



# ENGAGE

**F I T N E S S L A U N C H**

## SATURDAY MAY 8TH

7:30AM	Ride the Ridge	Spin Studio	James
7:30AM	Water Aerobics	Pool	Sheilia
8:00AM	GRIT: Strength	Fitness Studio	Khalid & Lizzy
8:00AM	BodyPump	Group Exercise	Erin, Faith & Tara
8:30AM	CORE	<u>PATIO</u>	Hannah & Lydia
9:00AM	Sprint	Spin Studio	Rebecca
9:00AM	BodyCombat	Group Exercise	Natalie & Tara
9:00AM	Zumba	<u>PATIO</u>	Kroc Zumba Crew
<b>NEW!</b>	<b>9:30AM Les Mills Barre</b>	<b>Fitness Studio</b>	<b>Peggy &amp; Rehana</b>
10:00AM	Tone	Group Exercise	Hannah
10:00AM	BodyAttack	<u>PATIO</u>	Melissa & Katie H.
10:30AM	BodyStep	Fitness Studio	IndiAna, Laura
10:30AM	Aerial Yoga	3rd Floor	Kandra
11:00AM	BodyFlow	<u>PATIO</u>	Ana, Natalie & Peggy

**FREE FOR MEMBERS | GUESTS \$8**

Register at [appointment.krocmemphis.org](https://appointment.krocmemphis.org)!



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