GROUP EXERCISE SCHEDULE Fort Carson Fitness Matrix Schedule– January- 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 Kickboxing* @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						Cycle@ Iron Horse Gym \$3	
						Farrell'sKickboxing@IH \$3	
0900	Zumba@IronHorse Gym \$3		Zumba@IronHorse Gym \$3	Zumba@IronHorse 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		Zumba@IronHorse Gym \$3	
1000	Total Tone@IronHorse \$3	TRX @Iron Horse Gym \$3	CoreBlast@IronHorse \$3	TRX @Iron Horse Gym \$3			
1030					TRX @Iron Horse Gym \$3		
1100	Yoga @Iron Horse \$3	Cycle@ Iron Horse Gym \$3	TRX Orientation@Iron Free	Yoga @Iron Horse \$3			TRX Orientation@Irc Free
		TRX Orientation@Iron Free		Cycle@ Iron Horse Gym \$3			
				TRX Orientation@Iron Free			
	More Events and Info at MWRFortCarson.com	Carson Group Fitness Follow @Carson	MWR		Gym name Phone number		

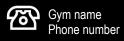


GROUP EXERCISE SCHEDULE Fort Carson Fitness Master Matrix Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1130			TRX @Iron Horse Gym \$3	Beginner TRX@Garcia Free			TRX @Iron Horse Gym \$3
1145	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE		
1200		Kettlebell @Iron Horse \$3	K-OS@ McKibben Gym \$3	Ultimate Circuit@IH \$3	K-OS@ McKibben Gym \$3		
1300							
1530		Remedial PT*(RES) @Iron Horse	Remedial PT*(RES) @Iron Horse	Remedial PT*(RES) @Iron Horse			
		Alternative PT*(RES) @Iron Horse Climbing Wall		Alternative PT*(RES) @Iron Horse Climbing Wall			
1700	Indoor Cycle@Iron \$3	Indoor Cycle@Iron \$3	Indoor Cycle@Iron \$3				
	Hot Hula @Iron Horse \$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				











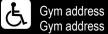
TITLE

DESCRIPTION

Pt Indoor cycle, Spin, TRX, Spartan SGX Remedial PT and Alternative PT (Climbing Wall)	PT Indoor cycle, PT Yoga, PT TRX and PT Kickboxing are available for the Active Duty Soldier. Reservations are require Tuesday, Wednesday and Thursday PT TRX at Iron Horse Sports and Fitness Center. Remedial PT, Tues, Wed and Th are available for the Active Duty Soldier at 1530 by reservation. Please check with the front desk at Iron Horse for more carsonmwr.ironhorsegym@gmail.com to acquire the memo needed to reserve the class.
CrossFit	Constantly varied high-intensity functional movements designed for universal scalability.
TRX/TRX Express	Increase strength, endurance, and core power in this total body workout. Short on time? Try TRX Express 45min clas
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 cho
Ultimate Circuit	A calorie blasting, interval style class. It is designed to target the whole body for a great workout. The classes will va
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 o
Core Blast	Be ready to tone up and blast calories. This class is designed to work your whole body with an emphasis on core. T 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 Coac 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 an strength training and calorie burn. Your heart will pump and your muscles will burn as you get stronger, trimmer, and
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 al training regimen for individuals of all kinds of every ability and age.









uired for Tuesday and Thursday Indoor Cycle and for nurs and Alternative PT (Climbing Wall), Tues and Thurs, ore information. Please visit

SS.

oice class.

ary on equipment and layout.

challenging.

This class uses TRX and other equipment to make your

ch.

nd tone your muscles. This class emphasizes basic d fit!

T. Spartan GX is a functional exercise program and ide-

