

| 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@Iron Free |
| | | TRX Orientation@Iron Free | | Cycle@ Iron Horse Gym \$3 | | | |
| | | | | TRX Orientation@Iron Free | | | |

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|------|--|--|----------------------------------|--|---------------------------|----------|----------------------------|
| 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 | | | | |



CLASS DESCRIPTIONS

| 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 required for Tuesday and Thursday Indoor Cycle and for Tuesday, Wednesday and Thursday PT TRX at Iron Horse Sports and Fitness Center. Remedial PT, Tues, Wed and Thurs and Alternative PT (Climbing Wall), Tues and Thurs, are available for the Active Duty Soldier at 1530 by reservation. Please check with the front desk at Iron Horse for more information. 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. |
| 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. |
| Ultimate Circuit | A calorie blasting, interval style class. It is designed to target the whole body for a great workout. The classes will vary on equipment and layout. |
| 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. |



More Events and Info at
MWRFortCarson.com



Ft. Carson Group Fitness
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Gym address
Gym address



Gym name
Phone number

