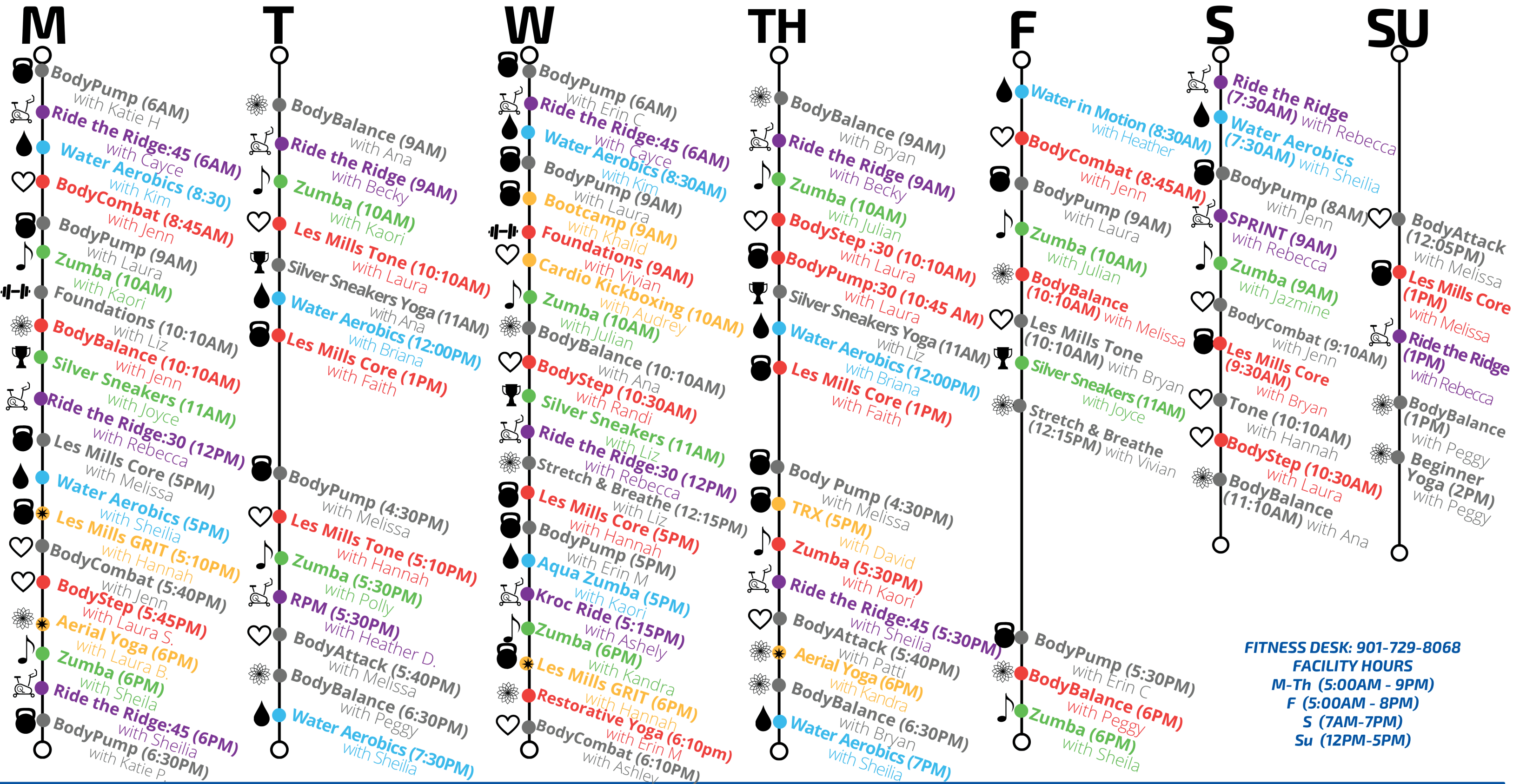


Fitness Class Schedule




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


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.


Strength	Water Class	Cycle Class	Pool	Basketball Courts
Cardio	Mind & Body Wellness	Functional Training	Fitness Studio	Cycle Studio
Dance Fitness	Senior Fitness	Pre-Registration Required	Group Exercise Room	3rd Floor of the Challenge Center


Class Descriptions


 **BODYATTACK:** A high-energy fitness class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging & jumping with strength exercises such as push-ups & squats. Our instructors will pump out energizing tunes and lead you through the workout, challenging your limits in a good way, leaving you with a sense of achievement.


 **BODYCOMBAT:** BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness! No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ. Bring your best fighter attitude and leave inhibitions at the door.


 **BODYSTEP:** If you fancy quicker stepping and the chance to showcase your rhythm and flair then BODYSTEP is the way to go. There are always lots of options to get you through the workout safely. Our instructors coach you through the class to help you work up a sweat and leave feeling energized.


 **TONE:** If you want the optimal mix of strength, cardio and core training this is it. Step into a LES MILLS TONE class and you'll tick off a complete workout in 45 minutes. The challenging mix of lunges, squats, functional training and tubing exercises will help you take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.


 **Cardio Kickboxing:** This mixed martial arts style class combines multiple combat techniques along with High-Intensity Interval Training to provide you with a great work. In Cardio Kickboxing, you will build strength and speed using the heavy punching bag and body weight & exercises, while getting your heart up to provide a cardio peak through short durations of high intensity work followed by short periods of rest. Cardio Kickboxing, will teach you how to kick, punch, and fight alongside great music and right to a great workout.


 **SPRINT:** LES MILLS SPRINT™ is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. A high intensity, low impact workout, it's scientifically proven to return rapid results. The 30 minutes you put into a SPRINT workout drives your body to burn calories for hours. You combine bursts of intensity, where you work as hard as possible, with periods of rest that prepare you for the next effort.


 **RPM:** RPM™ is a group indoor cycling workout where you control the intensity. It's a fun, low impact workout. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. Keep pace with the pack to lift your personal performance and boost your cardio fitness. 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.


 **KROC RIDE:** A dance party on the bike! Lead by a high-energy instructor with an emphasis on fun music, working toward a cardio peak. You control the resistance to make it your workout. We recommend first time participants arrive 15 minutes early to help with bike setup.


 **BODYPUMP** is a barbell workout for anyone looking to get lean, toned and fit – fast. Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. 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:** Exercising the core muscles, LES MILLS CORE provides the vital ingredient for a stronger body. All the moves in LES MILLS CORE have options, so it's challenging but achievable for your own fitness level. During the 30-minute workout our instructors guide you through correct technique as you work with resistance tubes, weight plates, and body weight exercises like crunches and hovers.


 **GRIT Strength:** GRIT™ Strength is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups. GRIT Strength takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder to get fit, fast. Pre-registration required.


 **TRX:** Developed by Navy SEALs, TRX develops strength, balance, flexibility and core stability using the suspension trainer, a portable training tool that leverages gravity using body weight to complete hundreds of exercises.


 **BOOT CAMP:** Whether you're an elite athlete, casual gym patron, or novice, you need help reaching your fitness goals. Boot Camp is designed for personalized & informative support geared toward building a sense of camaraderie, character, and individual health & wellness. Enlist today to become more comfortable with dynamic stretching, weight lifting, plyometrics, and even martial arts.


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


 **SILVER SNEAKERS:** SilverSneakers Classic is an industry-leading fitness program for older adults. It includes light cardio, weight training, balance, and stretching.


 **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.


 **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 IN MOTION:** Low impact, high-energy challenge for all ages, skill and fitness levels. With land equivalent intensity, fantastic sing-along quality music, and dynamic instructors, enjoy the pure fun of this 55-minute water extravaganza!


 **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.)

 **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.

 **BODYBALANCE:** A yoga-based class that will improve your mind, body, and life. An inspired soundtrack plays as you bend and stretch through a series of yoga moves and embrace elements of Tai Chi and Pilates. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered.

 **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.

 **RESTORATIVE YOGA:** Yoga designed to promote relaxation, reduce stress, and increase flexibility. Poses are held longer with the support of props such as yoga blocks and blankets.

 **STRETCH & BREATHE:** Enjoy gentle stretching to ease your body into greater flexibility. Practice breathwork to help calm and center the mind. Open to all ages and fitness levels.

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