

GROUP EXERCISE SCHEDULE

Fort Carson Fitness Matrix Schedule– May - 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	Pt Kickboxing* @Iron Horse		
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			
				Yoga @Iron Horse \$3			
1030					TRX @Iron Horse Gym \$3		
1100		Cycle@ Iron Horse Gym \$3	TRX Orientation@Iron Free	Cycle@ Iron Horse Gym \$3			TRX Orientation@Iron Free
		TRX Orientation@Iron Free		TRX Orientation@Iron Free			



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Gym address
Gym address



Gym name
Phone number

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		PTIndoor Cycle*@Iron Horse	PT TRX*@Iron Horse	PT Circuit*@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	Indoor Cycle@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		Indoor Cycle @McKib \$3				
	TRX @Iron Horse Gym \$3				Spartan Strong@McKib \$3		
	Indoor Cycle @McKib \$3						
1800		TRX @Iron Horse Gym \$3					
1830	Zumba@IronHorse Gym \$3		Zumba@IronHorse Gym \$3				



CLASS DESCRIPTIONS

TITLE	DESCRIPTION
Pt Indoor cycle, Spin, TRX, Spartan SGX Afternoon PT and Alternative PT (Climbing Wall)	PT Indoor cycle, PT Yoga, PT TRX and PT Kickboxing are available for the Active Duty Soldier. All classes are first come first serve. Afternoon PT, Tues, Wed and Thurs and Alternative PT (Climbing Wall), Tues and Thurs, are available for the Active Duty Soldier at 1530. Please check with the front desk at Iron Horse for more information. Please visit carsonmwr.ironhorsegym@gmail.com for more information.
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.



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