GROUP EXERCISE SCHEDULE

September 2018

ALL classes are 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
McKibben PFC	645	PT Indoor Cycle *FREE*	PT Spartan Group X *Fort Carson* *FREE* *(By Appointment)*	PT Indoor Cycle FREE	PT Spartan Group X Fort Carson *FREE* *(By Appointment)*	PT Indoor Cycle FREE		
	0900		Boxing 101 $50		Boxing 101 $50			
	1200			K-OS *$3*		K-OS *$3*		
	1730	Indoor Cycle $3 *NEW*	Spartan Group X *Fort Carson* $3 *NEW*	Indoor Cycle $3 *NEW*				
Waller PFC	0645				PT Indoor Cycle *Virtual Class* *FREE*	Yoga *FREE*		
	1145	CrossFit *FREE*	CrossFit *FREE*	CrossFit *FREE*	CrossFit *FREE*	CrossFit *FREE*		
	1715		CrossFit *FREE*	CrossFit *FREE*	CrossFit *FREE*			
Garcia	1130			*Strong Soldier* *Training Camp* *FREE*	BEGINNER TRX FREE			

CLASS DESCRIPTIONS

CLASS	DESCRIPTION
Class	Description
Fort Carson Spartan SGX	Spartan SGX is a functional exercise program and ideal training regimen for individuals of all kinds of every ability and age. Metabolic Training, Functional Training, Obstacle Course Preparation, and Mental Training = UNBEATABLE MINDSET. All workouts can be scaled to individuals.
K-OS	A calorie scorching class that incorporates cardio, strength, and endurance! Get ready to burn in this instructor choice class!
Indoor Cycling	Cycling adventure freeing your mind and energizing your body!
Yoga	Increases your flexibility and balance, improve your alignment & strength and reduces stress!
SPARTAN COACHING CERTIFIED BUILDING BETTER HUMANS	CROSSFIT CONSTANTLY VARIED HIGH-INTENSITY FUNCTIONAL MOVEMENTS DESIGNED FOR UNIVERSAL SCALABILITY