

GROUP EXERCISE SCHEDULE

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



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0500		Cycle@ Iron Horse Gym \$3		Cycle@ Iron Horse Gym \$3			
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 By Apt	Pt Indoor Cycle* @McKib		
			Pt Yoga* @Iron Horse	Pt Indoor Cycle* @Waller	Pt Yoga* @ Waller Gym		
0800						Cycle@ Iron Horse Gym \$3	
0900	Zumba@IronHorse Gym \$3	Cycle@ Iron Horse Gym \$3	Zumba@IronHorse Gym \$3	Cycle@ Iron Horse Gym \$3	Zumba@IronHorse Gym \$3	Zumba@IronHorse Gym \$3	
	Cycle@ Iron Horse Gym \$3	Water Aerobic@ Nelson \$3	Cycle@ Iron Horse Gym \$3	Water Aerobic@ Nelson \$3			
		Boxing 101@McKibben \$50		Boxing 101@McKibben \$50			
1000	Total Tone@IronHorse \$3	TRX *@IronHorse Gym FREE	CoreBlast@IronHorse \$3	TRX *@IronHorse Gym FREE	TRX @Iron Horse Gym \$3		
				Yoga @Iron Horse \$3			
1100		TRX Orientation@Iron Free	TRX Orientation@Iron Free	TRX Orientation@Iron Free			TRX Orientation@Iron Free



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IRON HORSE FITNESS CENTER



719-526-2706

GROUP EXERCISE SCHEDULE

Fort Carson Fitness Master Matrix Schedule

Classes available @ various facilities.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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		
	Yoga @ Iron Horse Gym \$3	Yoga @ Iron Horse Gym \$3					
1200			K-OS@ McKibben Gym \$3		K-OS@ McKibben Gym \$3		
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	Insanity Live@IH \$3	Farrell’sKickboxing@IH \$3		Farrell’sKickboxing@IH \$3			
		Cross Fit@ Waller FREE	Cross Fit @ Waller FREE	Cross Fit@ Waller FREE			
1730	Indoor Cycle @McKib \$3	SpartanGroupX@McKib \$3	Indoor Cycle @McKib \$3				
			Yoga @ Iron Horse Gym \$3				
1830	Zumba@IronHorse Gym \$3		Zumba@IronHorse Gym \$3				



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Gym address
Gym address



Gym name
Phone number



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	Increase strength, endurance, and core power in this total body workout.
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.
Water Aerobics	Great cardio class taught in the Water! Great for all fitness levels.
TRX*	This is a free TRX class just for you. Enjoy.
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!
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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Gym address
Gym address



Gym name
Phone number

