ACTIVE YOUTH LEADERS/VOLUNTEERS**  
LEADER recognition, program collaboration, and youth trainings - 1st Thursday the month.

**SENIOR BAND**  
7-8pm (ages 14+)  
Worship Theater

**JOIN  
us in person  
or virtually on  
The Kroc Church  
Facebook Page!**



## After-School Program

Take the home out of homework!  
K–6<sup>th</sup> + 7<sup>th</sup>–12<sup>th</sup> CITs

**Weekly, Mon–Fri • 2–7pm**

**Mon:** Interactive Bible Lesson  
**Tue:** Sports & Fitness  
**Wed:** Character Building  
**Thurs:** S.T.E.A.M.  
**Fri:** Aquatic Center

Daily healthy snack, homework assistance, and game room. After-school transportation provided for Quincy area schools.

**\$65/wk**

Members

**\$80/wk**

Non-members

CIT opportunities/positions available.

Guardian guide available at KrocQuincy.org.

## What are CITs? COUNSELORS IN TRAINING

CITs are an integral part of our youth programs & receive all of the benefits that come with the program they are attending, as well as hands-on training, mentoring, and leadership development.

# School's Out! Day Camp

When school's not in session!

K–6<sup>th</sup> + 7–12<sup>th</sup> CITs

**Friday, Feb 18 (half day)  
Monday, Feb 21**

### CHILDREN ENJOY

- Aquatic Center
- Interactive game room
- Gymnasium
- Science & discovery
- Free play
- Bible lesson

**\$20/day**  
for Members

**\$25/day**  
for Non-members

**Always supervised!**

CIT opportunities/positions available.



# SILVER & GOLD MEMBERSHIP SPECIALS

Receive **ONE Month FREE**



when you purchase a NEW Silver-Level Membership

**Dec 1, 2021 & Jan 31, 2022**

Membership must be kept active for 12 consecutive months from date of purchase, with no payment lapses. Depending on date of purchase, either the January 2023 or the February 2023 payment will be waived. All memberships paid in full will be extended one (1) free month. Offer applies to new memberships ONLY. No downgrades available. Offer expires Jan 31, 2022.

*Please see Control Desk for pricing.*

Receive **ONE Month FREE**



**10% off**

when you purchase a NEW Gold-Level Membership

**Dec 1, 2021 & Jan 31, 2022**

Membership must be kept active for 12 consecutive months from date of purchase, with no payment lapses. Depending on date of purchase, either the January 2023 or the February 2023 payment will be waived. All memberships paid in full will be extended one (1) free month. Offer applies to new memberships ONLY. No downgrades available. Offer expires Jan 31, 2022.

## Membership Benefits

### Regular 1 Year Memberships

Applications available at the Welcome Desk or at KrocQuincy.org. Payments are accepted annually or by automatic monthly withdrawal.

**Ask about corporate memberships!**

### Silver Memberships

<b>YOUTH</b> AGES 3-12 <b>\$10<sup>50</sup></b> monthly \$126 PER YEAR	<b>TEEN</b> AGES 13-17 <b>\$18<sup>38</sup></b> monthly \$220 PER YEAR	<b>GOLDEN AGER</b> AGES 62+ <b>\$22<sup>05</sup></b> monthly \$264 PER YEAR
<b>ADULT</b> AGES 18-61 <b>\$29<sup>40</sup></b> monthly \$352 PER YEAR	<b>FAMILY UP TO 5</b> <b>\$52<sup>50</sup></b> monthly \$630 PER YEAR	<b>FAMILY OVER 5</b> <b>\$60<sup>90</sup></b> monthly \$730 PER YEAR

### Gold Memberships

<b>YOUTH</b> AGES 3-12 <b>\$12<sup>60</sup></b> monthly \$15 PER YEAR	<b>TEEN</b> AGES 13-17 <b>\$22<sup>05</sup></b> monthly \$264 PER YEAR	<b>GOLDEN AGER</b> AGES 62+ <b>\$26<sup>33</sup></b> monthly \$315 PER YEAR
<b>ADULT</b> AGES 18-61 <b>\$36<sup>23</sup></b> monthly \$434 PER YEAR	<b>FAMILY UP TO 5</b> <b>\$63<sup>00</sup></b> monthly \$756 PER YEAR	<b>FAMILY OVER 5</b> <b>\$72<sup>45</sup></b> monthly \$869 PER YEAR

### Which Membership is Right for Me?

WHAT YOU ENJOY	GOLD	SILVER	DAY PASS <sup>2</sup>
Aquatic Center	•	•	•
Gymnasium & Indoor Track	•	•	•
Cardio & Weight Area	•	•	•
The Ledge Game Room	•	•	•
Locker Rooms	•	•	•
<b>FREE</b> Equipment Orientation	•	•	•
Discounted Swim Lessons	•	•	•
Pool Pals Service (See page 4)	•	•	•
<b>FREE</b> Huck's Hideout	•	•	•
<b>FREE</b> Rock Wall Climbing <sup>1</sup>	•	•	•
<b>FREE</b> Guest Passes per Year	12	6	•
<b>FREE</b> Drop-In Fitness & Aquatic Classes	ALL	SELECT	•
<b>FREE</b> Les Mills Virtual Fitness Classes	•	•	•
Discount on Youth After-School & Day Camps (includes School's In Day Camp)	•	•	•
Discount on Kroc Programs & Activities <sup>3</sup>	40%	30%	•
1 <b>FREE</b> Personal Training Fitness Assessment <sup>4</sup>	•	•	•



<sup>1</sup>Equipment rental fees may apply. <sup>2</sup>Fees apply. Must have a facility usage waiver signed. <sup>3</sup>Excludes leagues and rec programs. <sup>4</sup>Free Personal Training Fitness Assessment is NOT a training session and not included with any membership special promotions.



405 Vermont St. | Quincy, IL 62301  
217-222-KROC (5762) | KrocQuincy.org



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CORPS COMMUNITY CENTER