

GROUP EXERCISE SCHEDULE

JULY

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*	PT Indoor Cycle*	PT Indoor Cycle*	PT Indoor Cycle*		
		PT TRX*	PT TRX*	PT TRX*	PT Kickboxing		
0645			PT YOGA*				
0800						Indoor Cycle	
0900	Zumba	Indoor Cycle	Zumba	Indoor Cycle	Zumba	Zumba	
	Indoor Cycle		Indoor Cycle				
		Water Aerobics/Nelson		Water Aerobics/Nelson			
1000	Total Tone	TRX	Core Blast	TRX			
		Kettlebell		Yoga			
1030					TRX		
1100		TRX Orientation	TRX Orientation	TRX Orientation			TRX Orientation
1530		PT Indoor Cycle*	PT TRX*	PT Circuit*			
1630							
1700	Indoor Cycle	Indoor Cycle	Indoor Cycle	Indoor Cycle			
1715		Kickboxing		Kickboxing			
1730			Yoga				
			TRX				
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
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.
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!
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!!
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.
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, 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 for more information. Please visit carsonmwr.ironhorsegym@gmail.com for more information.



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