

KROC

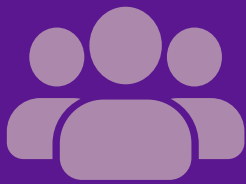
MEMBERSHIP PROGRAM GUIDE | FALL 2025



YOU BELONG HERE.



KROC
MEMPHIS



KROC MEMBERSHIP

Complete your Membership at our
Welcome Desk or any time at
krocmemphis.org



SEASONAL/HOLIDAY HOURS

Sept 26	3pm - 8pm
Sept 27	7am - 12pm
Oct 18	CLOSED
Oct 25	CLOSED
Nov 27	CLOSED
Nov 28	9am - 5pm
Dec 24	5am - 5pm
Dec 25	CLOSED
Dec 26	9am - 5pm
Dec 31	5am - 5pm

OPERATING HOURS

MON - THURS	5AM - 9PM
FRIDAY	5AM - 8PM
SATURDAY	7AM - 7PM
SUNDAY	12PM - 5PM

CHILD WATCH HOURS

MON - FRI	8AM - 1PM 4PM - 8PM
SATURDAY	8AM - 1PM
SUNDAY	CLOSED
3MTHS - 13YRS	

YOU BELONG HERE

The Kroc Center is a welcoming place for everyone in Memphis. It was established in 2013 to provide affordable access to activities like fitness, education, arts, and worship. We have top-notch facilities including an Aquatics Center, Community Outreach Programs, Youth Camps, and more. We've been voted the Best Health & Fitness Center in Memphis every year since we opened.

MEMBERSHIP

Individuals must be 18+ to apply for a membership. All additional 18+ members on a Household Membership must provide proof of residency at the primary member's address and sign a compliance waiver before being added to the membership.

INDIVIDUAL	STARTING AT \$38/MONTH
HOUSEHOLD (UP TO 4)	STARTING AT \$60/MONTH
HOUSEHOLD (5+)	STARTING AT \$72/MONTH
ALL MEMBERSHIP TYPES WILL ALSO INCUR A ONE-TIME REGISTRATION FEE OF \$50	

INSURANCE SPONSORED MEMBERSHIPS

Your insurance may cover your registration and monthly membership fees at The Kroc! To check eligibility, call your provider and ask if they sponsor individual memberships. If eligible, request your fitness ID number for registration.

Insurance sponsorship programs include:

- SilverSneakers
- Prime
- Blue365
- Active & Fit
- Silver & Fit
- Renew Active

Minors can be added for an additional fee.

DROP-IN PROGRAMS

These programs are included with your membership at no extra cost! Non-members are welcome to join for a small fee.

- Pickleball
- Volleyball
- Creative-Arts Classes



AMENITIES:

GYMNASIUM & SPORT COURT

- NBA-Regulation Basketball Courts
- 6 Basketball Goals
- Indoor Sport Turf
- Youth & Adult Sports Training*
- Adult & Youth Sport Leagues*

CHALLENGE CENTER

- Child Watch for Jr. Members **ONLY**
- REACH After-School Program
- Arena & Indoor Turf
- State-of-the-Art Fitness Facility (3rd Floor)

FITNESS CENTER

- Les Mills Group Classes
- Treadmills, Stair-Stepper, Ellipticals,
- Rowers, Jacob's Ladder, and more!
- Personal Training & PT Studio*
- Free-Weight Equipment
- Group Exercise Room
- Fitness Studio with Barres
- Recovery Station
- Specialty Classes with Polar Heart-Rate
- Monitoring & Live Display

AQUATICS CENTER

- Giant Water Slide
- Lazy River/Vortex
- Lap Lanes
- Zero-Depth Entry
- Hot Tub
- Water Aerobics Classes
- Swim Lessons*

CHAPEL/THEATER

- Worship Service - 10AM Small Groups & 11AM Services on Sundays
- 297-Seat Capacity
- Performing Arts Stage

ART GALLERY

- Local artists featured!

OUTDOOR AMENITIES

- Courtyard
- Playground
- NCAA-Sized Soccer Fields

OTHER

- Lounge & Working/Charging Stations Kroc
- Start Orientation - FREE
- Seasonal Camps*

*additional fee may apply



QUESTIONS?

Member Services Manager: Julia Johnson

CALL: 901.729.8007

EMAIL: Julia.L.Johnson@uss.salvationarmy.org

ONLINE AT: www.krocmemphis.org



Text NEWS to 51555

Stay up-to-date on all Kroc information, including delays, closures, and more!