

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* @Iron Horse	Pt Indoor Cycle* @Iron Horse	Pt Indoor Cycle* @Iron Horse	Pt Kickboxing* @Iron Horse		
		Pt TRX* @ Iron Horse	Pt TRX* @ Iron Horse	Pt TRX* @ Iron Horse			
0645	Pt Indoor Cycle* @McKib	SpartanSGX*@McKib By Apt	Pt Indoor Cycle* @McKib	SpartanSGX*@McKib By Apt	Pt Indoor Cycle* @McKib		
	Pt Indoor Cycle* @Waller		Pt Yoga* @Iron Horse	Pt Indoor Cycle* @Waller (Virtual)	Pt Yoga* @ Waller Gym		
			Pt Indoor Cycle* @Waller				
0730		WTBIndoorCycle@IH	WTB TRX@IH	NavyIndoorCycle@IH			
				WTB TRX@IH			
0800						Cycle@ Iron Horse Gym \$3	
0845		Cycle@ Iron Horse Gym \$3		Cycle@ Iron Horse Gym \$3			
0900	Zumba@IronHorse Gym \$3	Water Aerobic@ Nelson \$3	Zumba@IronHorse Gym \$3	Water Aerobic@ Nelson \$3	Zumba@IronHorse Gym \$3	Zumba@IronHorse Gym \$3	
	Cycle@ Iron Horse Gym \$3	Cardio 4x4@IronHorse \$3	Cycle@ Iron Horse Gym \$3		Boxing 101@McKibben \$60/3 months		
	Boxing 101@McKibben \$60/3 months		Boxing 101@McKibben \$60/3 months				
1000	Total Tone@IronHorse \$3	TRX *@IronHorse Gym \$3	CoreBlast@IronHorse \$3	TRX *@IronHorse Gym \$3	TRX @Iron Horse Gym \$3		
				Yoga @Iron Horse \$3			

# GROUP EXERCISE SCHEDULE

## Fort Carson Fitness Master Matrix Schedule

Classes available @ various facilities.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1100		TRX Orientation@Iron Free	TRX Orientation@Iron Free	TRX Orientation@Iron Free			TRX Orientation@Iron Free
		Yoga @ Iron Horse Gym \$3					
1130				Beginner TRX@Garcia \$3			TRX@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			Zumba@IronHorse Gym \$3			
1200		Zumba@IronHorse Gym \$3	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	Shaun T's Insanity@IH \$3	Cross Fit@ Waller FREE	Cross Fit @ Waller FREE	Shaun T's Insanity@IH \$3			
		Zumba@IronHorse Gym \$3		Cross Fit@ Waller FREE			
		SpartanGroupX@McKib \$3		SpartanGroupX@McKib \$3			
1730	Indoor Cycle @McKib \$3		Indoor Cycle @McKib \$3				
			Yoga @ Iron Horse Gym \$3				
1830	Zumba@IronHorse Gym \$3		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. 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	Using straight bars and hand weights. 4 1/2 minutes per body part. Working all the major muscle groups. High Repetition. Great way to get all your lifting done.
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  
[MWRFortCarson.com](http://MWRFortCarson.com)



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Gym address  
Gym address



Gym name  
Phone number

