

# KROC

FALL  
2021

MEMBERSHIP PROGRAM GUIDE



YOU BELONG HERE.



# KROC MEMBERSHIP BENEFITS

Register at our Welcome Desk or any time at [krocmemphis.org](http://krocmemphis.org).



## SEASONAL/HOLIDAY HOURS

MON 9/6	9AM-5PM
THUR 11/25	CLOSED
FRI 11/26	9AM-5PM
FRI 12/24	9AM-5PM
SAT 12/25	CLOSED
FRI 12/31	OPEN REG HOURS

## OPERATING HOURS

MON - THURS	5AM-9PM
FRIDAY	5AM-8 PM
SATURDAY	7AM-7PM
SUNDAY	12PM-5PM

## ADMIN. OFFICE HOURS

MON - FRI	9AM-5PM
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## WORSHIP SUNDAY - HYBRID

SERVICE	SUN   11AM
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## CHILDWATCH HOURS

MON - FRI	8AM-1PM
	4PM-8PM
SATURDAY	8AM-1PM
SUNDAY	CLOSED

**\*DUE TO COVID-19  
AGES ARE 2-13 YEARS**

## WELCOME!

### YOU BELONG HERE

The Kroc Center is a safe, caring and exciting place where residents of all ages, races, educational backgrounds and economic means can come together to learn, grow, and explore their potential, while experiencing God's love in the process. Our facility was founded in 2013 to enrich Memphians in Fitness, Recreation, Education, Arts and Worship, while providing the community with affordable access to state-of-the-art Aquatics Center, Community Outreach Programs, Youth Camps and Afterschool Care, Child Watch, Senior Services, and more! Every year since opening, we have been voted Memphis' Best Health & Fitness Center - but don't just take our word for it - come see for yourself!

Our team members are dedicated and will work with you to create a wellness plan for your specific needs - ask for your free Kroc Start today - and stay on track of your goals! This one-on-one orientation with a Fitness Professional will allow you to understand our classes, facility, and every piece of equipment in our building. The best part is...it's FREE! We target these Kroc Start sessions to your specific needs, so schedule yours today, and dress in workout clothes to get started!

We pride ourselves in being able to offer the best programming under one roof. Where else in Memphis can you find studio classes like Barre, Pilates, Yoga, and Aerial Yoga, in addition to HIIT (high intensity interval training) classes with live heart-rate monitoring displayed on screen to track your results...all with the convenience of two free hours of childcare for members? Plus amenities like our pool, coffee bar, work stations, playground, turf and challenge center, free afterschool care, and so much more? If you couldn't tell by that ridiculously long sentence, we are excited that you're here, and even more excited to show you all that we have to offer.

**COMPLETE YOUR  
MEMBERSHIP  
ONLINE!**



### STANDARD MEMBERSHIP

Kroc Center members will enjoy complete access of our facility during hours of operation.

Membership includes the following benefits:

- Access to the Fitness Center, Basketball Court, Indoor Sports Court, Aquatics Center, Outdoor Sport Fields, Playground, and Locker Rooms
- Over 90 Group Fitness Classes, Cardio Machines and Weight Equipment
- 20% off Personal Training, Swim Lessons, Sports Leagues and more
- Free Kroc Start Orientation

INDIVIDUAL	\$37/MONTH
HOUSEHOLD (UP TO 4)	\$58/MONTH
HOUSEHOLD (5+)	\$70/MONTH
ALL MEMBERSHIP TYPES WILL ALSO INCUR A ONE-TIME REGISTRATION FEE OF \$50	

### PREMIUM TIER MEMBERSHIP

All the included amenities of a Standard Membership - PLUS access to specialty classes, workshops, and events. View more details in the current Fitness Program Guide!

INDIVIDUAL	+\$30/MONTH
HOUSEHOLD (ALL MEMBERS INCLUDED)	+\$40/MONTH
PREMIUM TIER DUES WILL AUTODRAFT	

### JOIN OUR TEAM!

Email us if you know of a talented, mission-oriented individuals willing to make a difference. All candidates are subject to extensive background checks.

- Welcome Desk Staff
- Personal Trainers
- Fitness Instructors
- Lifeguards
- Youth Workers



### QUESTIONS?

**MEMBERSHIP MANAGER:** 901.729.8060

**EMAIL:** [korbi.herrodd@krocmemphis.org](mailto:korbi.herrodd@krocmemphis.org)

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



### TEXT NEWS TO 51555

Stay up-to-date on all Kroc information, including delays, closures, and more!