

KROC

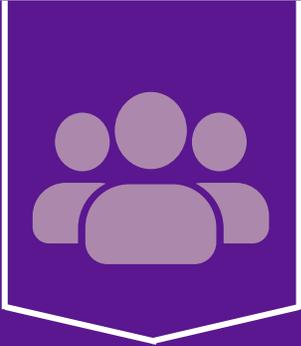
MEMBERSHIP PROGRAM GUIDE | SPRING 2026



YOU BELONG HERE.



KROC
MEMPHIS



KROC MEMBERSHIP

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



YOU BELONG HERE.

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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 apply



SEASONAL/HOLIDAY HOURS

April 3	CLOSED
April 4	CLOSED
April 5	CLOSED
May 15	3pm - 8pm
May 25	9am - 5pm

OPERATING HOURS

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

CHILD WATCH HOURS

MON - FRI	8AM - 12PM 4PM - 8PM
SATURDAY	8AM - 1PM
SUNDAY	CLOSED
3MTHS - 13YRS	

QUESTIONS?

Member Services Manager: Julia Johnson
CALL: 901.729.8007
EMAIL: Julia.L.Johnson@uss.salvationarmy.org
ONLINE AT: www.krocmemphis.org

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

Available on the App Store



GET IT ON Google Play

