

GROUP EXERCISE SCHEDULE

November 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 <i>FREE</i>	PT Spartan Group X Fort Carson <i>FREE</i> (By Appointment)	PT Indoor Cycle <i>FREE</i>	PT Spartan Group X Fort Carson <i>FREE</i> (By Appointment)	PT Indoor Cycle <i>FREE</i>		
	0900		Boxing 101 \$60		Boxing 101 \$60			
	1730	Indoor Cycle \$3		Indoor Cycle \$3				
Waller PFC	0645				PT Indoor Cycle Virtual Class <i>FREE</i>	Yoga <i>FREE</i>		
	1145	CrossFit <i>FREE</i>	CrossFit <i>FREE</i>	CrossFit <i>FREE</i>	CrossFit <i>FREE</i>	CrossFit <i>FREE</i>		
	1715		CrossFit <i>FREE</i>	CrossFit <i>FREE</i>	CrossFit <i>FREE</i>			
Garcia	1130				BEGINNER TRX <i>FREE</i>			



More Events and Info at
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



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.
Indoor Cycling		Cycling adventure freeing your mind and energizing your body!
Yoga		Increases your flexibility and balance, improve your alignment & strength and reduces stress!
Cross Fit		This 1 hour CrossFit class starts with a group warm-up followed by skill or strength training prior to the metabolic conditioning workout of the day (WOD) programmed in advance. CrossFit is constantly varied functional movements performed at high intensity. All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more. The program is designed for universal scalability, making it the perfect application for any committed individual, regardless of experience.
		



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