

Effective: 1.16.17



KROC
MEMPHIS



New Class, Location, Time

* Additional Fee Classes

GROUP FITNESS SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
6:00am Sunrise Yoga	6:00am Power	6:00am Sunrise Yoga	6:00am Power			
6am Boot Camp	6:00am Ride 30	*6am* Boot Camp	6:00am Ride 30	*6am* Boot Camp	7:30am Jumpstart Sat.	1:30pm Centergy
	8am Aqua Kickboxing		8am Aqua Kickboxing		*8am* TRX: Beginner	2:45pm Beginner Yoga
9am TRX: Beginner	9am Ride the Ridge	*9am* TRX: Beginner	9am Ride the Ridge		9am Zumba	! *3:30pm* Restorative Yoga
9am Water Aerobics	9am Water Aerobics	9am Water Aerobics	9am Water Aerobics		9am Power	
9am Power	9am Centergy	9am Power	9am Centergy	9am Power	9am Water in Motion	
10am Zumba	*9am* Boot Camp	10am Zumba	*9am* Boot Camp	10am Zumba	*10:00am* Barre None	
10am Fight	10am Zumba	10am Fight	10am Zumba	10am Blast	10:15am Active	
10am Water Aerobics	10:10am Active	10am Water Aerobics	10:10am Active	! *11:00am* Slow Flow Yoga	11:15am Fight	Sign up for Group Ex alerts! Text FIT to 51555
11:00am Silver Sneakers	10:30am S. Snkrs Yoga	11:00am Silver Sneakers	10:30am S. Snkrs Yoga	11:00am Silver Sneakers		
! *11:00am* Slow Flow Yoga	! *11:45am* Mat Pilates	! *11:00am* Restorative Yoga	! *11:45am* Mat Pilates			
12:15pm Ride 30		12:15pm Ride 30		12:15pm Ride 30		
1:30pm Aqua Blast		1:30pm Aqua Blast			2:30-4:30pm Open Mat Time/Intro to MMA	Included in our Studio Pass (register online or at Fitness Desk)
4:30pm Active	4:30pm Kids Yoga (3-6)		4:30pm Yoga Club (7-10)			
5:00pm HIIT Rowing	5pm Aqua Zumba	*5:00pm* HIIT Rowing	4:30pm Active	*5:00pm* HIIT Rowing		
5:20pm Power	*5:30pm* Barre None	5pm Core	5pm Aqua Zumba	*5:00pm* Barre None		
5:30pm Blast	5:30pm Zumba	5pm Core	5:30pm Zumba	5:30pm Zumba		
5:30pm Group Ride	*5:30pm* TRX: Int.	5:30pm Blast	*5:30pm* TRX: Int.	5:30pm Power		
6:00pm Boot Camp	6pm Ride the Ridge	5:30pm Group Ride	6pm Ride the Ridge		New ARMOR Sports Training Small Group Classes -1 on 1 Sessions	Bootcamp is a roster class. Sign up for the whole time, or drop in to the evening bootcamp class at 6:00pm and use a punch card. January 15 - February 23
6:30pm Fight	6pm Water in Motion	6pm Power	6pm Water in Motion	6:30pm Centergy		
6:30pm Zumba	6:30pm Centergy	*6:00pm* Boot Camp	6:30pm Fight			
	7:00pm MMA Fitness	6:30pm Zumba	! *6:30pm* Mat Pilates			
	7:30pm h2yoga (register online)		*7:30pm* h2yoga (register online)			

GROUP EXERCISE ROOM

FITNESS STUDIO

GYMNASIUM

CYCLING ROOM

SWIMMING POOL

CHALLENGE CENTER 3RD FLOOR

CLASSROOM

4 or 6 Week Roster Classes. Register for the whole class and get discounted rates. Sign up now online!!!

Please check our facebook page and website for cancellations or changes to schedule. KROCMEMPHIS.ORG/FIT

Rowing, TRX, and Evening Bootcamp Classes utilize the punch cards. Can be purchased at the welcome desk.