

GROUP EXERCISE SCHEDULE

AUGUST

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



IVY FITNESS CENTER

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	Water Aerobics/Nelson	Zumba	Water Aerobics/Nelson	Zumba	Zumba	
0915						SUPYoga/IvyPool	
1000	Total Tone	TRX	Core Blast	Yoga	TRX	Zumba NEW GLASS	
				TRX			
1100		TRX Orientation	TRX Orientation	TRX Orientation			TRX Orientation
		Yoga					
1130	NEW GLASS						TRX
1145	PiYo						
1200							
1600			Restorative Yoga				
1700	Indoor Cycle	Indoor Cycle	Indoor Cycle	Indoor Cycle			
1715	Shaun T's Insanity	Zumba		Shaun T's Insanity			
1730		NEW GLASS	Yoga				
1830	Zumba	Zumba	Zumba	Zumba			



More Events and Info at
carson.armymwr.com



carson.sports
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Ivy Fitness Center
6415 Specker Ave, Building 1925
Fort Carson, CO 80913

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!
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.
Zumba	Latin fusion dance moves to keep your body moving!
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.
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.
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.