Fitness Class Schedule

THE SALVATION ARMY KROC MEMPHIS

Effective 11/01/2026

M

- **BodyPump Heavy:45 (6AM)** with Faith
- **Water Aerobics (8:30AM)** with Susie
- **BodyPump (9AM) *** with Laura S.
- **Les Mills Pilates:30 (9:30am)** with Hannah
- **Zumba (10AM)** with Kaori
- **BodyBalance (10:10AM)** with Carrie
- **Silver Sneakers (11:30AM)** with Polly
- **Water Aerobics (12PM) *** with Shelia B.
- **Les Mills Core (5PM)** with Bryan
- **Les Mills GRIT (5:30PM) *** with Hannah
- **Slow Yoga Flow & Stretch (5:30PM)** with Lorena
- **BodyPump Heavy (5:40PM)** with Faith
- **BodyCombat (5:40PM)** with Mari
- **Water Aerobics (6PM)** with Tiffany O.
- **Zumba (6PM)** with Sheila
- **Aerial Yoga (6:30pm)*** with Brianna

T

- **BodyPump (8AM)** with Carrie
- **Water Aerobics (8:30AM)** with Susie
- **Ride the Ridge (9AM)** with Becky
- **BodyBalance (9:10AM)** with Ana
- **Zumba (10AM)** with Kaori
- **Prime Strength (10AM) *** with Personal Trainer Team
- **Les Mills Tone (10:10AM)** with Laura S.
- **Silver Sneakers Yoga (11AM)** with Khaleelah
- **Water Aerobics (12PM) *** with Shelia B.
- **Les Mills Core (1PM)** with Faith
- **BodyPump (4:30PM)** with Faith
- **Les Mills Shapes (5:30PM)** with Hannah
- **Zumba (5:40PM)** with Kandra
- **HIITZ (5:30PM)** with Charles
- **BodyAttack (5:40PM)** with Patti
- **Water Aerobics (6PM)** with Sheilia O.
- **BodyBalance (6:30PM)** with Peggy
- **Xtreme Hip Hop (7PM)** with Yolanda

W

- **BodyPump:45 (6AM)** with Faith
- **Water Aerobics (8:30AM)** with Susie
- **BodyPump Heavy (9AM)** with Laura S. *
- **Bootcamp (9AM)** with Khalid
- **Les Mills Pilates:30 (9:30am)** with Ana
- **Zumba (10AM)** with Julian
- **Kids Yoga (10AM)** with Tiffany
- **BodyBalance (10:10AM)** with Ana
- **Silver Sneakers (11AM)** with Polly
- **Prime Strength * (12:15pm)** with Daniel
- **Les Mills Pilates:30 (5PM)** with Hannah
- **Aqua Zumba (5PM)** with Kaori
- **HIITZ (5:30PM)** with Charles
- **Slow Yoga Flow & Stretch (5:30PM)** with Lorena
- **BodyPump (5:40PM)** with Bryan
- **Zumba (6PM)** with Trina
- **Les Mills GRIT (6PM) *** with Hannah

TH

- **BodyPump (8AM)** with Carrie
- **Water Aerobics (8:30AM)** with Susie
- **Ride the Ridge (9AM)** with Becky
- **BodyBalance (9:10AM)** with Bryan
- **Zumba (10AM)** with Julian
- **Les Mills Shapes (10:10AM)** with Laura S.
- **Silver Sneakers Yoga (11AM)** with Khaleelah
- **Water Aerobics (12PM) *** with Shelia B.
- **Les Mills Core (1PM)** with Faith
- **BodyPump Heavy (4:30PM)** with Randi
- **Les Mills Shapes (5:30PM)** with Hannah
- **Zumba (5:40PM)** with Kaori
- **NEW - BodyCombat:45 (5:40PM)** with Randi
- **The Trip (6PM)** with Breann
- **Water Aerobics (6PM)** with Sheilia O.
- **BodyBalance (6:30PM)** with Patti
- **Xtreme Hip Hop (7PM)** with Yolanda

F

- **Water Aerobics (8:30AM)** with Susie
- **BodyPump (9AM) *** with Laura S.
- **Aerial Yoga (9AM) *** with Tiffany
- **Zumba (10AM)** with Julian
- **BodyBalance (10:10AM)** with Ana
- **Les Mills Tone (10:10AM)** with Bryan
- **Silver Sneakers (11AM)** with Polly
- **Water Aerobics (12PM) *** with Shelia B.
- **Prime Strength (12:15PM) *** with Personal Trainer Team
- **Les Mills BodyBalance:45 (5:30PM)** with Peggy
- **Zumba (6PM)** with Sheila

S

- **BodyPump Heavy (8AM)** with
- **Water Aerobics (8:30AM)** with Sheilia
- **Sprint (9:15AM)** with Audrey C.
- **Les Mills Core (9:30AM)** with Bryan
- **Kids Zumba (9:30AM)** with Marianela
- **Tone (10:10AM)** with Hannah
- **Zumba:45 (10:15AM)** with Marianela
- **BodyBalance (11:10AM)** with Peggy
- **Xtreme Hip Hop (11:15AM)** with Yolanda

SU

- **Beginner Yoga (12:05PM)** with Peggy
- **BodyBalance (1PM)** with Peggy

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 901-729-8068.

Youth must be checked into Child Watch to participate

- Strength
- Cardio
- Dance Fitness
- Aqua Fitness
- Mind & Body
- Senior Fitness
- Cycle Class
- Functional Training
- Pre-Registration Required

- Pool
- Fitness Studio
- Group Exercise Room
- Challenge Center
- Third Floor
- Basketball Court
- Sport Court Turf
- Classroom 417
- Cycle Studio

FITNESS DESK: 901-729-8068

FACILITY HOURS

- *M-Th (5AM - 9PM)*
- *F (5AM - 8PM)*
- *S (7AM-7PM)*
- *Su (12PM-5PM)*

CHILDWATCH HOURS:

- *M-F (8AM - 12PM; 4PM-8PM)*
- *S (8:00AM - 1:00PM)*

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 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: *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™: *s 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.*

Les Mills SPRINT™ *is a 30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results.*
It's a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits. A high intensity, low impact workout, it's scientifically proven to return rapid results.

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.)*

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™: *is a 30-minute high-intensity interval training (HIIT) workout, designed to improve strength and build lean muscle. Pre-registration required.*

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™ : *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.

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 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.*

SLOW YOGA FLOW & 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.

Available on the App Store

GET IT ON Google Play