

KROC

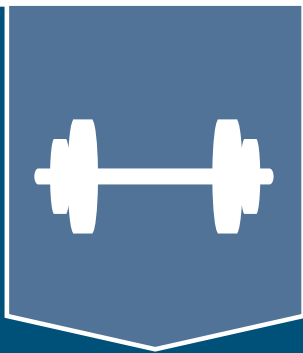
FITNESS PROGRAM GUIDE | FALL 2026



YOU BELONG HERE.



KROC
MEMPHIS



KROC GROUP FITNESS CLASSES

See our current fitness class schedule at krocmemphis.org



FITNESS CLASS OFFERINGS

AQUATIC

- WATER AEROBICS
- AQUA ZUMBA

CARDIO

- LES MILLS BODYCOMBAT®
- LES MILLS BODYATTACK®
- LES MILLS BODYSTEP®
- LES MILLS TONE®

MIND-BODY

- LES MILLS BODYBALANCE®
- LES MILLS PILATES®
- GENTLE YOGA
- AERIAL YOGA

CYCLE

- THE TRIP®
- HIITZ
- RIDE THE RIDGE
- SPRINT

YOUTH

Provided through Child Watch.

- KIDS ZUMBA
- KIDS YOGA

DANCE

- ZUMBA
- XTREME HIPHOP

SENIOR

- SILVERSNEAKERS CLASSIC
- SILVERSNEAKERS YOGA

STRENGTH

- BOOT CAMP
- LES MILLS GRIT®
- LES MILLS BODYPUMP®
- LES MILLS BODYPUMP HEAVY®
- LES MILLS SHAPES®
- LES MILLS CORE®



YOUTH FITNESS POLICY

Our Fitness Youth Orientation is designed to empower young members aged 11-17 with the tools to develop healthy habits and confidently use fitness equipment safely and responsibly.

Our Youth Fitness Policy requires:

- Mandatory Fitness Orientation
- Wristband Access
- Fitness Center Check-In
- Age-Appropriate Equipment Use

Youth ages 11-13 must have a legal guardian present with them while completing their orientation.

Sign up for a youth fitness orientation by contacting Fitness Manager, Faith Rawley. Please email her at faith.rawley@uss.salvationarmy.org.



EVER THOUGHT ABOUT BECOMING A FITNESS INSTRUCTOR?

Have you ever watched an instructor and thought, "I could do that!" If you love our fitness classes and would enjoy the opportunity to continue offering the classes our members love, we'd love to hear from you! Find out what's involved in becoming an instructor by contacting our Fitness Manager, Faith Rawley, at faith.rawley@uss.salvationarmy.org.



FITNESS CENTER RULES

- No foul or offensive language.
- Please take phone calls out of fitness areas.
- Treat fitness area and others with respect.
 - Do not stand on equipment.
 - Clean equipment when done.
 - Do not move equipment that does not have wheels.
 - No sitting or resting on equipment between sets.
 - Keep personal items in lockers.
 - Return equipment properly after use.
- Proper gym attire is required.
 - Closed toe athletic shoes.
 - No midriff or revealing shirt or shorts.
 - No jeans, zippers, or harsh material that may damage equipment.
 - No exposed undergarments.
- Personal training is provided by Kroc Fitness Center. Outside providers are not allowed.
- Children under 11 years of age are not allowed in the fitness area or group exercise classes. Children between 11-13 must be accompanied by an adult and/or have completed a youth orientation.
- Youth ages 11-17 are required to complete a fitness orientation to participate in fitness classes or use fitness spaces.

DOWNLOAD THE KROC CONNECT APP

CLASS SCHEDULES & RESERVATIONS
Search schedules and reserve spots in your favorite group exercise classes. You'll be able to see your upcoming reservations, set calendar reminders and cancel if you can't make it.

FACILITY SCHEDULES
View the Kroc's hours and even check how busy it is with the occupancy feature.

BARCODE SCAN
Enter our facilities without your membership key card. Just open your app and scan.

ALERTS
Stay up to date with what's happening at the Kroc through instant notifications and in-app alerts.



SCAN QR CODE TO DOWNLOAD THE APP.



Available on the App Store

GET IT ON Google Play

With the Kroc Connect App you'll be able to view schedules and reserve spots in your favorite group exercise classes! Additionally, you'll receive all updates regarding the Kroc including closures, events, and updates on classes you've registered for. Download the app today and sign-up using the same email address you used to register for your Kroc membership.

Between live and Les Mills Virtual programs, we have over 100 Group Exercise Classes each week. All fitness classes are included in your regular membership or guest pass. Ask our Welcome Desk staff about specific times and locations. Make sure you grab the most recent class schedule and take advantage of our Kroc Start - your FREE orientation to all of our equipment, machines, and classes. During the Kroc Start, you will meet individually with a Kroc staff member who will offer instruction on how to properly use the fitness equipment and make the most of your membership.

Even MORE Fitness Offerings

ZUMBA AT THE SHELL

With the arrival of cooler weather, what better way to embrace it than by combining exercise with a healthy dose of vitamin D? Join us at the Overton Park Shell for some of our very own group fitness classes, including Zumba. Let's make the most of the fall season together!



Scan the QR code to view the Shell Health & Wellness Series schedule.



PILATES – ADDITIONAL TIMES

Monday & Wednesday at 9:30AM

Wednesday at 5PM

Friday at 5:45PM

Pilates is a transformative mind-body workout that blends sequencing, hypnotic music, and cutting edge exercise science. Designed to enhance strength, improve mobility and elevate happiness, this class is your escape to balance and vitality.



KROC EXPERIENCE FALL FITNESS LAUNCH

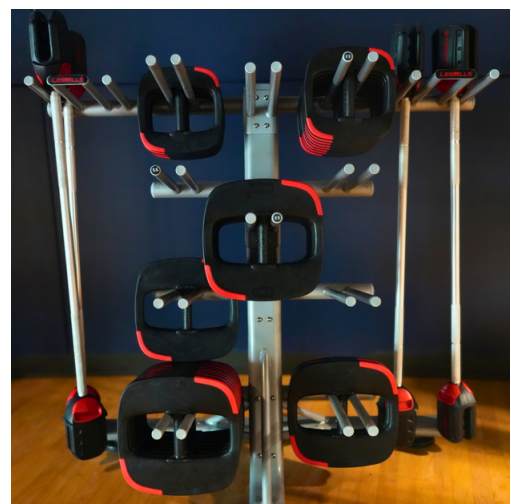
Saturday, September 26



We offer countless ways for people of all ages to challenge themselves, stay active, and thrive. Our Kroc Experience Launch is a celebration of all the Kroc has to offer.

Attendees can experience our regular fitness class schedule, including member favorites like Aerial Yoga, along with the latest moves and music from our Les Mills classes. Our Sports and Recreation department will also offer activities for younger participants, including inflatable soccer in partnership with Play Where You Stay and Hot Shot basketball on our courts.

NEW EQUIPMENT ALERT!



We've leveled up our strength game with new weight plates now available for your fitness classes! Along with adding heavier options (22 lb & 16.5 lb), we've also introduced in-between weights to give you more flexibility and control as you build strength and progress at your own pace. Get ready... those bigger biceps are on the way.



KIDS YOGA IS BACK!

Wednesday at 10am

Learn yoga with play and friends! Our littlest member 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 is necessary. Props will be used to promote a variety of activities. Kids will be asked to wear socks to class. Kids must be checked into Child Watch to participate.



BODYPUMP HEAVY

Monday at 6AM & 5:40PM,

Wednesday at 9AM, Thursday at 4:30PM &

Saturday at 8AM

BodyPump Heavy™ is tempo-based weightlifting with traditional lifting techniques, slow moves, and long recoveries. Backed by the science of BODYPUMP™ – the world's most loved strength class for over 30 years – BODYPUMP HEAVY makes serious lifting simple and fun.

If you try and enjoy the class, keep an eye on the schedule for additional class times being added soon,

QUESTIONS?

FAITH RAWLEY

PHONE: 901.729.8032

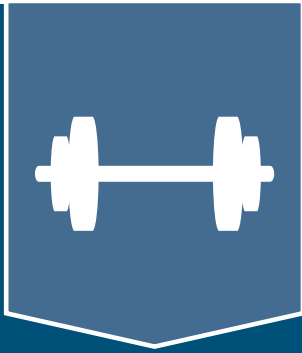
EMAIL: faith.rawley@uss.salvationarmy.org

ONLINE AT: www.krocmemphis.org

Download Kroc Connect App.

Stay up-to-date on all Kroc Fitness info, including events, class cancellations, & more!





KROC PERSONAL TRAINING

Scan here to schedule your FREE personal training consultation.



PERSONAL TRAINING PRICING

PT Consult	FREE
30 Minute	QTY. 1 \$45
	QTY. 8 \$315
	QTY. 16 \$608
60 Minute.	QTY. 1. \$65
	QTY. 8. \$455
	QTY. 16 \$878

Members Receive 20% Discount



BENEFITS OF PERSONAL TRAINING

Work one-on-one with our qualified personal trainers to help you achieve your long-term wellness goals.

NEED MOTIVATION?

Set goals, create a plan to accomplish them, and celebrate the day you reach them with your personal trainer.

NO EXCUSES

Hold yourself accountable and help overcome anything that might derail your commitment to exercise.

HAVE CONFIDENCE!

Working with a trainer allows you to become confident with how to perform exercises, use machines, and navigate the facility.

AVOID INJURY

Take the time to learn proper exercise technique that can improve your results and prevent injuries.

PERSONAL ATTENTION

Your unique body mechanics, experience, goals, fitness level, and preferences can guide your trainer in creating a plan that is specific to your needs.

HAVE FUN!

A skilled personal trainer can make exercise both effective and fun. Group or buddy training can be a great way to increase enjoyment and make exercise social at a lower rate.

KROC PERSONAL TRAINERS



DAVID

NASM CPT, NASM Corrective Exercise Specialist, Weight Loss Specialist, RRCA Running Certified



FAITH

Fitness Manager, NASM CPT, Group Fitness Instructor



KHALID

NASM CPT, B.S. in Exercise, Sports, & Movement Science, TRX and Bootcamp Instructor



ORZEALYEA

Elite Certified Personal Trainer (ISSA), Certification in Nutrition, Certification in Corrective Exercise Specialist, Health and Wellness Coach, Group Fitness Associate



KAORI

NASM CPT, AFAA Group Fitness Instructor, Zumba Instructor, WIM Instructor



DANIEL

B.S., CPT, Group Fitness Instructor, Wholistic Weight Loss Specialist, Rehabilitation and Corrective Exercise Specialist



VIVIAN

NASM CPT, Group Fitness Instructor, Corrective Exercise Specialist, Exercise is Medicine



AUDREY

NASM CPT, NASM Small Group Personal Trainer.



ADDITIONAL OFFERINGS

- Small Group Personal Training (2-3 participants)
- Fitness Assessments
- Sports Agility Training
- Private Training Room & Equipment

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