

# KROC

**FEB**  
SCHEDULE



**DROP-IN**  
**Pickleball**  
FREE FOR  
MEMBERS

## INSIDE

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+ **PICKELBALL** Page 6
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View  
**ONLINE!**



RAY & JOAN

**KROC**  
CORPS COMMUNITY CENTER



# FEBRUARY HOURS

**Sunday** Noon–6pm  
**Mon–Fri** 5am–10pm  
**Saturday** 7am–8pm

## Presidents' Day

**Monday, February 21**

POOL: 6am–8pm, BIG RED SLIDE: 11am–8pm

# VENUE HOURS

## Kroc Church

**Sunday School** 9:15am

**Worship** 10:30am Watch Kroc Church  
in person or via Facebook Live. See page 7.

## Aquatic Center

**SUN** 1–5pm

**M–F** 6am–1pm | 4–8pm

**SAT** 8am–7pm

Please see page 4 for Big Red Slide hours.

## Huck's Hideout

**SUN** Closed

**M–THU** 8:30am–1pm | 4–8pm

**FRI** 8:30am–1pm | 4–7pm

**SAT** 8:30am–1pm

## Ledge Game Room

**SUN** CLOSED

**M–FRI** 4–8pm

**SAT** 9am–1pm | 2–6pm

## Rock Wall

**WED** 4–7pm

**SAT** Noon–5pm

## Kroc Café

**SUN** 1–5pm

**M–FRI** 5am–9pm

**SAT** 7am–7pm

Smoking, tobacco products, alcohol, and vulgar language are not permitted on the premises. Animals (except for service animals), bicycles, skateboards, skate shoes, or inline skates are not permitted. Members or guests using the facility under the influence of alcohol or drugs may have their membership revoked or modified indefinitely. **Strollers not allowed on the walking track Mon–Thurs 5–7pm. Please do not enter the facility if you are sick.**

**ADJUSTED HOURS!**

Feb 19 & 26  
2–6pm

# upcoming events

V1-2-9-2022

## Acrylic Painting

**FRIDAY, FEB 11 | 6–8pm**

\$25 Gold | \$27 Silver | \$35 Non Member

Artists of all abilities, beginners through advanced, are invited to join us for a joint class brought to you by The Kroc Center and The District Art Gallery! At the end of this class you will have a beautiful piece of art at a cost less than you would pay to take the class at The Art Gallery itself.



## Multiplication Tables Workshop

**THURSDAYS,  
MARCH 3–APRIL 7  
5:30–6:30pm**

\$23 Gold | \$25 Silver | \$30 Non Member

Ages 8+ with accompanying adult. Do you know a child who struggles to learn their multiplication tables? Are you willing to come with them to a workshop to learn tips and techniques for mastering them? Sheila Eyster, a retired elementary school teacher, will be teaching a six week workshop on mastering the times tables. A parent or other interested adult is required to attend with the child in order to learn and practice these techniques.



**NEW CLASS!**

## Discovering Computers/Tablets

**THURSDAYS, MAR 3–24  
11AM–NOON**

\$23 Gold | \$25 Silver | \$30 Non Member

Do you want to brush up on your computer skills? Do you have a new tablet that you're wanting to learn how to use? Bring your device as we learn how to do things like navigating the internet safely, setting up and using an email account, using Facebook, making and receiving video calls, and even finding entertainment using video websites and reading applications.



**NEW CLASS!**

## Questions?

Jonathon Weller, Education & Fine Arts Specialist

217-231-5641 | [Jonathon.Weller@USC.SalvationArmy.org](mailto:Jonathon.Weller@USC.SalvationArmy.org)



## Be in the Know with Text Alerts!

Text KROCQCY to 24365 to receive texts about class cancellations & facility/weather updates.



# SELL YOUR STUFF!

**SATURDAY, APRIL 2 | 8AM-1AM**

RESERVE YOUR BOOTH BY **FRIDAY, MARCH 25**

## TYPES OF CLASSES

### DROP-IN

**Gold Members FREE**  
All drop-in Group Fitness  
& Aquatic Classes

**10-Class Punch Pass**  
\$25 Members  
\$75 Non-Members

**Silver Member \$3**   
Many classes are Free.  
Select classes are \$3

**Non-Members \$8<sup>50</sup>**  
A signed facility usage  
waiver is required.

### ROSTER (Members / Non-Members)

*Ex: Swim lessons, fine art, or golf lessons.*  
Requires advanced registration. Classes or  
activity fees and registration deadlines apply.



### LES MILLS VIRTUAL

Free for Members and Day Pass users.



## HOW TO REGISTER

Register for roster classes quickly and easily!

### Visit the Control Desk

This is the best way to make sure you are in the correct class and that all paperwork is completed ahead of time. Drop-in classes are available for purchase only in person at our facility.

### Call us at 217-222-5762

This reserves your spot in the activity of your choice. You must also fill out a program enrollment form available at our Control Desk. Please come at least 15 minutes early to your first class to get this done.

### Register at KrocQuincy.org

1. Click 'Register for Roster Classes' icon
2. Search by program name, then click 'Learn More'
3. Click the 'Sign Up' button to register for your class or activity
4. Print and bring your receipt and waiver with you

**At this time, non-members need to call to register.**

# MOVE'22

**>>>>** for our #KrocStars with SilverSneakers® or Renew Active® plans.



Scan for details.



**\$650**  
**IN GIFT CARDS**

will be given to 14 lucky **MOVE'22** members through March! Additional gift cards will be awarded throughout 2022!



# Aquatic Center + Swim Lessons

**SUNDAY**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

## OPEN SWIM

>>>FEBRUARY 21 - Presidents' Day - 6am-8pm<<<

1-5pm

6am-1pm  
4-8pm

6am-1pm  
4-8pm

6am-1pm  
4-8pm

6am-1pm  
4-8pm

6am-1pm  
4-8pm

8am-7pm

## BIG RED SLIDE

>>>FEBRUARY 21 - Presidents' Day - 11am-8pm<<<

1-5pm

Closed

Closed

Closed

Closed

4-8pm

11am-7pm

## LAP SWIM

Lap lanes may be available earlier than scheduled depending on program registrations and are subject to closure due to various facility events. *Lap lanes closed during swim lessons.*

1-5pm

6-8am  
9am-1pm  
4-8pm

Lap Lanes closed 4-6pm  
Feb 28 for training.

6-9am  
10am-1pm  
4-8pm

6-8am  
9am-1pm  
4-8pm

6-9am  
10am-1pm  
4-8pm

6-8am  
9am-1pm  
4-8pm

8am-7pm

## GROUP SWIM LESSONS

### GROUP SWIM LESSONS

REGISTRATION IS OPEN!

PARENT/BABY  
12-23 MONTHS  
6-6:30pm / 6:30-7pm  
Starts March 7

PARENT/TODDLER  
24 MONTHS-3YRS  
5:30-6pm / 6-6:30pm

AGES 4-6 YRS  
6-6:30pm / 6:30-7pm  
AGES 7-10 YRS  
7-7:30pm  
Starts March 15

PARENT/BABY  
12-23 MONTHS  
5:30-6pm / 6-6:30pm  
Starts March 9

PARENT/TODDLER  
24 MONTHS-3YRS  
6-6:30pm / 6:30-7pm

AGES 4-6 YRS  
5:30-6pm / 6-6:30pm  
AGES 7-10 YRS  
7-7:30pm  
Starts March 17

PARENT/TODDLER  
24 MONTHS-3YRS  
9-9:30am / 9:30-10am

4-6 YRS  
9-9:30am / 9:30-10am  
10-10:30am  
SCHOOL 7-10YRS  
10-10:30am  
Starts March 12

**NOTE:** River is turned off during Mon/Wed 8-8:45am Aqua Fit class.



## LIFEGUARD CERTIFICATION

CLASSES AVAILABLE EACH MONTH

### WE'RE HIRING!!!

Can you work 10 hours a week? **\$14 per hour** • Flexible hours  
Free Kroc membership • Positive work atmosphere

Contact Nanette Johnson, Aquatic Specialist  
217-231-5676 | Nanette.Johnson@USC.SalvationArmy.org



## POOL PALS Child Watch

Children, ages 8-11, of members are allowed to enjoy our Aquatic Center while their parent or guardian exercises in

another area of the building. Member parent/guardian **MUST** remain in the facility during this time. **FREE** for members! *Please register at The Control Desk on the main floor.*

**Sprays & Fountains** Play features: sprays and fountains will be on.

**Open Swim** Open for all ages. Some spaces may be used temporarily for scheduled classes.

**Health Policy** No food or drink, besides water in closed containers, allowed in the Aquatic Center. Shoes may NOT be worn in the pool area.

**Big Red Slide** Open for those at least 48" tall and under 300 pounds. Lifeguards will measure all riders.

**Lap Swim** Both lap lanes are available for lap swimming. Lanes available on a first come-first serve basis. Three adults can fit in one lane- please share. Water jog is allowed (up to 3 lap swimmers). Children must have adult with them in the same lap lane to swim laps.

# Drop-In Group Fitness

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Gold Members</b> FREE: All drop-in Group Fitness & Aquatic Classes.	<b>Les Mills BODYPUMP</b> 5:30-6:30am \$ Fitness Room A	<b>Les Mills BODYFLOW</b> 5:30-6:25am ★★ Fitness Room B	<b>Les Mills BODYPUMP</b> 5:30-6:30am \$ Fitness Room A	<b>Les Mills BODYFLOW</b> 5:30-6:25am ★★ Fitness Room B	<b>Les Mills BODYPUMP</b> 5:30-6:30am \$ Fitness Room A	
	<b>AQUA FIT</b> 8-8:45am Lap Lanes	<b>AQUA BLAST</b> 8-8:45am River	<b>AQUA FIT</b> 8-8:45am Lap Lanes	<b>AQUA BLAST</b> 8-8:45am River	<b>WATER IN MOTION</b> 8-8:45am \$ Lap Lanes	
<b>Silver Member</b> Many classes are free. Select classes are \$3 as marked. \$		<b>KROC CYCLING</b> 8:15-8:45am Cycling Room	<b>NEW DAY + TIME</b> <b>KROC CYCLING</b> 8:15-8:45am Cycling Room			<b>Les Mills BODYPUMP</b> 8:45-9:45am \$ Fitness Room A
<b>Youth in Fitness</b> Open to ages 8+ with an accompanying adult. ★★	<b>Les Mills BODYPUMP</b> 9-10am Fitness Room A \$	<b>WATER IN MOTION</b> 9-9:45am \$ Lap Lanes		<b>WATER IN MOTION</b> 9-9:45am \$ Lap Lanes	<b>Les Mills BODYPUMP</b> 9-10am \$ Fitness Room A	
	<b>KROC DANCE FITNESS</b> 9:15-10am Fitness Room B \$ ★★	<b>ZUMBA</b> 9-9:45am \$ ★★ Fitness Room B	<b>KROC DANCE FITNESS</b> 9:15-10am \$ ★★ Fitness Room B	<b>ZUMBA</b> 9-9:45am \$ ★★ Fitness Room B	<b>KROC DANCE FITNESS</b> 9:15-10am \$ ★★ Fitness Room B	
		<b>EASY GOING</b> 10-10:45am River		<b>EASY GOING</b> 10-10:45am River		
			<b>NEW DAY + TIME</b> <b>Les Mills BODYFLOW</b> 10-10:55am ★★ Fitness Room B			
	<b>Les Mills BODYFLOW</b> Noon-12:45pm ★★ Fitness Room B	<b>Les Mills BODYPUMP</b> Noon-12:45pm Fitness Room A	<b>Les Mills BODYFLOW</b> Noon-12:45pm ★★ Fitness Room B	<b>Les Mills BODYPUMP</b> Noon-12:45pm Fitness Room A		
	<b>POUND*</b> 5:30-6:15pm ★★ Fitness Room B	<b>STEP IT UP</b> 5:30-6:30pm Fitness Room A	<b>Les Mills BODYFLOW</b> 5:30-6:25pm ★★ Fitness Room B	<b>STEP IT UP</b> 5:30-6:30pm Fitness Room A <i>2/17 - TRANSFORM* offered</i>		
	<b>Les Mills BODYPUMP</b> 5:30-6:30pm \$ Fitness Room A	<b>Les Mills BODYCOMBAT</b> 5:30-6:25pm \$ ★★ Fitness Room B	<b>Les Mills BODYPUMP</b> 5:30-6:30pm \$ Fitness Room A	<b>Les Mills BODYCOMBAT</b> 5:30-6:25pm \$ ★★ Fitness Room B		
	<b>TRANSFORM*</b> 6:45-7:15pm Fitness Room A	<b>NEW CLASS</b>	<b>TRANSFORM*</b> 6:45-7:15pm Fitness Room A	<b>NEW CLASS</b>		

## NOW HIRING FITNESS INSTRUCTORS



Aquatics,  
Les Mills,  
Cycling,  
+ MORE!

## NEW CLASS

### \*TRANSFORM

A high-intensity cardio conditioning class that uses a step to ramp up your calorie burn.

\*Class can be modified using no step, so no step experience is necessary. Free to Gold & Silver members - ages 13+.

## LesMills OnDEMAND @ HOME

TO GET  
YOUR  
FREE  
TRIAL!



Sign up for Les Mills On Demand through The Kroc Center member affiliate link and receive a **30-DAY FREE TRIAL!**

Pay just \$9<sup>99</sup>/month after the trial (savings of \$5/month).

## LES MILLS VIRTUAL

Video-based classes provide an amazing workout, anytime. Available in 3 group fitness studios when live classes are not scheduled.

**GROUP FITNESS AGE GUIDELINES:** Ages 13+ are allowed to attend all group fitness classes.

**REGISTRATION:** Participants may only register for back-to-back drop-in group fitness classes that have 15 minutes or less between end and start times.

**LES MILLS™** and its respective classes: BODYPUMP™, BODYCOMBAT™, and BODYFLOW™, are trademarks of Les Mills International LTD, used under license. POUND® and Ripstix® are registered trademarks of Pound Rockout workout, LLC. ZUMBA® is a trademark owned by Zumba Fitness, LLC used under license through certified instructors.

**USAGE GUIDELINES:** Proper workout attire is required, including closed-toe athletic shoes. No jeans allowed. No food or drink, other than water in closed containers, is allowed in the fitness, gymnasium, weight, and track areas. Please be courteous to other members and arrive on time. Instructors may deny access to class if you arrive after the warm-up period. The RJKCCC reserves the right to cancel any class on the basis of low attendance. Drop-in group fitness classes are first-come, first-served. All participants must check-in and pay (if applicable) at the control desk. Participants may check-in no sooner than 30 minutes before the start of class.

**CLASS CAPACITY:** Participation numbers limited due to equipment and space constraints.

# Sports & Recreation

**Questions?** Contact our Recreational Sports Specialist at 217-231-5635 or at Kristy.Stegeman@USC.SalvationArmy.org

## ADULT DROP-IN PICKLEBALL

No experience necessary! Learn the rules of pickleball, basic skills, and techniques. This class is geared toward beginners, but all levels are welcome to play and have fun. Equipment will be provided. Led by The Kroc Center's recreational sports staff.

**THURSDAYS,  
FEB 3–MARCH 10  
10–11:30AM**

Members Free | Non-Members \$8<sup>50</sup>



## ROCK WALL

**WEDNESDAY, 4–7PM  
SATURDAYS, NOON–5PM\***

Members Free

Non-Members: Youth \$3 | Adult (18+) \$5

Looking for a challenge and a unique workout? The Kroc Rock Climbing Wall is the go-to wall in the area! Available to ages 3+. Those 11 years & under must have a parent/guardian present. Ages 12–15 must have a parent in the building while ages 16+ may be alone. Additional optional shoe rental charges may apply.



## KROC YOUTH MADNESS 3 vs 3 BASKETBALL JAM

Get your friends together and join us for this fun 3 on 3 Basketball Jam! Teams of 4. Double elimination tournament style. All teams guaranteed two 20-minute running clock games.

Register by March 1.

Age Brackets: 3rd/4th | 5th/6th | 7th/8th

**SAT–SUN, MARCH 12–13  
8AM–5PM**

\$120/4-player team/includes t-shirt.



## MEN'S FULL COURT 5 vs 5 BASKETBALL LEAGUE

Games consist of two 20-minute halves with a running clock. The league is open to adults ages 18+. Teams may roster up to 10 players, players may only play on one team in the league. Teams are guaranteed 8 games.

Register by March 4.

**TUESDAYS & THURSDAYS,  
MARCH 22–MAY 12  
6–10PM**

\$300 per team



## Gym

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OPEN GYMNASIUM	OPEN GYMNASIUM 5:30am–5pm	OPEN GYMNASIUM	OPEN GYMNASIUM	OPEN GYMNASIUM 5:30am–5pm DROP IN PICKLEBALL 10–11:30am, Court B	OPEN GYMNASIUM 5:30am–5pm	OPEN GYMNASIUM CT B: FAMILY TIME 10am–1pm
OPEN VOLLEYBALL 1–5pm   Court B	CO-ED REC VBALL 5:30–10pm, Court B			ADULT COMPETITIVE PICKLEBALL 5:30–9pm, Court B	CO-ED COMPETITIVE VOLLEYBALL 5:30–10pm, Court B	OPEN VOLLEYBALL 1–5pm   Court B

# Church & Congregational Life

## SUNDAY

**SUNDAY SCHOOL**  
9:15–10:15am  
Fellowship Hall  
Check-In, All Ages  
-Meadows, LABS-Adults:  
*Jesus Asked Series*  
-Ledge, XP3-Teens:  
*Real Talk Series*  
-Green Room, 252-Kids:  
*On My Block Series*  
-Huck's Hideout, First  
Look Pre-School:  
*It's a Party Series*

**KROC CHURCH  
HOLINESS WORSHIP**  
10:30–11:30am  
Worship Theater

**JR CHURCH**  
11am, Green Room

## MONDAY

**TEEN & YOUTH  
MUSIC CLASSES**  
3–3:30pm Singing Co.  
4pm Youth Music  
4:30pm Youth Music

**CORPS CADETS**  
4–5pm, The Ledge

## TUESDAY

**WOMEN'S MINISTRY**  
10am–Noon  
Meadows B  
Ages 16+

## WEDNESDAY

**WEEKLY DEVOTIONS**  
10–10:15am  
Meadows B  
All Ages Welcome

**K.R.O.C. KIDS  
KICK BACK** 3–4pm  
Boys & Girls, K–5  
Worship Theater,  
Meadows, Ledge, Gym

**K.R.O.C. KIDS** 4–5pm  
**MOONBEAMS**  
Boys & Girls Pre  
K–K, Green Room

**SUNBEAMS**  
Girls Grades 1–5  
Bluffs

**EXPLORERS**  
Boys Grades 1–5  
Meadows A, B, C

**GIRL GUARDS**  
Girls, Grades 6–12  
The Ledge

**RANGERS**  
(Young Men) Grades 6–12  
The Ledge

**MEAL** 5–5:30pm

**SENIOR BAND**  
7–8pm (ages 14+)  
Worship Theater

# SOUP-ER BOWL PARTY

**Sunday  
FEB 13  
Starts 5pm**

Enjoy the Super Bowl with family,  
friends, the big screen, & a soup  
competition. \$5 per dinner.



**PRAISE TEAM**  
4–5pm, Worship Theater

**YOUTH LEADER  
COMMITTEE**  
5–6pm | Feb 3 & 17  
Virtual Training  
Every other Thursday of the month

**JOIN  
us in person  
or virtually on**  
The Kroc Church  
Facebook Page!



## After-School Program

Take the home out of homework!  
K–6<sup>th</sup> + 7<sup>th</sup>–12<sup>th</sup> CITs

**Weekly, Mon–Fri • 2–7pm**

**Mon:** Interactive Bible Lesson  
**Tue:** Sports & Fitness  
**Wed:** Character Building  
**Thurs:** S.T.E.A.M.  
**Fri:** Aquatic Center

Daily healthy snack,  
homework assistance,  
and game room. After-  
school transportation  
provided for Quincy  
area schools.

**\$65/wk**

**Members**

**\$80/wk**

**Non-members**

CIT opportunities/  
positions available.

Guardian guide available at KrocQuincy.org.

## What are CITs? COUNSELORS IN TRAINING

CITs are an integral part of our youth programs & receive all of the benefits that come with the program they are attending, as well as hands-on training, mentoring, and leadership development.

# School's Out! Day Camp

When school's not in session!

K–6<sup>th</sup> + 7–12<sup>th</sup> CITs

**Friday, Feb 18 (half day)**  
**Monday, Feb 21**

## CHILDREN ENJOY

**Pack a sack lunch!**

- Aquatic Center
- Gymnasium
- Free play
- Interactive game room
- Art, Science & discovery
- Engaging Bible lesson

**\$20/day**  
for Members

**\$25/day**  
for Non-members

**Always supervised!**



CIT opportunities/positions available.



GET INTO  
THE BEST  
SHAPE OF  
YOUR LIFE!

## Personal Training

Your first session will include a fitness assessment, a current health status, and an exercise routine. Based upon your schedule and goals, you and your trainer will determine when and how often the two of you will meet.

### Member Pricing

Session(s)	1 PERSON	2 PEOPLE	3 PEOPLE
1	\$38 \$36 ea	\$52 \$26/person	\$60 \$20/person
3	\$108 \$36 ea	\$140 \$70/person	\$144 \$48/person
5	\$175 \$35 ea	\$230 \$115/person	\$240 \$80/person
10	\$340 \$34 ea	\$444 \$222/person	\$450 \$150/person
20	\$640 \$32 ea	\$860 \$430/person	\$870 \$290/person

## Membership Benefits

### Regular 1 Year Memberships

Applications available at the Welcome Desk or at KrocQuincy.org. Payments are accepted annually or by automatic monthly withdrawal.

**Ask about corporate memberships!**

### Silver Memberships

<b>YOUTH</b> AGES 3-12 <b>\$10<sup>50</sup></b> monthly \$126 PER YEAR	<b>TEEN</b> AGES 13-17 <b>\$18<sup>38</sup></b> monthly \$220 PER YEAR	<b>GOLDEN AGER</b> AGES 62+ <b>\$22<sup>05</sup></b> monthly \$264 PER YEAR
<b>ADULT</b> AGES 18-61 <b>\$29<sup>40</sup></b> monthly \$352 PER YEAR	<b>FAMILY UP TO 5</b> <b>\$52<sup>50</sup></b> monthly \$630 PER YEAR	<b>FAMILY OVER 5</b> <b>\$60<sup>90</sup></b> monthly \$730 PER YEAR

### Gold Memberships

<b>YOUTH</b> AGES 3-12 <b>\$12<sup>60</sup></b> monthly \$151 PER YEAR	<b>TEEN</b> AGES 13-17 <b>\$22<sup>05</sup></b> monthly \$264 PER YEAR	<b>GOLDEN AGER</b> AGES 62+ <b>\$26<sup>33</sup></b> monthly \$315 PER YEAR
<b>ADULT</b> AGES 18-61 <b>\$36<sup>23</sup></b> monthly \$434 PER YEAR	<b>FAMILY UP TO 5</b> <b>\$63<sup>00</sup></b> monthly \$756 PER YEAR	<b>FAMILY OVER 5</b> <b>\$72<sup>45</sup></b> monthly \$869 PER YEAR

### Which Membership is Right for Me?

WHAT YOU ENJOY	GOLD	SILVER	DAY PASS <sup>2</sup>
Aquatic Center	•	•	•
Gymnasium & Indoor Track	•	•	•
Cardio & Weight Area	•	•	•
The Ledge Game Room	•	•	•
Locker Rooms	•	•	•
<b>FREE</b> Equipment Orientation	•	•	•
Discounted Swim Lessons	•	•	•
Pool Pals Service (See page 4)	•	•	•
<b>FREE</b> Huck's Hideout	•	•	•
<b>FREE</b> Rock Wall Climbing <sup>1</sup>	•	•	•
<b>FREE</b> Guest Passes per Year	12	6	•
<b>FREE</b> Drop-In Fitness & Aquatic Classes	ALL	SELECT	•
<b>FREE</b> Les Mills Virtual Fitness Classes	•	•	•
Discount on Youth After-School & Day Camps (includes School's In Day Camp)	•	•	•
Discount on Kroc Programs & Activities <sup>3</sup>	40%	30%	•
<b>1 FREE</b> Personal Training Fitness Assessment <sup>4</sup>	•	•	•



<sup>1</sup>Equipment rental fees may apply. <sup>2</sup>Fees apply. Must have a facility usage waiver signed. <sup>3</sup>Excludes leagues and rec programs. <sup>4</sup>Free Personal Training Fitness Assessment is NOT a training session and not included with any membership special promotions.



405 Vermont St. | Quincy, IL 62301  
217-222-KROC (5762) | KrocQuincy.org



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