

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0500		Cycle@ Iron Horse Gym \$3		Cycle@ Iron Horse Gym \$3			
0600		Pt Yoga* @McKib					
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* @ Waller Gym		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		Cycle@ Iron Horse Gym \$3		Boxing 101@McKibben \$60/3 months		
	Boxing 101@McKibben \$60/3 months		Boxing 101@McKibben \$60/3 months				
0915						SUP Yoga@IH Pool \$3	
1000	Total Tone@IronHorse \$3	TRX *@IronHorse Gym \$3	CoreBlast@IronHorse \$3	TRX *@IronHorse Gym \$3	TRX @Iron Horse Gym \$3	TRX 55+ RIP	
				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	TRX 55+ RIP \$3		Zumba@IronHorse Gym \$3			
1200				TRX 55+ RIP \$3			
			TRX 55+ RIP \$3				
1600		Remedial Pt Spin @Mckib		Remedial Pt Spin @Mckib			
			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			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 carsonmwr.ironhorsegym@gmail.com 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
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.
TRX 55+ R.I.P.	This is functional training that relates to your daily activities. This helps with Increased strength, endurance and core power. This workout is designed to be a total body workout at a low intensity.
SUP Yoga	Standup Paddle Board Yoga A slow and gentle yoga flow on top of the water, bringing emphasis to mindful, intentional movements. The paddle board is anchored in the deep end of the Iron Horse Pool where the water is comfortably warm and calm. Wear what makes you feel comfortable; pool rules apply.



More Events and Info at
MWRFortCarson.com



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Gym address
Gym address



Gym name
Phone number

