

GROUP EXERCISE SCHEDULE



DEC 17th-23th

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



IRON HORSE FITNESS CENTER

TIME	MONDAY 17TH	TUESDAY 18TH	WEDNESDAY 19TH	THURSDAY 20TH	FRIDAY 21ST	SATURDAY 22ND	SUNDAY 23RD
0500		Indoor cycle		Indoor Cycle			
0630	PT Indoor Cycle	PT Indoor Cycle	PT YOGA	PT Indoor Cycle			
		PT TRX	PT TRX	PT TRX			
			PT Indoor Cycle				
0800						Indoor Cycle	
0845		Indoor Cycle		Indoor Cycle			
0900	Zumba	Water Aerobics/Nelson	Zumba	Water Aerobics/Nelson			
	Indoor Cycle		Indoor Cycle				
0945				Yoga			
1000	Total Tone	TRX (FREE)	Core Blast	TRX (FREE)			
1100		TRX Orientation	TRX Orientation	TRX Orientation		TRX Orientation	
		Yoga					
1145	Yoga						
1630			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				



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.
Cardio Tone	Great for all fitness levels! A variety of cardio which may include step, high/low and more.
TRX/TRX Express	Increase strength, endurance, and core power in this total body workout. Short on time? Try TRX Express 45 min. cla
Indoor Cycle	Cycling adventure freeing your mind and energizing your body!
20/20/20	A little bit of everything. 20 min Step, 20 min Weights, 20 min of core and a lot of fun.
Zumba	Latin fusion dance moves to keep your body moving!
RIP Training	Strengthen your core with this functional training class that uses variable resistance!
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!
Kettlebell	Increase strength, muscles and stamina while burning fat!!
PiYo	Who says you have to jump, grunt, strain, and punish your body to get amazing results from your workout? Not with PiYo...PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. And, we crank up the speed to deliver a true fat-burning, low-impact workout that leaves your body looking long, lean, and incredibly defined.
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.
Pilates	Pull out your gym mat and get ready to do a series of movements that will stabilize and strengthen your core. You'll get stronger, more sculpted muscles and gain flexibility. You may also have better posture and a better sense of well-being.
PT Classes*	PT Indoor cycle, PT Yoga and PT TRX are available for the Active Duty Soldier. Reservations are required for Tuesday and Thursday Indoor Cycle and for Tuesday, Wednesday and Thursday PT TRX. Please visit carsonmwr.ironhorsegym@gmail.com to acquire the memo needed to reserve the class.



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