

# KROC

MEMBERSHIP PROGRAM GUIDE | WINTER 2024



YOU BELONG HERE.



KROC  
MEMPHIS





# KROC MEMBERSHIP BENEFITS

Complete your Membership at our  
Welcome Desk or any time at  
[krocmemphis.org](http://krocmemphis.org)



## SEASONAL/HOLIDAY HOURS

January 1	9AM - 5PM
January 15	9AM - 5PM
March 29	CLOSED
March 31	CLOSED
May 27	9AM - 5PM

## OPERATING HOURS

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

## ADMIN. OFFICE HOURS

MON-FRI	9AM-5PM
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## WORSHIP SUNDAY

SERVICE	SUN   11AM
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## CHILDWATCH HOURS

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

## WELCOME! YOU BELONG HERE

The Kroc Center is a safe, caring and exciting place where residents of all ages, races, educational backgrounds, and economic means can come together to learn, grow, and explore their potential, while experiencing God's love in the process. Our facility was founded in 2013 to enrich Memphians in Fitness, Recreation, Education, Arts, and Worship, while providing the community with affordable access to state-of-the-art Aquatics Center, Community Outreach Programs, Youth Camps and Afterschool Care, Child Watch, Senior Services, and more! Every year since opening, we have been voted Memphis' Best Health & Fitness Center - but don't just take our word for it - come see for yourself!

Our team members are dedicated and will work with you to create a wellness plan for your specific needs - ask for your free Kroc Start today - and stay on track of your goals! This one-on-one orientation with a Kroc staff member. I will allow you to understand our classes, facility, and every piece of equipment in our building. the best part is...it's FREE! We target these Kroc Start sessions to your specific needs, so schedule yours today, and dress in workout clothes to get started!

We pride ourselves in being able to offer the best programming under one roof. Where else in Memphis can you find studio classes like Barre, Pilates, Yoga, and Aerial Yoga, and HIIT (high intensity interval training) classes with live heart-rate monitoring displayed on screen to track your results... all with the convenience of two free hours of childcare for members? Plus, amenities like our pool, coffee bar, work stations, playground, turf, and challenge center, free afterschool care, and so much more? If you couldn't tell by that ridiculously long sentence, we are excited that you're here, and even more excited to show you all that we have to offer.



## MEMBERSHIP

Kroc Center members will enjoy complete access to our facility during hours of operation. Membership includes the following benefits.

- Access to the Fitness Center, Basketball Court, Indoor Sports Court, Aquatics Center, Outdoor Sport Fields, Playground, and Locker Rooms.
- Over 160 Group Fitness Classes, Cardio Machines and Weight Equipment
- 20% off Personal Training, Swim Lessons, Sports Leagues and more.
- Free Kroc Start Orientation

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

Insurance fitness programs help make access into our building a whole lot easier for you by paying for your registration and monthly membership fees. To check for your eligibility, give your insurance a call and ask them if they are able to sponsor your individual membership at The Kroc. If yes, ask them for your fitness I.D. number which will be needed upon registration.

Insurance sponsorship programs include:

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

## JOIN OUR TEAM!

Email us if you know of a talented, mission-oriented individual willing to make a difference. All candidates are subject to extensive background checks.

- Welcome Desk Staff
- Personal Trainers
- Fitness Instructors
- Lifeguards
- Youth Workers



## QUESTIONS?

**Member Services Manager:** Julia Johnson  
**CALL:** 901.729.8007  
**EMAIL:** [julia.l.johnson@uss.salvationarmy.org](mailto:julia.l.johnson@uss.salvationarmy.org)  
**ONLINE AT:** [www.krocmemphis.org](http://www.krocmemphis.org)



**Text NEWS to 51555**

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