

GROUP EXERCISE SCHEDULE



DECEMBER

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* (RES)	PT YOGA*	PT Indoor Cycle* (RES)	PT Indoor Cycle*		
		PT TRX*(RES)	PT TRX*(RES)	PT TRX*(RES)			
			PT Indoor Cycle*				
0800							
0900	Zumba	Indoor Cycle	Zumba	Zumba	Zumba	Indoor Cycle	TRX
	Indoor Cycle		Indoor Cycle	Indoor Cycle		Hot Hula	
		Water Aerobics Nelson Pool		Water Aerobics 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		Kickboxing		Kickboxing			
1730			Yoga				
1815		Pre-Post Natal Yoga					
1830	Zumba		Zumba				

IRON HORSE FITNESS CENTER



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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
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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 Sanskrit word meaning "union." Yoga combines physical exercises, mental meditation , 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 self-esteem 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 carsonmwr.ironhorsegym@gmail.com to acquire the memo needed to reserve the class.



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