

Fitness Class Schedule

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FITNESS DESK: 901-729-8068
FACILITY HOURS
 M-Th (5:00AM - 9PM)
 F (5:00AM - 8PM)
 S (7AM-7PM); Su (12PM-5PM)
CHILDWATCH HOURS:
 M-F (8:00AM - 1:00PM;
 4:00PM-8:00PM)
 S (8:00AM - 1:00PM)


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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|---------------|----------------|---------------------------|---------------------|------------------|
| Strength | Aqua Fitness | Cycle Class | Pool | Basketball Court |
| Cardio | Mind & Body | Functional Training | Fitness Studio | Sport Court Turf |
| Dance Fitness | Senior Fitness | Pre-Registration Required | Group Exercise Room | Classroom 417 |
| | | | Challenge Center | Cycle Studio |
| | | | | Third Floor |


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™** is a mix of strength, cardio and core training designed to deliver a complete workout in 45 minutes


 **HIITZ:** Join us for a dynamic cycling workout packed with interval training and designed to keep you motivated through music. This session includes various stages of intensity and opportunities to push your limits. We recommend first time participants arrive 15 minutes early to help with bike setup.


 **RIDE THE RIDGE/SOUL RIDE:** 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.


 **Les Mills THE TRIP:** 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.


 **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.)


 **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 postures that increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.


 **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 out 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.


 **Les Mills BODYPUMP HEAVY™:** is tempo-based weightlifting that switches on your metabolic engine to build lean muscle like nothing else. Drawing on traditional lifting techniques, each class challenges strength, builds lean muscle, and drives measurable performance gains. It's simple to do and the slow tempo with lots of recovery periods allows for expert coaching, so you master form and technique.


 **PRIME STRENGTH:** 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.


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


 **Les Mills PILATES:** A transformative mind-body workout that blends magical sequencing, hypnotic music, and cutting-edge exercise science. Designed to enhance strength, improve mobility and elevate your happiness, this class is your escape to balance and vitality.

 **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 & STRETCH:** A slower pace, practice focusing on gentle controlled movement, stretching, and deep breathing, to release tension and improve flexibility. Classes suited for all levels. These classes emphasize relaxation - mind, body connection, offering modifications to ensure a safe stress-reducing experience for all participants.

 **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.

 **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!

Download the Kroc Connect app to receive class notifications, register for classes, receive facility updates, and easier check-in. Scan the appropriate QR code to download.

