

GROUP EXERCISE SCHEDULE

MARCH

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



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
0500		Indoor cycle		Indoor Cycle			
0630	PT Indoor Cycle* NEW CLASS PT Yoga*	PT Indoor Cycle*	PT Indoor Cycle*	PT Indoor Cycle*	PT Kickboxing*		
		PT TRX*	ACFT Prep Training*	PT TRX*			
		ACFT Prep Training*		ACFT Prep Training*			
0800						Indoor Cycle	
0845		Indoor Cycle		Indoor Cycle			
0900	Zumba	Water Aerobics/Nelson	Zumba	Water Aerobics/Nelson	Zumba	Zumba	
0915						SUPYoga/IvyPool	
0930		iStroll(See Flyer)	iStroll(See Flyer)		iStroll(See Flyer)		
1000	Total Tone	TRX	Core Blast	Yoga	TRX Circuit	Zumba	
				TRX			
1100		TRX Orientation		TRX Orientation			TRX Orientation
1130							TRX
1145	PiYo						
1700	Indoor Cycle	Indoor Cycle	Indoor Cycle		SUP HITT/IvyPool		
1715	Total body HITT	NEW CLASS Zumba Strong	PiYo	Total body HITT			
1730							
1830	Taekwondo		Taekwondo	NEW CLASS Xtreme Hip Hop Step			
1830	Zumba	Zumba	Zumba				

IVY FITNESS CENTER



More Events and Info at
carson.armymwr.com



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



CLASS DESCRIPTIONS

ALL CLASSES ARE 45-55 MIN and are held at IVY PFC @ PFC, BLDG 1925, unless otherwise noted.



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CLASS		DESCRIPTION
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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, PT Climbing and PT Kickboxing are available for the Active Duty Soldier. All classes are by reservation. Please contact Kris (524-2520), Tim (524-2411) or Corey (524-3773) for details. Please visit carsonmwr.ironhorsegym@gmail.com for more information.	
Total body HITT	Come and be challenged with a Live Insanity instructor., Designed to push you and challenge you at your own pace. No Videos here.	
iStroll	A variety of pricing options are offered: 1 month \$35, 4 months \$130, 8 Months \$258, 1 year \$385 Tuesday 0930 Iron Horse Park, Wednesday 0930 Ivy Gym, Friday 0930 Iron Horse Park. Contact www.istroll.com	
Taekwondo	\$60/ Month for the first Child \$40/Month for the second and the 3rd Child is FREE. Classes are Monday and Wednesday at 1830. Gain Self Control, Confidence and Self defense.	
SUP Hitt	Standup Paddle Board Hitt. Do all the same Hitt style workout with the challenge of the board. Class is conducted in the Ivy Pool.	
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	
Strong by Zumba	STRONG by Zumba® is a revolutionary high-intensity workout led by music to help you make it to that last rep - and maybe even five more.	
Xtreme Hip Hop Step	Xtreme Hip Hop is a fitness movement based on using step aerobics designed to challenge, yet awaken your fun side with callouts over hip-hop and r&b music from yesterday and today. The class is high-energy cardio to help you have fun, show out, and make step great again!	



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