GROUP EXERCISE SCHEDULE

Fort Carson Fitness Matrix Schedule– DECEMBER- Classes available@various facilities.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0500		Cycle@ Iron Horse Gym $3		Cycle@ Iron Horse Gym $3			
0530		Olympic Lifting@Waller $5 Pre-Registration Req					
0630	Pt Indoor Cycle* @Iron Horse	Pt Indoor Cycle*(Res) @Iron Horse	Pt Indoor Cycle* @Iron Horse	Pt Indoor Cycle*(Res) @Iron Horse	Pt Indoor Cycle* @Iron Horse		
		Pt TRX* (RES)@Iron	Pt TRX* @ Iron Horse	Pt TRX* (RES)@Iron			
0645	Pt Indoor Cycle* @McKib	SpartanSGX*@McKib	Pt Indoor Cycle* @McKib	SpartanSGX*@McKib	Pt Indoor Cycle* @McKib		
			Pt Yoga* @Iron Horse	Pt Indoor Cycle* @Waller	Pt Yoga* @ Waller Gym		
0800							
0900	Zumba@IronHorse Gym $3	Cycle@ Iron Horse Gym $3	Zumba@IronHorse Gym $3	Cycle@ Iron Horse Gym $3	Zumba@IronHorse Gym $3	Cycle@ Iron Horse Gym $3	
	Cycle@ Iron Horse Gym $3	Water Aerobic@ Nelson $3	Cycle@ Iron Horse Gym $3	Water Aerobic@ Nelson $3		Hot Hula @Iron Horse $3	TRX Reservation Only
				Zumba@IronHorse Gym $3			
1000	Total Tone@IronHorse $3	TRX @Iron Horse Gym $3	CoreBlast@IronHorse $3	TRX @Iron Horse Gym $3		Zumba@IronHorse Gym $3	
				KettleBell@Ironhorse $3	TRX @Iron Horse Gym $3		

GROUP EXERCISE SCHEDULE

Fort Carson Fitness Master Matrix Schedule

Classes available @ various facilities.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1100	Yoga @Iron Horse $3	TRX Orientation@Iron Free	TRX Orientation@Iron Free	TRX Orientation@Iron Free			TRX Orientation@Iron Free
				Yoga @Iron Horse $3			
1130				Beginner TRX@Garcia Free			
1145	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE		
1200			K-OS@ McKibben Gym $3		K-OS@ McKibben Gym $3		
1300							
1630							
1700	Indoor Cycle@Iron $3	Indoor Cycle@Iron $3	Indoor Cycle@Iron $3				
			Strength Training@Iron $3				
1715		Farrell'sKickboxing@IH $3		Farrell'sKickboxing@IH $3			
		Cross Fit@ Waller FREE	Cross Fit @ Waller FREE	Cross Fit@ Waller FREE			
1730	Olympic Lifting@Waller $5 Pre-Registration Req		Yoga @ Iron Horse Gym $3				
1815		Pre-PostNatalYoga@IH $3					
1830	Zumba@IronHorse Gym $3		Zumba@IronHorse Gym $3				

CLASS DESCRIPTIONS

TITLE	DESCRIPTION
Pt Indoor cycle, Spin, TRX, Spartan SGX	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 at Iron Horse Sports and Fitness Center. Please visit carsonmwr.ironhorsegym@gmail.com to acquire the memo needed to reserve the class.
CrossFit	Constantly varied high-intensity functional movements designed for universal scalability.
Farrel's Strength Training	Dynamic strength training class. Great for all fitness levels. Resistance Bands, medicine ball and Plyometric work.
TRX/TRX Express	Increase strength, endurance, and core power in this total body workout. Short on time? Try TRX Express 45min class.
Indoor Cycle	Cycling adventure freeing your mind and energizing your body!
Zumba	Latin fusion dance moves to keep your body moving!
Yoga	Increase your flexibility and balance, improve your alignment and strength and reduce stress!
K-OS	A calorie scorching class that incorporates cardio, strength, and endurance! Get ready to burn in this instructor choice class.
Body Burn Boot Camp	A variety of resistance & cardiovascular exercises for a full-body burn. The instructor will focus on always offering something new in class.
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.
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.
Kettle Bell	Increase strength, muscles and stamina while burning fat!!
Water Aerobics	Great cardio class taught in the Water! Great for all fitness levels.
Olympic Lifting	Snatch or Clean and Jerk!! The how to Olympic Style Weightlifting for beginners skills set by a certified USAW Coach. The know how of how to correctly lift that weight.
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!
Body Conditioning	Innovative ways to utilize the equipment to give you the toning and strength that you need.
SpartanSGX	Metabolic Training, Functional Training, Obstacle Course Preparation, and Mental Training = UNBEATABLE MINDSET. Spartan GX is a functional exercise program and ideal training regimen for individuals of all kinds of every ability and age.