

KROC

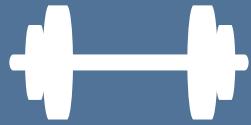
FITNESS PROGRAM GUIDE | WINTER 2026



YOU BELONG HERE.



KROC
MEMPHIS



KROC GROUP FITNESS CLASSES

See our current fitness
class schedule at
krocmemphis.org



FITNESS CLASS OFFERINGS

AQUATIC

- WATER AEROBICS
- AQUA ZUMBA

CARDIO

- LES MILLS BODYCOMBAT®
- LES MILLS BODYATTACK®
- LES MILLS BODYSTEP®
- LES MILLS TONE®

MIND-BODY

- LES MILLS BODYBALANCE®
- LES MILLS PILATES®
- GENTLE YOGA

YOUTH

Provided through Child Watch.

- KIDS ZUMBA
- KIDS YOGA



THE TRIP IS LIVE AT THE KROC!

Thursdays at 6PM

THE TRIP™ is a fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally-created worlds. With its screen and sound elements, this IMMERSIVE FITNESS™ workout takes motivation and energy output to the next level, burning serious calories.

Join us in person and ride together as a group, led by a certified Les Mills instructor. Get ready to escape the ordinary, push your limits, and experience a workout like no other.

CYCLE

- THE TRIP®
- HIIT
- RIDE THE RIDGE

DANCE

- ZUMBA

SENIOR

- SILVERSNEAKERS CLASSIC
- SILVERSNEAKERS YOGA

STRENGTH

- BOOT CAMP
- LES MILLS GRIT®
- LES MILLS BODYPUMP®
- LES MILLS SHAPES®
- LES MILLS CORE®

THE KROC APP IS HERE!

We are thrilled to launch the new Kroc Memphis app! It's easier than ever to check schedules, make reservations, check-in and more.



SCAN QR CODE TO DOWNLOAD THE APP.



With the new Kroc App you'll be able to view schedules and reserve spots in your favorite group exercise classes! Additionally, you'll receive all updates regarding the Kroc including closures, events, and updates on classes you've registered for. Download the app today and sign-up using the same email address you used to register for your Kroc membership.



LES MILLS GRIT

GRIT Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Join GRIT Strength on **Tuesday and Friday mornings at 6AM, Monday evenings at 5:30PM, and Wednesday evenings at 6PM**.



FITNESS CENTER RULES

- No foul or offensive language.
- Please take phone calls out of fitness areas.
- Treat fitness area and others with respect.
 - Do not stand on equipment.
 - Clean equipment when done.
 - Do not move equipment that does not have wheels.
 - No sitting or resting on equipment between sets.
 - Keep personal items in lockers.
 - Return equipment properly after use.
- Proper gym attire is required.
 - Closed toe athletic shoes.
 - No midriff or revealing shirt or shorts.
 - No jeans, zippers, or harsh material that may damage equipment.
 - No exposed undergarments.
- Personal training is provided by Kroc Fitness Center. Outside providers are not allowed.
- Children under 11 years of age are not allowed in the fitness area or group exercise classes. Children between 11-13 must be accompanied by an adult and/or have completed a youth orientation.
- Youth ages 11-17 are required to complete a fitness orientation to participate in fitness classes or use fitness spaces.

Between live and Les Mills Virtual programs, we have over 100 Group Exercise Classes each week. All fitness classes are included in your regular membership or guest pass. Ask our Welcome Desk staff about specific times and locations. Make sure you grab the most recent class schedule and take advantage of our Kroc Start - your FREE orientation to all of our equipment, machines, and classes. During the Kroc Start, you will meet individually with a Kroc staff member who will offer instruction on how to properly use the fitness equipment and make the most of your membership.

Even MORE Fitness Offerings



FITNESS LAUNCHES

Our seasonal fitness launch events are fantastic opportunities for fitness lovers to try new classes and learn fresh moves with new music that will keep them motivated through their fitness journey. All while creating a sense of community among participants & instructors, fostering a supportive and encouraging environment that will last through your entire stay with us!

MARK YOUR CALENDARS

- Jump-Start Fitness Launch
 - January 10th | 8AM - 12PM



VATA AERIAL YOGA

Discover the element of air with Vata Aerial Yoga. The harnesses used for Vata give full support for your torso and pelvis, while six handles allow for support of the upper body and accommodates users of all capabilities. Perform inversions, classic yoga poses, and even strength-training movements to work the core and upper body. Develop balance and full body control as you hover, weightless, above the ground in this unique yoga experience.

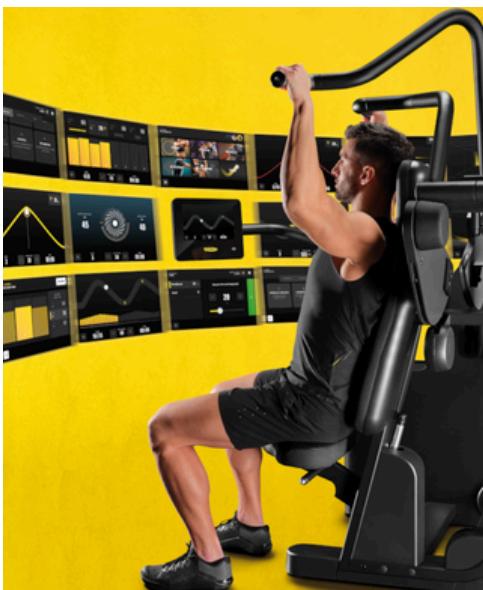
You can now experience Vata Aerial Yoga on **Monday evenings at 6:30pm** and **Friday mornings at 9am**. Pre-registration through the Kroc Connect app is required.

REVOLUTIONARY TECHNOLOGY

The Biostrength system leverages revolutionary aerospace technology and advanced AI to ensure optimal neuromuscular activation and precise exercise execution. This equipment offers personalized training programs, combined with comprehensive biofeedback guidance, leading to superior strength results.

With the Biostrength system, fitness at The Kroc reaches new heights. Elevate your workouts and achieve your best with us!

We know new equipment can feel a bit intimidating or tricky to master, but we're here to help! Contact us to schedule a training session and get comfortable with our new equipment in no time.



GET THE FULL EXPERIENCE – DOWNLOAD THE TECHNOGYM APP!

Downloading the Technogym App enhances your Biostrength training experience by syncing directly with the equipment to deliver fully personalized workouts based on your fitness goals. The app automatically adjusts machine settings like resistance and seat position, tracks your progress in real time, and provides feedback on form and performance. It also unlocks advanced training techniques such as drop sets and eccentric overload, while giving you access to a variety of on-demand workouts for a well-rounded fitness routine. It's a smart, efficient way to get the most out of your strength training at the Kroc.



NEW YOUTH FITNESS POLICY

We're excited to introduce our new Fitness Youth Protocol, designed to empower young members aged 11–17 with the tools to develop healthy habits and confidently use fitness equipment safely and responsibly.

This protocol will include:

- Mandatory Fitness Orientation
- Wristband Access
- Fitness Center Check-In
- Age-Appropriate Equipment Use

Youth ages 11-13 must have a legal guardian present with them while completing their orientation.

Sign up for a youth fitness orientation by contacting Fitness Manager, Faith Rawley. Please email her at faith.rawley@uss.salvationarmy.org

A SPECIAL GIFT FOR OUR MEMBERS

As a special thank you to our valued members, we've partnered with Stretch Lab Midtown to offer exclusive discounts on their services!

Here's what you can enjoy:

- 10% off packages for all Kroc members
- 15% off packages for Kroc personal training clients

How to claim your discount:

- Show proof of membership (e.g., your Kroc membership card) at the time of your visit.
- Personal training clients: Show an email confirmation of your booked session.



QUESTIONS?

FAITH RAWLEY

PHONE: 901.729.8032

EMAIL: faith.rawley@uss.salvationarmy.org

ONLINE AT: www.krocmemphis.org

Download Kroc Connect App.

Stay up-to-date on all Kroc Fitness info, including events, class cancellations, & more!





KROC PERSONAL TRAINING

Scan here to schedule your FREE personal training consultation.



PERSONAL TRAINING PRICING

PT Consult	FREE
30 Minute	QTY. 1 \$45
	QTY. 8 \$315
	QTY. 16 \$608
60 Minute.	QTY. 1. \$65
	QTY. 8. \$455
	QTY. 16 \$878

Members Receive 20% Discount



KROC PERSONAL TRAINERS

**DAVID**

NASM CPT, NASM Corrective Exercise Specialist, Weight Loss Specialist, RRCA Running Certified

**FAITH**

Fitness Manager, NASM CPT, Group Fitness Instructor

**KHALID**

NASM CPT, B.S. in Exercise, Sports, & Movement Science, TRX and Bootcamp Instructor

**ORZEALYEA**

Elite Certified Personal Trainer (ISSA), Certification in Nutrition, Certification in Corrective Exercise Specialist, Health and Wellness Coach, Group Fitness Associate

**KAORI**

NASM CPT, AFAA Group Fitness Instructor, Zumba Instructor, WIM Instructor

**DANIEL**

B.S., CPT, Group Fitness Instructor, Wholistic Weight Loss Specialist, Rehabilitation and Corrective Exercise Specialist

**VIVIAN**

NASM CPT, Group Fitness Instructor, Corrective Exercise Specialist, Exercise is Medicine

**AUDREY**

NASM CPT, NASM Small Group Personal Trainer.

BENEFITS OF PERSONAL TRAINING

Work one-on-one with our qualified personal trainers to help you achieve your long-term wellness goals.

NEED MOTIVATION?

Set goals, create a plan to accomplish them, and celebrate the day you reach them with your personal trainer.

NO EXCUSES

Hold yourself accountable and help overcome anything that might derail your commitment to exercise.

HAVE CONFIDENCE!

Working with a trainer allows you to become confident with how to perform exercises, use machines, and navigate the facility.

AVOID INJURY

Take the time to learn proper exercise technique that can improve your results and prevent injuries.

PERSONAL ATTENTION

Your unique body mechanics, experience, goals, fitness level, and preferences can guide your trainer in creating a plan that is specific to your needs.

HAVE FUN!

A skilled personal trainer can make exercise both effective and fun. Group or buddy training can be a great way to increase enjoyment and make exercise social at a lower rate.



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FAITH RAWLEY

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