

GROUP EXERCISE SCHEDULE

AUGUST 2019

ALL classes are 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
McKibben PFC	645	PT Indoor Cycle <i>FREE</i>	PT Spartan Group X Fort Carson <i>FREE</i> (By Appointment)	PT Indoor Cycle <i>FREE</i>	PT Spartan Group X Fort Carson <i>FREE</i> (By Appointment)	PT Indoor Cycle <i>FREE</i>		
	0900	Boxing 101 3 months session \$60		Boxing 101 3 months session \$60		Boxing 101 3 months session \$60		
	1600		PT Indoor Cycle <i>FREE</i>		PT Indoor Cycle <i>FREE</i>			
	1715		Spartan Group X Fort Carson \$3		Spartan Group X Fort Carson \$3			
Waller PFC	0600		Yoga <i>FREE</i>					
	0645	PT Indoor Cycle <i>FREE</i>	Yoga <i>FREE</i>	PT Indoor Cycle <i>FREE</i>	Pilates <i>FREE</i>	Yoga <i>FREE</i>		
	1145	CrossFit <i>FREE</i>	CrossFit <i>FREE</i>	CrossFit <i>FREE</i>	CrossFit <i>FREE</i>	CrossFit <i>FREE</i>		
	1715		CrossFit <i>FREE</i>	CrossFit <i>FREE</i>	CrossFit <i>FREE</i>			
Garcia PFC	1130				TRX \$3			



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



CLASS DESCRIPTION	
CLASS	DESCRIPTION
Class	Description
Fort Carson Spartan SGX	Spartan SGX is a functional exercise program and ideal training regimen for individuals of all kinds of every ability and age. Metabolic Training, Functional Training, Obstacle Course Preparation, and Mental Training = UNBEATABLE MINDSET. All workouts can be scaled to individuals.
Indoor Cycling	Cycling adventure freeing your mind and energizing your body!
Yoga	Increases your flexibility and balance, improve your alignment & strength and reduces stress!
Cross Fit	This 1 hour CrossFit class starts with a group warm-up followed by skill or strength training prior to the metabolic conditioning workout of the day (WOD) programmed in advance. CrossFit is constantly varied functional movements performed at high intensity. All CrossFit workouts are based on functional movements, and these movements reflect the best aspects of gymnastics, weightlifting, running, rowing and more. The program is designed for universal scalability, making it the perfect application for any committed individual, regardless of experience.
	



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