

GROUP EXERCISE SCHEDULE

DECEMBER

ALL classes are \$3 each and 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
0500		Indoor cycle		Indoor Cycle			
0630	PT Indoor Cycle*	PT Indoor Cycle*	PT Indoor Cycle*	PT Indoor Cycle*	PT Kickboxing*		
		PT TRX*	PT TRX*	PT TRX*			
0645			PT YOGA*				
0800						Indoor Cycle	
0845		Indoor Cycle		Indoor Cycle			
0900	Zumba		Zumba		Zumba	Zumba	
	Indoor Cycle		Indoor Cycle				
		Water Aerobics/Nelson		Water Aerobics/Nelson			
0945				Yoga			
1000	Total Tone	TRX (FREE)	Core Blast	TRX (FREE)	TRX		
1100		TRX Orientation	TRX Orientation	TRX Orientation			TRX Orientation
		Yoga					
1130							TRX (FREE)
1145	Yoga						
1600			Restorative Yoga				
1700	Indoor Cycle	Indoor Cycle	Indoor Cycle	Indoor Cycle			
1715	Shaun T's Insanity			Shaun T's Insanity			
1730			Yoga				
1830	Zumba		Zumba				

IRON HORSE FITNESS CENTER



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

All classes are 45-55 minutes and are held at Iron Horse PFC., Bldg. 1925, unless otherwise noted.

CLASS

DESCRIPTION

Class	Description
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.
TRX	Increase strength, endurance, and core power in this total body workout.
Indoor Cycle	Cycling adventure freeing your mind and energizing your body!
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.
Zumba	Latin fusion dance moves to keep your body moving!
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!
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.
Yoga	The term "yoga" comes from a Sanskrit word meaning "union." Yoga combines physical exercises, mental meditation , and breathing techniques to strengthen the muscles and relieve stress. Physical postures strengthen and tone muscles, and when performed in rapid succession, can provide cardiovascular conditioning. Meditation and deep breathing can reduce stress, thereby lowering blood pressure and inducing relaxation. Mind/body awareness can influence mood and self-esteem to improve quality of life.
Water Aerobics	Great cardio class taught in the water! Great for all fitness levels.
PT Classes*	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 for more information. Please visit carsonmwr.ironhorsegym@gmail.com for more information.
Restorative Yoga	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
Shaun T's Insanity	Come and be challenged with a Live Insanity instructor,. Designed to push you and challenge you at your own pace. No Videos here.



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