GROUP EXERCISE SCHEDULE >>>> FEB2021

ALL classes are $3 each Credit card Preferred for payment and 45-55 minutes long. Monthly passes are available for $45 each.
Holiday weekend Please refer to the MWR Website

IVY FITNESS CENTER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0500		Indoor Cycle		Indoor Cycle			
0615		PT Cycle* Waller		PT Cycle* Waller			
0630	PT Cycle* IVY	PT TRX* IVY	PT Cycle* IVY	PT TRX* IVY			
		Tactical Training*IVY		Tactical Training*IVY			
0800	SRU PT*	SRU PT*	SRU PT*	SRU PT*	SRU PT*		
0900		Family Fitness		Family Fitness			
1000		TRX Training		TRX Training			
1215						Cycle&CoreWaller 1st & 3rd Saturday	
1330			Behavioral Health Yoga*				
1700				Total body HITT			
1715	Cycle&CoreWaller		Cycle&CoreWaller				
1730	Taekwondo		Taekwondo				
1830				Xtreme Hip Hop Step			

Please note:
Credit card is the ONLY payment option
Masks MUST BE WORN during class.
10 people max in each class.
Make sure you practice social distancing
Please make sure to sanitize all equipment used in class.

CLASS DESCRIPTIONS

ALL CLASSES ARE 45-55 MIN and are held at IVY PFC BLDG 1925, unless otherwise noted.

CLASS	DESCRIPTION
Class	Description
	Please note: Credit card is the ONLY payment option Masks MUST BE WORN during class. 10 people max in each class. Make sure you practice social distancing Please make sure to sanitize all equipment used in class. Please note Location of the classes. Waller & Ivy Fitness Center
Indoor Cycle	Cycling adventure freeing your mind and energizing your body!
Family Fitness	"This class is designed to allow parents to stay fit while incorporating their children. Go through a mixture of high and low intensity cardio and strength building movements in this circuit style class. You'll get a full body workout and bonding time!"
Cycle & Core	This class starts out with Cycle and is followed by an intense 15 minute Core Workout. Location is Waller. Please note that the class on Saturday is every other Saturday. The 1st and 3rd of the Month.
Behavioral Health Yoga	Class for the Staff of Behavioral Health. Not open to the public.
SRU PT*	Active Duty only.
PT Classes*	PT Indoor Cycle and PT TRX, are available for the Active Duty Soldier. All classes are by reservation. Please contact Kris (524-2520). Time (526-3972) or Nick (526-2706) for details. Contact Waller at 526-2742 for the Tuesday and Thursday at 0615.
Total body HITT	"Max interval training with explosive cardio and plyometric drills. Cross-training body weight strength exercises, ending with a hard hitting ab workout!".
Taekwondo	$60/ Month for the first Child $40/Month for the second and the 3rd Child is FREE. Classes are Monday and Wednesday at 1830. Gain Self Control, Confidence and Self defense.
Tactical Training	Is designed to help improve movement, strength/endurance, cardio and agility to help you complete the ACFT. Classes are held on Tuesday (Strength), Wednesday (Circuit) and Thursday (Conditioning). Contact Tim Agan for more information at 719-524-2411 or timothy.j.agan3.naf@mail.mil
Xtreme Hip Hop Step	Xtreme Hip Hop is a fitness movement based on using step aerobics designed to challenge, yet awaken your fun side with callouts over hip-hop and r&b music from yesterday and today. The class is high-energy cardio to help you have fun, show out, and make step great again!