

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 Kickboxing* @Iron Horse		
		Pt TRX* (RES)@Iron	Pt TRX* @ Iron Horse	Pt TRX* (RES)@Iron			
0645	Pt Indoor Cycle* @McKib	SpartanSGX*@McKib By Apt	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	
0845		Cycle@ Iron Horse Gym \$3		Cycle@ Iron Horse Gym \$3			
0900	Zumba@IronHorse Gym \$3	Boxing 101@McKibben \$50	Zumba@IronHorse Gym \$3	Boxing 101@McKibben \$50	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			
0945				Yoga @Iron Horse \$3			
1000	Total Tone@IronHorse \$3	TRX *@IronHorse Gym FREE	CoreBlast@IronHorse \$3	TRX *@IronHorse Gym FREE	TRX @Iron Horse Gym \$3		
		Cardio 4x4@Ironhorse \$3					
1100		TRX Orientation@Iron Free	TRX Orientation@Iron Free	TRX Orientation@Iron Free			TRX Orientation@Iron Free
		Yoga @ Iron Horse Gym \$3					

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			TRX(FREE)@IronHorse
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						
1200			K-OS@ McKibben Gym \$3		K-OS@ McKibben Gym \$3		
1600			RestorativeYoga@IH \$3				
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					
		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				



More Events and Info at  
MWRFortCarson.com



Ft. Carson Group Fitness  
CarsonDFMWR



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Gym address  
Gym address



Gym name  
Phone number



# CLASS DESCRIPTIONS

TITLE	DESCRIPTION
*Pt Indoor cycle, Spin, TRX, Spartan SGX, PT Yogaand 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. Please check with the front desk at Iron Horse for more information. Please visit <a href="mailto:carsonmwr.ironhorsegym@gmail.com">carsonmwr.ironhorsegym@gmail.com</a> 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. TRX* This is a free TRX class just for you. Enjoy.
Indoor Cycle	Cycling adventure freeing your mind and energizing your body!
Zumba	Latin fusion dance moves to keep your body moving!
Yoga Restorative Flow	Increase your flexibility and balance, improve your alignment and strength and reduce stress! Restorative Flow is a gentle yoga sequence designed to warm muscles while easing tightness and tension from the whole body. Slow easy stretches followed by longer holds in fully supported positions. Reset mind, body and spirit. Appropriate for beginners to experienced yogis
K-OS	A calorie scorching class that incorporates cardio, strength, and endurance! Get ready to burn in this instructor choice class.
Cardio 4x4	A cardio mashup of 4x4's, tabatas and plyo-filled choreos. It's the ultimate cardiovascular 45-minute challenge that's a unique blend of intense cardio intervals and endurance training. This is not your traditional dancey chores class - it is more of a training program with powerful moves to increase your fat burning capacity and cardio endurance level.
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.
Insanity Live	Come join the live Insanity instructor. This class is designed to push you and challenge you at your own pace. No videos here!!
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.



More Events and Info at  
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Gym address  
Gym address



Gym name  
Phone number

