



FALL 2019

FITNESS



AFFORDABLE. FUNCTIONAL. HIGH INTENSITY TRAINING.

Show up, work hard, & have fun! Led by CrossFit Certified instructors, KrocFit incorporates olympic lifts (squats, presses, etc.), aerobic conditioning, and other explosive movements (box jumps, pull ups, etc.).

Upon joining, you will receive a WODIFY (app) account within two days to reserve class spots and track your workouts.



**\$35/MONTH
PROGRAM FEE**

REGISTER WITH
MEMBERSHIP STAFF

MON

6 AM
5 PM
6 PM

TUES

6 AM
5 PM
6 PM

WED

6 AM
6 PM

THUR

6 AM
6 PM

FRI

6 AM
5 PM

SAT

8 AM
*1st Sat/Month
9AM FREE Trial



PERSONAL TRAINING

Whether you need accountability, encouragement, or just to change up your routine, we're here to help.

#	1 HOUR	30 MIN	1H PARTNER
SINGLE	\$39	\$27	\$27/Person
5	\$36	\$25	\$24/Person
10	\$34	\$24	\$22/Person
15	\$32	\$23	\$20/Person



FITSTART

Take advantage of five FREE personal training sessions included in your membership. Schedule an appointment with our Fitness staff to start your customized fitness plan.

GROUP FITNESS

As a member, you will have access to over 70 classes a week! From Hydro Tone, Cycle Fit, Body Pump, Yoga, and so many more, you have the ability to challenge yourself with new activities all month! Classes are held in the Aquatics Center, the Spin Studio, Group Fit Studio, or the Gym.

View the monthly schedule: KrocGreenville.org/Fitness



KROC GREENVILLE

