Fitness Class Schedule

**Effective 06/18/2024**

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<th>MON</th>
<th>TUE</th>
<th>WED</th>
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With over 90 group fitness classes per week, you are sure to find a program that is right for you!

To learn more or to pre-register for limited space classes, visit www.krocmemphis.org or call 901-729-8007.

Youth must be checked into Child Watch to participate.

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**FACILITY HOURS**

M-Th: 5:00AM - 9PM

F: 5:00AM - 9PM

Sat: 7AM - 7PM

Sun: 12PM - 5PM

**CHILDWATCH HOURS:**

M-F: 8:00AM - 1:00PM

4:00PM - 8:00PM

Sat: 8:00AM - 1:00PM

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[Images and icons representing various fitness classes and locations]
**Class Descriptions**

- **Les Mills BODYATTACK™**: A high-energy fitness class with a combination of athletic movements and strength exercises.

- **Les Mills BODYCOMBAT™**: Get fast and strong using non-contact martial arts-inspired exercises to fuel cardio fitness and train the whole body.

- **Les Mills BODYSTEP™**: New functional Step training class that is adaptable to all abilities and combines cardio and weights to maximize strength and mobility in the glutes and hips.

- **Les Mills TONE™**: A mix of strength, cardio and core training designed to deliver a complete workout in 45 minutes.

- **Les Mills SPRINT™**: High-intensity interval training on a bike. It’s a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. We recommend first time participants arrive 15 minutes early to help with bike setup.

- **Les Mills RPM™**: Cycling workout where you control the intensity. Dial up the challenge factor to match your fitness level. We recommend first time participants arrive 15 minutes early to help with bike setup.

- **RIDE THE RIDGE**: Looking for an indoor cycling class in a fun environment? Try our classes up on The Ridge! A non-impact cardio workout that uses that helps improve cardiovascular fitness, increases metabolism & boosts weight loss. 30, 45, and 60 minute classes available. We recommend first time participants arrive 15 minutes early to help with bike setup.

- **XTREME HIP HOP**: Combine step-aerobics with dance moves in this high-energy fitness class. The instructor will coach basic steps and build the workout from there.

- **ZUMBA**: ZUMBA® is a fusion of Latin and International music & dance themes that create a dynamic, exciting workout. Come join the party and dance your cares away!

- **AQUA ZUMBA**: Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn’t miss! There is less impact on your joints during an Aqua Zumba® class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

- **WATER AEROBICS**: Improve core strength, tone, flexibility, mobility, balance, and strength using water weights, aqua belts, and noodles. Effective for various physical limitations. (May use deep end of the pool for portions of the class.)

- **Les Mills BODYPUMP™**: The original barbell workout for anyone looking to get lean, toned and fit - fast. Instructors will coach you through the scientifically proven moves and techniques pumping up encouragement, motivation and great music – helping you achieve much more than on your own!

- **Les Mills CORE™**: provides the vital ingredient for a stronger body. A stronger core makes you better at all things you do – it’s the glue that holds everything together. 30-minute class utilizing body weight exercises, resistance bands, and weight plates.

- **Les Mills GRIT Strength™**: GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Pre-registration required.

- **BOOT CAMP**: Boot Camp is designed for personalized & informative support geared toward building a sense of camaraderie, character, and individual health & wellness. Become more comfortable with dynamic stretching, weightlifting, plyometrics, and even martial arts.

- **BARRE**: Incorporating techniques from Ballet, Pilates and yoga, participants will enjoy a full body workout while using a traditional ballet barre and studio space. This low-impact class will still target peak cardio levels and no prior experience is required! Members are asked to wear no shoes in this program.

- **FUNCTIONAL TRAINING**: A medium-intensity, 50-minute workout designed to build stability, balance and strength, as well as improvements in flexibility and range of motion. Learn the fundamentals of training including proper postural alignment, breathwork, and overall performance. A mix of light cardio, weights, resistance, and body weight exercises, this class allows beginners to more seasoned exercisers an opportunity to work towards optimal health and well-being.

- **Les Mills SHAPES™**: SHAPES is a fusion of Pilates, Barre, and Power Yoga, offering a transformative series of six low-impact strength workouts. Through precision, controlled movements, and repetition, Shapes sculpts and fortifies every inch of your body. Uniquely designed to provide a challenging yet low-impact workout. Shapes is the perfect addition to your fitness routine. This high-intensity program contributes to overall balance and stability, complementing and supporting other workouts such as heavy strength training and high-impact activities.

- **SILVER SNEAKERS**: SilverSneakers Classic is an industry-leading fitness program for older adults. It includes light cardio, weight training, balance, and stretching. Exercises can be done seated or standing.

- **SILVER SNEAKERS YOGA**: SilverSneakers Yoga will move your whole body through a series of seated and standing poses. Chair support is offered to safely perform seated & standing poses that increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

- **VATA AERIAL YOGA**: Discover the element of air with Vata Aerial Yoga. The harness used for Vata gives 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! Pre-registration required.

- **Les Mills BODYBALANCE™**: Yoga-based workout with elements of Tai Chi and Pilates, set to music. It will improve your body, mind, and life.

- **BEGINNER YOGA**: Want to try yoga? Join this introductory hour long class and learn basic poses and breathing techniques as seen in BodyBalance and discover mind & body wellness.

- **GENTLE YOGA**: A gentle style of yoga practiced at a slower pace with easy to moderate poses. The aim in gentle yoga is to slow things down, focus on the breath and find relaxation in the poses.

- **SUNRISE/SUNSET YOGA**: Start your morning or end your day with meditation, breathing techniques, yoga, and relaxation. Traditional Vinyasa (breath and body movements combined) will be applied. Yoga props available when needed. All levels encouraged and modifications/advancements will be shown for members to create their own experience.

- **KIDS YOGA**: Learn yoga with play and friends! Our littlest members will enjoy breathing techniques, body and balance exercises, emotional and mindfulness practices and more in a fun and encouraging environment, with licensed teachers and additional support staff. No prior yoga experience necessary. Props will be used to promote different activities. Kids will be asked to wear socks to class. Kids must be checked into Child Watch to participate.

- **KIDS ZUMBA**: Kids ZUMBA® combines fun music & dance themes to create a dynamic, exciting movement experience. Come join the party!

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**text FIT to 51555 for fitness class updates & cancellations**