

# KROC

FITNESS PROGRAM GUIDE | WINTER 2024

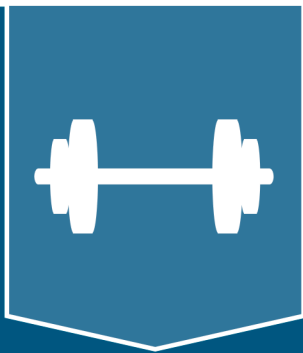


YOU BELONG HERE.



KROC  
MEMPHIS





# KROC GROUP FITNESS CLASSES

See our current fitness class schedule at [krocmemphis.org](http://krocmemphis.org)



## AQUATIC

### 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.)

### AQUA ZUMBA®

Dance philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints so you can really let loose.



## CARDIO

### LES MILLS BODYCOMBAT®

A high-energy martial arts-inspired workout that is totally non-contact. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. Release stress, have a blast and feel like a champ.

### LES MILLS BODYSTEP®

New functional Step training class that is adaptable to all abilities and combines cardio and weights to maximize strength and mobility in the glutes and hips.

### LES MILLS BODYATTACK®

A high-energy fitness class that combines athletic movements like running, lunging, and jumping with strength exercises such as push-ups & squats.

## CYCLE

### LES MILLS SPRINT™

30-minute High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results and burn calories for hours. This high intensity, low impact workout is scientifically proven to return rapid results.

### RIDE THE RIDGE

A non-impact cardio workout to help improve cardiovascular fitness, available in both 60 and 30 minute options. A fun, low impact class where you control the intensity.

### LES MILLS RPM®

With great music pumping, your instructor takes you on a journey of hill climbs, sprints, and flat rides.

## DANCE

### ZUMBA®

A fusion of Latin and International music & dance themes that create a dynamic, exciting workout.

### XTREME HIP HOP

A high energy class that combines dance and fitness moves while utilizing a step.

## SENIOR

### SILVERSNEAKER CLASSIC

Move to music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living skills. Option for seated or standing work.

### SILVERSNEAKERS YOGA

Learn a variety of safe and effective options designed to increase flexibility and balance to improve well being. Taught from seated and standing positions.

## STRENGTH

### BARRE

Incorporating techniques from ballet, pilates, and yoga, participants will enjoy a full body workout while using traditional ballet and barre studio space. Members will be asked to wear no shoes.

### BOOT CAMP

Boot Camp is designed for personalized support in a small group setting. Instructors provide tailored challenges to improve dynamic stretching, weightlifting, and plyometrics.

### GRIT STRENGTH

30-minute High-Intensity Interval Training (HIIT), designed to improve strength and build lean muscle using a barbell, weight plate, and body weight exercises.

### LES MILLS BODYPUMP®

A total body workout set to upbeat music that will burn calories, shape and tone your entire body, increase core strength, and improve bone health.

### LES MILLS TONE®

The optimal mix of strength, cardio, and core training using lunges, squats, functional training and tubing exercises in 45 minutes!

### LES MILLS CORE®

A scientific core workout to build strength, stability, and endurance in the muscles that support your core, improve balance, and assist injury prevention.

## YOGA

### LES MILLS BODYBALANCE®

A mat-based yoga inspired class that incorporates yoga, Tai Chi, and Pilates to improve balance, flexibility, muscle tone, and range of motion.

### SUNRISE YOGA

Start your morning with meditation, breathing techniques, and relaxation. Traditional Vinyasa (breath and body movements combined) will be applied.

### VATA AERIAL YOGA

Discover the element of air with Vata Aerial Yoga. The harness gives full support for your torso and pelvis, while six handles allow for support of the upper body and accommodates users of all capabilities.



## YOUTH

### BORN TO MOVE - Through Child Watch

Helping children experience the joy and vitality of moving to music. Each session feeds young people's natural appetite for action, movement, and play.

### KIDS YOGA - Through Child Watch

Our littlest members will enjoy breathing techniques, body balance exercises, emotional and mindfulness practices, and more in a fun and encouraging environment. No prior knowledge and experience is needed.



Between live and Les Mills Virtual programs, we have over 160 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



## 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!

1. January 12-13th
2. April 5-6th



## MOM AND ME YOGA

This yoga class focuses on the physical and emotional well-being of the mother and baby/toddler. Don't miss out on this cute, cuddly, and one-of-a-kind yoga with baby class. Get stronger, manage stress better, and stay focused while spending time with your precious, new baby!

## RECOVERY STATION

The Recovery Station provides massage guns, trigger point balls, stability balls, foam rollers, fitness bands, and screens to visually guide you through techniques that focus on areas of tension. Don't miss out on the benefits of recovery including muscle repair, stress relief, myofascial release, and more. The Recovery Station is a great area to stretch and recover before or after a workout!

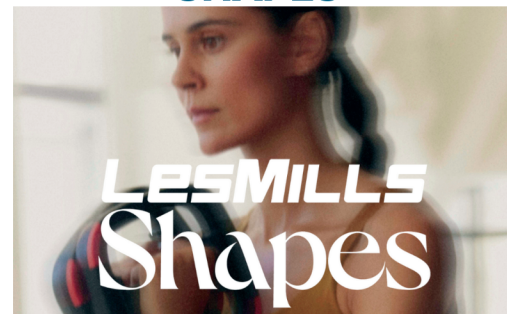


## NEW YEAR, NEW CARDIO EQUIPMENT

With the new year, comes new cardio equipment to help you reach your fitness goals. This includes new cycling equipment that combines personalized goals and effort guided by color to help you shatter limits like never before. Be sure to check out the equipment and participate in one of our cycling classes on the third floor to learn and gain the full colorful experience that they provide!



## LES MILLS EXCLUSIVE — SHAPES



Les Mills Shapes is a fusion of Pilates, Barre, and Power Yoga. It is an excellent low impact but high intensity workout to add balance and stability which compliments and supports other workouts like heavy strength training and high impact activities.

Be the first to experience Shapes in our upcoming pop-ups on the following dates,

- Monday, March 11
- Saturday, March 16
- Friday, March 22
- Monday, March 25
- Saturday, March 30

If you are interested in the exact time for each pop-up, email Faith Rawley, [faith.rawley@uss.salvationarmy.org](mailto:faith.rawley@uss.salvationarmy.org).



## LES MILLS VIRTUAL

- Les Mills Virtual classes held on-site at The Kroc in the Fitness Studio and Cycle Studio, included with your membership.
- No instructor needed! Just follow along with world-class Les Mills workouts on our TVs.
- Held at off-peak times so you can get a workout in at any time of day.
- Virtual class screens are located in the Fitness Studio and Cycle area on the 3rd floor.

### QUESTIONS?

**FAITH RAWLEY**

**PHONE:** 901.729.8032

**EMAIL:** [faith.rawley@uss.salvationarmy.org](mailto:faith.rawley@uss.salvationarmy.org)

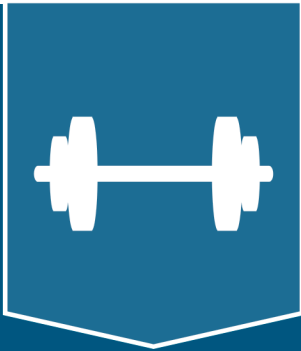
**ONLINE AT:** [www.krocmemphis.org](http://www.krocmemphis.org)



**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	\$42
	QTY. 8	\$294
	QTY. 16	\$567
60 Minute.	QTY. 1.	\$63
	QTY. 8.	\$441
	QTY. 16	\$850.50

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, Former College Athlete, Water Aerobics Instructor



### KAORI

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



### AUDREY

NASM CPT, NASM Small Group Personal Trainer.



## QUESTIONS?

**FAITH RAWLEY**

**PHONE:** 901.729.8032

**EMAIL:** [faith.rawley@uss.salvationarmy.org](mailto:faith.rawley@uss.salvationarmy.org)

**ONLINE AT:** [www.krocmemphis.org](http://www.krocmemphis.org)



**Text FIT to 51555**

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