

# GROUP EXERCISE SCHEDULE

# NOVEMBER

ALL classes are \$3 each and 45-55 minutes long.  
Monthly passes are available for \$45 each.  
Holiday weekend Please refer to the MWR Website



| TIME | MONDAY            | TUESDAY                       | WEDNESDAY                         | THURSDAY                      | FRIDAY           | SATURDAY     | SUNDAY          |
|------|-------------------|-------------------------------|-----------------------------------|-------------------------------|------------------|--------------|-----------------|
| 0500 |                   | Indoor cycle                  |                                   | Indoor Cycle                  |                  |              |                 |
| 0630 | PT Indoor Cycle*  | PT Indoor Cycle*<br>(RES)     | PT YOGA*                          | PT Indoor Cycle*<br>(RES)     | PT Indoor Cycle* |              |                 |
|      |                   | PT TRX*(RES)                  | PT TRX*(RES)                      | PT TRX*(RES)                  |                  |              |                 |
|      |                   |                               | PT Indoor Cycle*                  |                               |                  |              |                 |
| 0800 |                   |                               |                                   |                               |                  | Kickboxing   |                 |
|      |                   |                               |                                   |                               |                  | Indoor Cycle |                 |
| 0900 | Zumba             | Indoor Cycle                  | Zumba                             | <b>NEW</b><br>Zumba           | Zumba            | Indoor Cycle | TRX             |
|      | Indoor Cycle      |                               | Indoor Cycle                      | Indoor Cycle                  |                  | Hot Hula     |                 |
|      |                   | Water Aerobics<br>Nelson Pool |                                   | Water Aerobics<br>Nelson Pool |                  |              |                 |
| 1000 | Total Tone        | TRX                           | Core Blast                        | TRX                           | TRX              | Zumba        |                 |
|      |                   |                               |                                   | Kettle Bell                   |                  |              |                 |
| 1100 | Yoga              | TRX Orientation               | TRX Orientation                   | TRX Orientation               |                  |              | TRX Orientation |
|      |                   |                               |                                   | Yoga                          |                  |              | TRX             |
| 1300 |                   |                               |                                   |                               |                  |              |                 |
| 1700 | Indoor Cycle      | Indoor Cycle                  | Indoor Cycle                      |                               |                  |              |                 |
| 1715 | Strength Training | Kickboxing                    | Strength Training<br>(TRX STUDIO) | Kickboxing                    |                  |              |                 |
| 1730 |                   | <b>NEW</b>                    | Yoga                              |                               |                  |              |                 |
| 1815 |                   | Pre-Post Natal Yoga           |                                   |                               |                  |              |                 |
| 1830 | Zumba             |                               | Zumba                             |                               |                  |              |                 |

IRON HORSE FITNESS CENTER



More Events and Info at  
MWRFortCarson.com



Ft. Carson Group Fitness  
CarsonDFMWR



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Iron Horse Physical Fitness Center  
6415 Specker Ave., building 1925



Information:  
719.526.2706



# CLASS DESCRIPTIONS

All classes are 45-55 minutes and are held at Iron Horse PFC., Bldg. 1925, unless otherwise noted.

| CLASS DESCRIPTION           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Class                       | Description                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Core Blast                  | Be ready to tone up and blast calories. This class is designed to work your whole body with an emphasis on core. This class uses TRX and other equipment to make your body a machine. Core blast will help you with strength, balance, power, and other functional training principles.                                                                                                                                                                                                                                                                               |
| Hot Hula                    | HOT HULA fitness® is a unique and exciting dance workout. It provides a "total body workout" by isolating your larger muscle groups, increasing strength and definition to your core* and puts specific emphasis on the abs, glutes, quads and arms. Inspired by the dances of the Pacific Islands, HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky Reggae music, with a modern twist. This class is excellent for all fitness levels.                                         |
| TRX/TRX Express             | Increase strength, endurance, and core power in this total body workout. Short on time? Try TRX Express 45 min. cla                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| Indoor Cycle                | Cycling adventure freeing your mind and energizing your body!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| Pre/Post Natal Yoga         | Pre/Post natal Yoga consists of gentle stretches, breathing, comfort measures, visualizations and tools that can be used before, during and after labor. All fitness levels are welcome.                                                                                                                                                                                                                                                                                                                                                                              |
|                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| Zumba                       | Latin fusion dance moves to keep your body moving!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| Total Tone                  | Taking kettlebells and adding many pieces of equipment to trim your body, give you more energy, and strengthen and tone your muscles. This class emphasizes basic strength training and calorie burn. Your heart will pump and your muscles will burn as you get stronger, trimmer, and fit!                                                                                                                                                                                                                                                                          |
| Kettlebell                  | Increase strength, muscles and stamina while burning fat!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| Farrell's STRENGTH TRAINING | Dynamic Strength training class. Great for all fitness levels. Resistance Bands, Medicine Balls and Plyometrics work.                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Farrell's Kickboxing        | Get your hands wrapped and get your gloves on. Be prepared to hit and kick your way into shape. Fast paced and challenging.                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Yoga                        | The term "yoga" comes from a <a href="#">Sanskrit</a> word meaning "union." Yoga combines physical exercises, mental <a href="#">meditation</a> , and breathing techniques to strengthen the muscles and relieve stress. Physical postures strengthen and tone muscles, and when performed in rapid succession, can provide cardiovascular conditioning. Meditation and deep breathing can reduce stress, thereby lowering blood pressure and inducing relaxation. Mind/body awareness can influence mood and <a href="#">self-esteem</a> to improve quality of life. |
| Water Aerobics              | Great cardio class taught in the water! Great for all fitness levels.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| PT Classes*                 | PT Indoor cycle, PT Yoga and PT TRX are available for the Active Duty Soldier. Reservations are required for Tuesday and Thursday Indoor Cycle and for Tuesday, Wednesday and Thursday PT TRX. Please visit <a href="mailto:carsonmwr.ironhorsegym@gmail.com">carsonmwr.ironhorsegym@gmail.com</a> to acquire the memo needed to reserve the class.                                                                                                                                                                                                                   |



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