

KROC

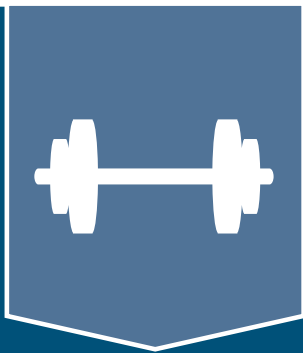
FITNESS PROGRAM GUIDE | FALL 2025



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®

CYCLE

- HIITZ
- RIDE THE RIDGE

DANCE

- ZUMBA

SENIOR

- SILVERSNEAKERS CLASSIC
- SILVERSNEAKERS YOGA



MIND-BODY

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

YOUTH

Provided through Child Watch.

- KIDS ZUMBA
- KIDS YOGA

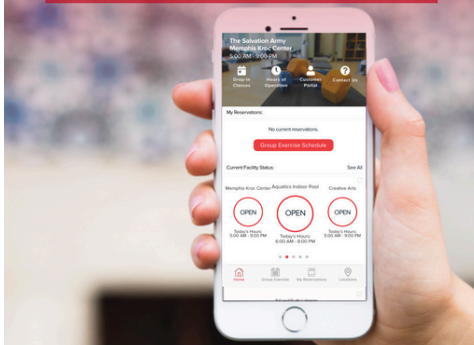
STRENGTH

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



THE KROC APP IS HERE!

We are thrilled to launch the new Kroc Memphis app! It's easier than ever to check schedules, make reservations, check-in and more.



SCAN QR CODE TO DOWNLOAD THE APP.



With the new Kroc 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.



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.

You can now experience Pilates on Mondays and Wednesdays at 9:30am and Fridays at 5:45pm.



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.

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

BACK TO FIT

FALL FITNESS LAUNCH
SEPTEMBER 27th

Fitness Launch Schedule

BASKETBALL COURTS

- 8AM BODYPUMP
- 9:30AM CORE
- 10:10AM TONE
- 11:10AM BODYBALANCE

GROUP EXERCISE ROOM

- 9:10am Combat
- 10:15am Zumba

POOL

- 8am Water Aerobics

THIRD FLOOR

- 9am - Aerial Yoga
- 9:15am - The Trip
- 10:15am - Aerial Yoga

FITNESS STUDIO

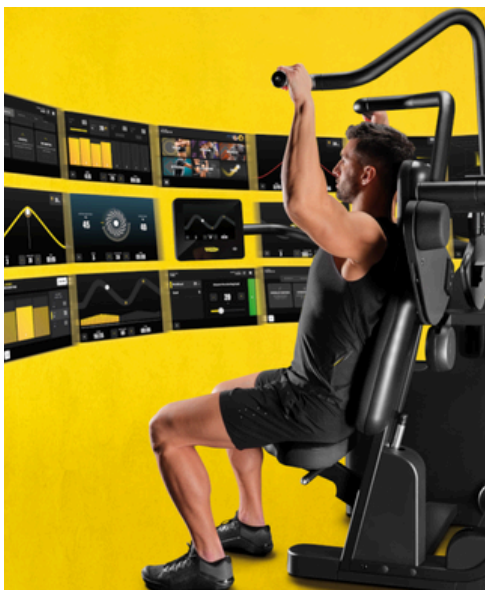
- 10AM Family Yoga

REVOLUTIONARY TECHNOLOGY

The Biostrength system leverages revolutionary aerospace technology and advanced AI to ensure optimal neuromuscular activation and precise exercise execution. This equipment offers personalized training programs, combined with comprehensive biofeedback guidance, leading to superior strength results.

With the Biostrength system, fitness at The Kroc reaches new heights. Elevate your workouts and achieve your best with us!

We know new equipment can feel a bit intimidating or tricky to master, but we're here to help! Contact us to schedule a training session and get comfortable with our new equipment in no time.



GET THE FULL EXPERIENCE — DOWNLOAD THE TECHNOGYM APP!

Downloading the Technogym App enhances your Biostrength training experience by syncing directly with the equipment to deliver fully personalized workouts based on your fitness goals. The app automatically adjusts machine settings like resistance and seat position, tracks your progress in real time, and provides feedback on form and performance. It also unlocks advanced training techniques such as drop sets and eccentric overload, while giving you access to a variety of on-demand workouts for a well-rounded fitness routine. It's a smart, efficient way to get the most out of your strength training at the Kroc.



NEW YOUTH FITNESS POLICY

We're excited to introduce our new Fitness Youth Protocol, designed to empower young members aged 11–17 with the tools to develop healthy habits and confidently use fitness equipment safely and responsibly.

This protocol will include:

- 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 scanning the QR code.



A SPECIAL GIFT FOR OUR MEMBERS

As a special thank you to our valued members, we've partnered with Stretch Lab Midtown to offer exclusive discounts on their services!

Here's what you can enjoy:

- 10% off packages for all Kroc members
- 15% off packages for Kroc personal training clients

How to claim your discount:

- Show proof of membership (e.g., your Kroc membership card) at the time of your visit.
- Personal training clients: Show an email confirmation of your booked session.



FITNESS LAUNCHES

Our seasonal fitness launch events are fantastic opportunities for fitness lovers to try new classes and learn fresh moves with new music that will keep them motivated through their fitness journey. All while creating a sense of community among participants & instructors, fostering a supportive and encouraging environment that will last through your entire stay with us!

MARK YOUR CALENDARS

- Back to Fit Fall Fitness Launch
◦ September 27th | 8AM - 12PM



3RD FLOOR FITNESS CENTER

By entering the entrance to the AutoZone Youth Development Center, you gain access to our third-floor Fitness Center, an expansive space designed to give our members even more tools to elevate their fitness journey. Here, you'll find a wide range of full body training equipment, including free weights, hack squat and hip thrust machines, rowing machines, ski ergs, Jacob's Ladder, StairMasters, spin cycles, ellipticals, punching bags, and more. The third-floor also hosts some of our most dynamic and results-driven classes, such as Les Mills GRIT, Boot Camp, HIITZ, and Ride the Ridge.

As a valued Kroc member, we encourage you to take full advantage of these spaces. Switch up your routine, challenge yourself, and make your fitness journey both fun and effective!

QUESTIONS?

FAITH RAWLEY

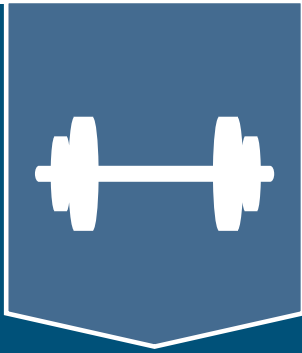
PHONE: 901.729.8032

EMAIL: faith.rawley@uss.salvationarmy.org

ONLINE AT: www.krocmemphis.org

Text FIT to 51555

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.

ADDITIONAL OFFERINGS

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



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



VIVIAN

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



KAORI

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



WILLIE HARRIS

ISSA CPT



AUDREY

NASM CPT, NASM Small Group Personal Trainer.



CANDICE WHEAT

Certified Exercise Physiologist, Group Fitness Instructor, Weight Management and Fitness Nutrition Specialist



ORZEALYEA

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

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PHONE: 901.729.8032

EMAIL: faith.rawley@uss.salvationarmy.org

ONLINE AT: www.krocmemphis.org



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