

GROUP EXERCISE SCHEDULE



Fort Carson Fitness Matrix Schedule- OCT- Classes available@various facilities.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0500		Cycle@ Ivy Gym \$3		Cycle@ Ivy Gym \$3			
0600		Pt Yoga* @McKib					
0630	Pt Indoor Cycle* @Ivy Gym	Pt Indoor Cycle* @Ivy Gym	Pt Indoor Cycle* @Ivy Gym	Pt Indoor Cycle* @Ivy Gym	Pt Kickboxing* @Ivy Gym		
		Pt TRX* @ Ivy Gym	ACFT Prep@ Ivy	Pt TRX* @ Ivy Gym			
		ACFT Prep@ Ivy		ACFT Prep@ Ivy			
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 Yoga @Ivy Gym	Pt Pilates* @Waller	Pt Yoga* @ Waller Gym		
			Pt Indoor Cycle* @Waller				
0730		WTBIndoorCycle@IVY	WTB TRX@Ivy Gym	NavyIndoorCycle@IVY			
				WTB TRX@Ivy Gym			
0800						Cycle@ Ivy Gym \$3	
0845		Cycle@ Ivy Gym \$3		Cycle@ Ivy Gym \$3			
0900	Zumba@Ivy Gym \$3	Water Aerobic@ Nelson \$3	Zumba@Ivy Gym \$3	Water Aerobic@ Nelson \$3	Zumba@Ivy Gym \$3	Zumba@Ivy Gym \$3	
					Kids Yoga @Ivy Gym \$3		
	Boxing 101@McKibben \$60/3 months		Boxing 101@McKibben \$60/3 months		Boxing 101@McKibben \$60/3 months		
0915						SUP Yoga@Ivy Pool \$3	
0930		iStroll @ Iron Horse Park (See Flyer)	iStroll @ Ivy Gym (See Flyer)		iStroll @ Iron Horse Park (See Flyer)		



More Events and Info at
MWRFortCarson.com



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IVY FITNESS CENTER



719-526-2706

GROUP EXERCISE SCHEDULE

Fort Carson Fitness Master Matrix Schedule

Classes available @ various facilities.



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1000	Total Tone@Ivy Gym \$3	TRX *@Ivy Gym \$3	CoreBlast@Ivy Gym \$3	TRX *@Ivy Gym \$3	TRX @Ivy Gym \$3	Zumba@Ivy Gym \$3	
				Yoga @Ivy Gym \$3			
1100		TRX Orientation@Ivy Free		TRX Orientation@Ivy Free			TRX Orientation@Ivy Gym
		Yoga @ Ivy Gym \$3					
1130				Beginner TRX@Garcia \$3			TRX@Ivy Gym
1145	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE	Cross Fit@ Waller FREE		
	PiYo @ Ivy Gym \$3						
1600		Remedial Pt Spin @Mckib		Remedial Pt Spin @Mckib			
1700	Indoor Cycle@Ivy \$3	Indoor Cycle@Ivy \$3	Indoor Cycle@Ivy \$3				
1715	Shaun T's Insanity@Ivy \$3	Cross Fit@ Waller FREE	Cross Fit @ Waller FREE	Shaun T's Insanity@Ivy \$3			
				Cross Fit@ Waller FREE			
		SpartanGroupX@McKib \$3		SpartanGroupX@McKib \$3			
1830	Taekwondo@Ivy See Flyer		Taekwondo@Ivy See Flyer				
1830	Zumba@Ivy Gym \$3	Zumba@Ivy Gym \$3	Zumba@Ivy Gym \$3				



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6415 Specker
Ave Bldg 1925



Ivy Fitness Center
719-526-2706



CLASS DESCRIPTIONS



TITLE DESCRIPTION

*Pt Indoor cycle, Spin, TRX, Spartan SGX, PT Yoga and 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 and FREE. Please check with the front desk at IVY Fitness Center for more information. Please visit carsonmwr.ironhorsegym@gmail.com for more information.
PT ACFT Prep*	Is designed to help improve movement, strength/endurance, cardio and agility to help you complete the ACFT. Classes are held on Tuesday (Strength), Wednesday (Circuit) and Thursday (Conditioning). Contact Tim Agan for more information at 719-524-2411 or timothy.j.agan3.naf@mail.mil
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
Water Aerobics	Great cardio class taught in the Water! Great for all fitness levels.
Total Body HiTT	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.